

Life-Giving Wounds Retreat Schedule

06:00pm - 07:00pm Attendees Arrive

Friday: 07:00pm - 09:00pm

07:00pm - 07:30pm Friendship Hall Welcome/ Overview of Weekend

**07:30pm - 08:55pm Friendship Hall First Meditation
Blessed are Those Who Mourn for They will be Comforted (Mt. 5:4)
What's Your Story?**

09:00pm Friendship Hall Closing Remarks & Final Blessing

Saturday: 08:30am - 9:15pm

07:30am - 08:30am Chapel Daily Mass

08:30am - 09:00am Dining Hall Breakfast

**09:15am - 10:00am Friendship Hall 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?**

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

**10:30am - 11:15am Friendship Hall Third Meditation
Perfect Love Drives Out Fear (1 Jn. 4:18)
How Has the Wound Affected Our Intimate Relationships and Vision of Marriage?**

11:25am - 12:25pm Small Group Meeting #1

12:30pm - 01:30pm Dining Hall Lunch

01:00pm - 03:00pm Personal Prayer & Journal Time
1-on-1 Meetings with Team Members
Sacrament of Reconciliation
Rest or Enjoy the Retreat Grounds

**03:15pm - 04:00pm Friendship Hall Fourth Meditation
Let the Peace of Christ Control Your Hearts (Col. 3:15)
How Has the Wound Led to Anxiety, Anger, Sin, and Temptation?**

04:00pm - 04:05pm Friendship Hall Break

**04:05pm - 05:30pm Friendship Hall Fifth Meditation
Forgive Us Our Trespasses as We Forgive Those Who Trespass Against Us (Mt. 6:12)
Forgiveness and Family Boundaries**

05:30pm - 06:00pm Dining Hall Dinner

05:45pm - 06:20pm Dining Hall 1-on-1 Meetings with Team Members

06:30pm - 07:30pm

Small Group Meeting #2

07:45pm - 09:15pm Chapel Eucharistic Adoration & Worship
Sacrament of Reconciliation

09:15pm Chapel Blessing & Closing Remarks

09:30pm Fire Pit S'mores

Sunday: 08:30am - 03:30pm

08:30am - 09:00am Dining Hall Breakfast

**09:00am - 09:45am Friendship Hall Sixth Meditation
By His Wounds You Have Been Healed (1 Pet. 2:24)
What is the Christian Meaning of Suffering?
Where Am I Going?**

09:45am - 10:30am Personal Prayer & Journal Time
1-on-1 Meetings with Team Members
Sacrament of Reconciliation

10:30am - 11:00am Friendship Hall Guided Scriptural Mediation

11:00am - 12:15pm Small Group Meeting #3

12:30pm - 01:00pm Dining Hall Lunch

01:15pm - 02:00pm Friendship Hall "Graces Received" Group Sharing

02:00pm - 02:15pm Break

02:15pm - 03:15pm Chapel Sunday Mass

03:15pm - 03:30pm Friendship Hall Final Remarks & How to Continue and Maintain Healing

03:30pm Friendship Hall Final Blessing & Departure