**A person standing in front of a mountain

Description automatically generated**

**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.**