

Life-Giving Wounds Retreat Schedule

6:00pm – 7:00pm St. Bernard Lodge Arrival
Lodging Assignments

Friday: 7:00 pm – 9:00 pm

7:00 pm – 7:30 pm Mt. Tabor Welcome/Overview of Weekend

7:30 pm – 8:55 pm Mt. Tabor

First Meditation
Blessed Are Those Who Mourn For They Will Be Comforted (Mt 5:4)
What's Your Story?

9:00 pm Mt. Tabor Closing Remarks & Final Blessing

Saturday: 8:30 am – 9:15 pm

7:30 am – 8:30 am Chapel Daily Mass

8:30 am – 9:00 am Dining Hall Breakfast

9:15 am – 10:00 am Mt. Tabor

Second Meditation
Our Father, Who Art in Heaven, Hallowed Be Thy Name (Mt 6:9)
How has the wound of our parents' divorce or separation affected our personal identity and relationship to God?

10:00 am – 10:30 am Personal Prayer & Journal Time

10:30 am – 11:15 am Mt. Tabor

Third Meditation
Perfect Love Drives Out Fear (1 Jn 4:18)
How Has the Wound Affected Our Intimate Relationships and Vision of Marriage?

11:25 am – 12:25 pm Various Locations

Small Group Meeting #1

12:30 pm – 1:10 pm Dining Hall Lunch

1:15 pm – 2:00 pm Mt. Tabor

Fourth Meditation
Let the Peace of Christ Control Your Hearts (Col. 3:15)
How Has the Wound Led to Anxiety, Anger, Sin, and Temptation?

2:00 pm – 4:00 pm

Personal Prayer & Journal Time
1-on-1 Meetings with Team Members
Sacrament of Reconciliation
Rest, enjoy retreat grounds, or hike

4:05 pm – 5:30 pm	Mt. Tabor	<u>Fifth Meditation</u> Forgive Us Our Trespasses as We Forgive Those Who Trespass Against Us (Mt. 6:12) Forgiveness and Family Boundaries
5:30 pm – 6:00 pm	Dining Hall	Dinner
6:30 pm – 7:30 pm	Various Locations	<u>Small Group Meeting #2</u>
7:45 pm – 9:15 pm	Chapel	Eucharistic Adoration & Worship Sacrament of Reconciliation
9:15 pm	Chapel	Blessing & Closing Remarks
9:30 pm	Outdoor Pavilion	Smores

Sunday: 8:30 am – 3:30 pm

8:30 am – 9:00 am	Dining Hall	Breakfast
9:15 am – 10:00 am	Mt. Tabor	<u>Sixth Meditation</u> By His Wounds You Have Been Healed (1 Pet 2:24) What is the Christian Meaning of Suffering? Where Am I Going?
10:00 am – 10:45 am		Personal Prayer & Journal Time 1-on-1 Meetings with Team Members Sacrament of Reconciliation
10:30 am – 11:10 am	Mt. Tabor & Mt. Zion	Guided Scriptural Meditations
11:15 am – 12:15 pm	Various Locations	<u>Small Group Meeting #3</u>
12:30 pm – 1:00 pm	Dining Hall	Lunch
1:15 pm – 2:00 pm	Mt. Tabor	<u>“Graces Received” Group Sharing</u>
2:00 pm – 2:15 pm	Mt. Tabor	Final Remarks: How to Continue and Maintain Healing
2:15 pm – 2:30 pm		Break
2:30 pm – 3:30 pm	Chapel	Sunday Mass
3:30 pm		Departure