



How to Prepare for your Discerning Hearts Virtual Retreat

Once registered, prepare to eliminate distractions and create a space during your retreat.

Immediately after booking your retreat

- Test your computer, tablet or mobile device - join a test meeting to test your software and familiarize yourself with Zoom (you will be prompted to download and install Zoom if you do not already have it).

Preparations for your retreat

- Choose a comfortable space: an outdoor patio, a comfy chair, a prayer corner, or any other space you'd like, maybe near a window with natural light and some fresh air coming in.
- Prepare your space with a crucifix, some religious pictures or holy cards
- Light a candle or use an aroma diffuser
- Have a container of fresh drinking water available or some of your favorite beverages handy
- Have some munchies nearby
- Have a bible, journal (or something for notes) and a pen

During your Retreat

- Turn your cell phone off, or into airplane mode if using it to watch the retreat
- Close email and other auto-notification programs to eliminate "pop-ups"
- After each talk, take time to reflect on what you heard and journal about any insights
- Between virtual sessions, choose devotions to pray such as a Rosary, Chaplet of Divine Mercy and Stations of the Cross. Magnificat offers Morning and Evening Prayer.
- Read your bible or your handout for further inspiration

This is an on-demand retreat, so you will be able to download/watch it again after the initial experience is over on Saturday.

Keep your passcode in a safe place for possible future use.