



Comfort & Hope for the Journey of Grief

February 24-26, 2023

Friday		
4:30-6:00 p.m.	Registration	Mabee (Registration) Lobby
6:00-6:45 p.m.	Dinner together	King Dining Hall
7:00-9:00 p.m.	Welcome, Introductions, Healing Power of Story Spiritual Practice: Breath Meditation	Westview Classroom
Saturday		
7:30-8:30 a.m.	Breakfast together	King Dining Hall
8:45–10:15 a.m.	How Grief Affects Us Spiritual Practice: Journaling your Story	Westview Classroom
10:30-11:30 a.m.	Acknowledging Feelings Spiritual Practice: Labyrinth	Bus Ride to the Labyrinth (meet in front of Mabee Lobby)
11:30–1:00 p.m.	Lunch together	King Dining Hall
1:15–3:00 p.m.	The Gift of Lament Spiritual Practice: Writing our Laments	Westview Classroom
3:00–5:30 p.m.	Free Time	Ranch
5:30-6:30 p.m.	Dinner Together	King Dining Hall
6:45-7:30 p.m.	Self-Compassion in Grief Spiritual Practice: The Prayer of Examen	Westview Classroom
7:45-9:00 p.m.	Continuing the Bond Sharing Our Loved Ones Together	
Sunday		
7:30-8:30 a.m.	Breakfast together	King Dining Hall
8:45-10:00 a.m.	Your New World Spiritual Practice: Mandala	Westview Classroom
10:15-11:00 a.m.	Light in the Divine – Service of Remembrance	Indoor Chapel

Room checkout is by 11:00 a.m. Please checkout prior to the daily scheduled activity.