

Retreat Schedule

THURSDAY

4:00pm Check-in
5:00pm Welcome, Introductions, Overview & What to Expect
6:00pm Dinner Break

Evening Session

7:00pm Our Heart Wounds, their origin & impact
7:45pm Small Groups
8:30pm Adoration (Sacrament of Reconciliation available)
9:30pm Close

FRIDAY

7:00am Outdoor Rosary Walk with Nicky (Optional)
7:30am Morning Prayer in Main Meeting Room (Optional)
8:00am Breakfast
9:00am Parts of Ourselves and the Burdens We Carry
10:30am Hot Seat Work
12:00pm Lunch & Personal Time

Afternoon Session

1:30pm Essential Emotions
2:15pm Hot Seat Work
3:30pm Small Groups
4:45pm Friday Daily Mass

5:30pm-6:30pm Dinner

Evening Session

6:45pm Opening
7:00pm Spiritual Impacts of Trauma, Forgiveness and Unburdening
8:00pm Adoration (Sacrament of Reconciliation available)
9:00pm Close



Retreat Schedule

SATURDAY

7:00am	Outdoor Rosary Walk with Nicky (Optional)
7:30am	Morning Prayer in Main Meeting Room (Optional)
8:00am	Breakfast
9:00am	Saturday Daily Mass
10:00am	Personal Sculpt: Healing our Identity as Beloved Sons & Daughters
12:00pm	Lunch

Afternoon Session

1:00pm	Express, Release, Receive Activity
1:30pm	Hot Seat Work
4:00pm	Small Groups
5:00pm	Personal Reflection Time
5:30pm	Dinner

Evening Session

6:30pm	Complementarity & Brokenness: "male & female He created them"
7:30pm	Adoration

SUNDAY

7:00am	Outdoor Rosary Walk with Nicky (Optional)
7:30am	Morning Prayer in Main Meeting Room (Optional)
8:00am	Breakfast
9:00am	Sunday Mass
10:15am	Cleansed, Restored, Set Apart (a special ceremony)
11:30am	Closing Session
12:30pm	Lunch

*"It is Jesus that you seek when you dream of happiness; He is waiting
for you when nothing else you find satisfies you."
- St. John Paul the Great*