



DIGNITY BEAUTY WHOLENESS

THURSDAY

- 4:00pm - 5:00pm Registration / Room Check-in
- 5:00pm - 5:45pm Welcome, Opening of Retreat
- 5:45pm - 6:30pm Dinner
- 6:30pm - 7:45pm Session 1: Our Heart Wounds: their origins & impacts
- 7:45pm - 8:15pm Small Groups
- 8:15pm - 9:00pm Adoration (Sacrament of Reconciliation available)

Morning Prayer: offered each morning at 7:30am, by fireplace

FRIDAY

- 8:00am - 9:00am Breakfast (Sacrament of Reconciliation available)
- 9:00am - 10:00am Session 2: Dis-Integration Demo & Healing through Reintegration
- 10:00am - 12:00pm Hot Seat Work, Individual Healing Opportunities
- 12:00pm - 1:30pm Lunch & Personal Time (Sacrament of Reconciliation available)
- 1:30pm - 2:00pm Session 3: Spiritual Impacts of Trauma
- 2:00pm - 3:30pm Hot Seat Work, Individual Healing Opportunities
- 3:30pm - 4:30pm Small Groups
- 4:45pm - 5:30pm Friday Daily Mass
- 5:30pm - 7:00pm Dinner & Personal Time
- 7:00pm - 8:00pm Session 4: The Healing Love of Jesus as Bridegroom
- 8:00pm - 9:00pm Adoration (Sacrament of Reconciliation available)

SATURDAY

- 8:00am - 9:00am Breakfast (Sacrament of Reconciliation available)
- 9:00am - 10:00am Saturday Daily Mass & Break
- 10:00am - 12:00pm Session 5: Healing our Identity as Beloved Daughters
- 12:00pm - 1:00pm Lunch
- 1:00pm - 3:45pm Hot Seat Work, Individual Healing Opportunities
- 3:45pm - 4:45pm Small Groups
- 4:45pm - 5:30pm Personal Time (Sacrament of Reconciliation available)
- 5:30pm - 6:30pm Dinner
- 6:30pm - 8:00pm Evening Talk & Activity
- 8:00pm - 9:00pm Adoration (Sacrament of Reconciliation available)

SUNDAY

- 8:00am - 9:00am Breakfast
- 9:00am - 10:00am Sunday Mass
- 10:00am - 12:00pm Ritual: Washed, Made New & Clothed in Dignity
- 12:00pm - 1:00pm Lunch
- 1:00pm - 2:00pm Closing Activities