

Always Blooming Virtual Healing Retreat  
April 9-10, 2021

Outline of Retreat Activities

Friday Afternoon Session: 1:00pm - 5:30pm

- Welcome, Introductions
- Community: getting to know one another and setting intentions for our time together
- Confidentiality
- Opening Talks by Laura and De
- Divine Mercy Chaplet with Sacred Movement
- Talk by Father Hoffa: You are seen, known and loved
- Meet your Small Groups
- Dinner Break

Friday Evening Session: 6:45pm - 9:00pm

- Our Interior Garden and the Divine Gardener: tending to the weeds of lie-based beliefs.
- Inner Sanctuary Guided Meditation
- Adoration of the Blessed Sacrament

Saturday Morning Session: 9:00am - noon

- Mass
- Opening Talk by Bonnie West: Untwisting the distortions: shame, guilt, self-blame
- Small Groups
- Personal Reflection Time
- Lunch

Saturday Afternoon Session: 1:00pm – 4:30pm

- Sacred Movement with Marian
- Talk by Father Hoffa: Forgiveness and Healing
- Small Groups
- Teaching: Take-Home Skills for Navigating Difficult Moments
- Closing Talk