



PRESENT IN THE PAIN

Retreat Itinerary

9:00 – 10:00 – Mass

10:00 – 10:30 – Coffee and refreshments during registration and welcome

10:30 – 11:15 – Session 1 Unexpected Elements of Grief and Trauma

11:15 – 12:15 – Small Group Discussion and Creative Activity

12:15 – 1:00 – Luncheon (It would be wonderful if a priest could join us!)

1:00 – 1:30 – **Session 2 The Church's Teaching (Ideally presented by the priest, with some time for Questions and Answers.)**

1:30 – 2:15 – Session 3 - Our Lady of Sorrows as an Example to Grieving Mothers

2:30 – 3:00 – Praying Together (ideally in the church or a chapel. Rosary of the Seven Sorrows **followed by a blessing from the priest**)

3:00 – 3:45 – Session 4 - The Gifts that Come by way of Suffering

3:45 – 4:00 – Wrap up and Dismissal

(For an evening Mass, we could start with the welcome/registration time and move on to Mass after the dismissal)