

Time Away at St. Norbert Abbey

St. Norbert Abbey is home to the Norbertine Community. We are a religious Order that dates back over 900 years to a small valley in France. We were founded by St. Norbert of Xanten to bridge the monastic and ministerial worlds. We live in communities and find our inspiration and renewal by the daily celebration of the Mass and the Liturgy of the Hours. You are welcome to spend time here with us to find your own sense of renewal and inspiration. There are a variety of options for you to make the most out of a retreat experience at St. Norbert Abbey.

Each segment of time is meant to offer flexible options that meet your needs for rest and renewal. The proposed schedules are full of options, none of which are required, but may help focus your time here. Any presentation topics can be arranged when making your reservation and will be dependent on the presenter's schedules. We also ask that presentations be reserved for groups including 10 or more people.

*During the week there are three liturgical schedules that will adjust the suggested times. Depending on the day, you will be informed of the correct liturgical schedule. Generally speaking, the regular schedule is as follows:

Mondays – Fridays	Lauds (Morning Prayer) 7:30 a.m.	Midday Prayer 12:00 p.m.	Mass 4:30 p.m.	Vespers (Evening Prayer) 5:00 p.m.	Compline (Night Prayer) 8:30 p.m.
Saturdays	Lauds (Morning Prayer) 8:00 a.m.	Mass 8:30 a.m.	Midday Prayer 12:00 p.m.	Vespers (Evening Prayer) 5:00 p.m.	Compline (Night Prayer) 8:30 p.m.
Sundays	Lauds (Morning Prayer) 9:00 a.m.	Mass 10:00 a.m.	No Midday Prayer	Vespers (Evening Prayer) 5:00 p.m.	Compline (Night Prayer) 8:30 p.m.

What Could 4 Hours at St. Norbert Abbey Look Like? (Half-day retreat) (two schedule options)

Option A	Option B
7:30 a.m.* Lauds (Morning Prayer) with Norbertines	1:00 p.m. Rest in private room
8:00 a.m. Breakfast	2:30 p.m. Spiritual Direction
8:30 a.m. Reading time in private room	3:30 p.m. Walk the Abbey grounds
9:30 a.m. Spiritual Direction	4:30 p.m.* Mass with the Norbertines
10:30 a.m. Walk the Abbey grounds	5:00 p.m. Vespers (Evening Prayer) with Norbertines
11:30 a.m. Depart	5:30 p.m. Depart

What Could 8 Hours at St. Norbert Abbey Look Like? (Day-long retreat)

7:30 a.m.* Lauds (Morning Prayer) with Norbertines
8:00 a.m. Breakfast
8:30 a.m. Reading in private room
10:30 a.m. Presentation by NCS staff member
12:00 p.m.* Midday Prayer with Norbertines
12:15 p.m. Lunch
1:00 p.m. Walk the Abbey grounds
2:00 p.m. Spiritual direction / Sacrament of Reconciliation
3:00 p.m. Rest in private room
4:30 p.m.* Mass with the Norbertines
5:00 p.m. Vespers (Evening Prayer) with Norbertines
5:30 p.m. Depart

What Could 16 Hours at St. Norbert Abbey Look Like? (Half-day with one overnight)

4:30 p.m.* Mass with Norbertines
5:00 p.m. Vespers (Evening Prayer) with Norbertines
5:25 p.m. Dinner
6:00 p.m. Reading in private room
8:30 p.m. Compline (Night Prayer) with Norbertines
9:00 p.m. Rest in private room

7:30 a.m.* Lauds (Morning Prayer) with Norbertines
8:00 a.m. Breakfast
8:30 a.m. Depart

What Could 36 Hours at St. Norbert Abbey Look Like? (Two-day retreat with one overnight)

7:30 a.m.* Lauds (Morning Prayer) with Norbertines
8:00 a.m. Breakfast
8:30 a.m. Reading in private room
10:30 a.m. Presentation by NCS staff member
12:00 p.m.* Midday Prayer with Norbertines
12:15 p.m. Lunch
1:00 p.m. Walk the Abbey grounds
2:00 p.m. Spiritual direction / Sacrament of Reconciliation
4:30 p.m.* Mass with Norbertines
5:00 p.m. Vespers (Evening Prayer) with Norbertines
5:25 p.m. Dinner
7:00 p.m. Reading in private room
8:30 p.m. Compline (Night Prayer) with Norbertines
9:00 p.m. Rest in private room

7:30 a.m.* Lauds (Morning Prayer) with Norbertines
8:00 a.m. Breakfast
8:30 a.m. Walk the Fox River Trail
10:30 a.m. Presentation by NCS staff member
12:00 p.m.* Midday Prayer with Norbertines
12:15 p.m. Lunch
1:00 p.m. Spiritual direction / Sacrament of Reconciliation
2:30 p.m. Private prayer in retreat garden
4:30 p.m.* Mass with Norbertines
5:00 p.m. Vespers (Evening Prayer) with Norbertines
5:25 p.m. Dinner
6:00 p.m. Depart

What Could 48 Hours at St. Norbert Abbey Look Like? **(Three-day retreat with two overnights)**

Day 1

7:30 a.m.* Lauds (Morning Prayer) with Norbertines
8:00 a.m. Breakfast
8:30 a.m. Reading in private room
10:30 a.m. Presentation by NCS staff member
12:00 p.m.* Midday Prayer with Norbertines
12:15 p.m. Lunch
1:00 p.m. Walk the Abbey grounds
2:00 p.m. Spiritual direction / Sacrament of Reconciliation
4:30 p.m.* Mass with Norbertines
5:00 p.m. Vespers (Evening Prayer) with Norbertines
5:25 p.m. Dinner
7:00 p.m. Presentation by NCS staff member
8:30 p.m. Compline (Night Prayer) with Norbertines
9:00 p.m. Rest in private room

Day 2

7:30 a.m.* Lauds (Morning Prayer) with Norbertines
8:00 a.m. Breakfast
8:30 a.m. Walk the Fox River Trail
10:30 a.m. Presentation by NCS staff member
12:00 p.m.* Midday Prayer with Norbertines
12:15 p.m. Lunch
1:00 p.m. Spiritual direction / Sacrament of Reconciliation
2:30 p.m. Private prayer in retreat garden
4:30 p.m.* Mass with Norbertines
5:00 p.m. Vespers (Evening Prayer) with Norbertines
5:25 p.m. Dinner
7:00 p.m. Reading in private room
8:30 p.m. Compline (Night Prayer) with Norbertines
9:00 p.m. Rest in private room

Day 3

7:30 a.m.* Lauds (Morning Prayer) with Norbertines
8:00 a.m. Breakfast
8:30 a.m. Walk the Fox River Trail
10:30 a.m. Presentation by NCS staff member
12:00 p.m.* Midday Prayer with Norbertines
12:15 p.m. Lunch
1:00 p.m. Spiritual direction / Sacrament of Reconciliation
2:30 p.m. Private prayer in retreat garden

4:30 p.m.* Mass with Norbertines

5:00 p.m. Vespers (Evening Prayer) with Norbertines

5:25 p.m. Dinner

6:00 p.m. Depart

You are most welcome to stay for more than 48 hours! This can be a combination of the above retreat schedules, or just days away without a schedule. Please discuss your desired retreat outline with Amanda or Michael at the NCS and we will help ensure your time at St. Norbert Abbey is restful, prayerful, and rejuvenating!