



How to prepare for The Victory Song At-Home Retreat!



We invite you for this special at-home Retreat to enter into a time of deeper prayer, silence and solitude, to “drink freely of God’s Love” (cf. Sg 5:1), and to experience the joy of The Victory Song of the Lamb through the Immaculate Heart of Mary!

1) Set time apart:

Mark the dates of Friday, July 1st (starting in the morning) – Sunday, July 3rd (ending in the evening) on your calendar to set aside as much time as possible for your personal Retreat. If possible, take the time off work and arrange childcare, if needed. Try to do necessary house or yard work ahead of time. Tell your friends and family that you will be setting aside these days for an at-home Retreat and will be unavailable for regular phone calls or text messages; perhaps, you can also invite them to participate!

2) Technology:

Limit the use of your phone and technology during Retreat to only Retreat materials posted on our website, www.bellwetheromaha.org. Before beginning the Retreat on July 1st, close your email and any auto-notification programs and news updates on your phone or computer to eliminate pop-ups. Also, turn off any unnecessary technology in your home during the Retreat (for example, TV, Radio, Video Games and Apps) in order to enter more deeply into your heart in silence and prayerful listening.

3) Prepare a place to pray:

We encourage you to create or find a special and quiet place in your home with a comfortable prayer chair that can be your own place of prayer during Retreat. You can place a crucifix, a holy image of Jesus and Our Lady, or any other holy image that will help you to experience a place set apart just for you and the Lord.

4) Plan meals:

Try to purchase food ahead of time from the store and prepare your meals in advance as much as possible to allow for more time to pray and rest during Retreat.

5) Plan rest for Retreat:

Retreat is a time to be renewed physically and spiritually by the Lord and to pause from the busyness of our everyday lives. Consider what time you can go to bed and wake up in order to get sufficient rest. Give yourself permission to rest and wake as needed. When you are rested, you can pray and listen to the Lord more clearly!

6) Retreat items:

You will need to have a new journal, pens, highlighter, Bible and good quality headphones (if preferred) to listen to the Retreat material posted on our website. Please test your computer, tablet or mobile device that you will use for Retreat ahead of time.