



## DIGNITY BEAUTY WHOLENESS

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### THURSDAY

- 4:00pm - 5:00pm Registration / Room Check-in  
5:00pm - 5:30pm Welcome, Opening of Retreat  
5:30pm - 6:30pm Dinner  
6:30pm - 7:30pm Session 1: Our Heart Wounds: their origin, impacts, and healing  
7:30pm - 8:30pm Small Groups  
8:30pm - 9:15pm Adoration (Sacrament of Reconciliation available)

### FRIDAY

- 8:00am - 9:00am Breakfast  
9:00am - 9:30am Opening, Morning Prayer, Gentle Movement  
9:30am - 10:00am Session 2: Dis-Integration & Internal Family Systems  
10:00am - 12:00pm Hot Seat, Individual Healing Opportunities  
12:00pm - 1:00pm Lunch  
1:00pm - 2:30pm Session 3: Spiritual Impacts of Trauma  
2:30pm - 4:45pm Hot Seat, Individual Healing Opportunities, Small Groups  
4:45pm - 5:30pm Friday Daily Mass  
5:30pm - 6:30pm Dinner  
6:30pm - 8:00pm Session 4: The Healing Love of Jesus as Bridegroom with Guided Meditation  
8:00pm - 9:00pm Adoration (Sacrament of Reconciliation available)

### SATURDAY

- 8:00am - 9:00am Breakfast  
9:00am - 9:30am Saturday Daily Mass  
9:30am - 12:00pm Opening Activity, Hot Seat, Individual Healing Opportunities, Small Groups  
12:00pm - 1:00pm Lunch  
1:00pm - 3:30pm Hot Seat, Individual Healing Opportunities  
3:30pm - 4:30pm Session 5: Beloved Daughters: Receive the Father's Blessing  
4:30pm - 5:30pm Personal Time (Sacrament of Reconciliation available)  
5:30pm - 6:30pm Dinner  
6:30pm - 8:30pm Evening Talk & Activity

### SUNDAY

- 8:00am - 9:00am Breakfast  
9:00am - 10:00am Sunday Mass  
10:00am - 12:00pm Guided Meditation, What Comes Next, Closing Talk & Activity  
12:00pm - 1:00pm Lunch