



First Responder Wellness Retreat

February 27-March 1, 2026

Friday		Location
4:30-5:30 p.m.	Check-In	Mabee Registration Building
5:30-6:30 p.m.	Dinner Together	King Dining Hall
7:00-9:00 p.m.	Welcome & Introductions Healing Power of Story Spiritual Practices: Breath Meditation & Nature's Presents (a practice of presence)	Nicklos Place
Saturday		
7:30-8:30 a.m.	Breakfast	King Dining Hall
8:45-10:15 a.m.	How Grief Affects Us Spiritual Practice: Journaling Your Story	Nicklos Place
	Break	
10:30-11:45 a.m.	Acknowledging Your Experience Spiritual Practice: Labyrinth	Labyrinth *Bus ride to and from
12:00-1:00 p.m.	Lunch Together	King Dining Hall
1:15-3:15 p.m.	The Gift of Lament Spiritual Practice: Lament	Nicklos Place
3:15-5:15 p.m.	Your Time is Your Time Please use the creation tools and materials to make something or go on a quest with our sacred trail guide.	Nicklos Place / 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	Nicklos Place
7:45-9:00 p.m.	Holding Inside & Carrying Outside Spiritual Practice: Somatic Meditation & Movement	
Sunday		
7:30-8:30 a.m.	Breakfast Together	King Dining Hall
8:45 a.m.	Walking back into the world Spiritual Practice: Mandala	Nicklos Place
Following	Service of Remembrance & Acknowledgement	Indoor Chapel

* Schedule may change due to weather or to suit the needs of the group.

Housing check-out is at 11:00 a.m., please return keys to the front desk and plan accordingly with your program schedule.

Retreat Sessions

Session One – The Healing Power of Story

We explore ways to share your story and to practice breath meditation & nature's presence.

Session Two – How Grief Affects Us

We focus on how our feelings affect us as we grieve and explore the spiritual practice of journaling.

Session Three – Acknowledging Our Experiences

We learn to acknowledge the feelings present and explore the spiritual practice of the labyrinth walk.

Session Four – Gift of Lament

We discuss the definition of lament and how to incorporate lament in your journey. We invite participants to create a lament as a spiritual practice.

Session Five – Compassion in Grief

We discuss the relationship between compassion and grief, specifically self-compassion. We explore the spiritual practice of the Prayer of Examen.

Session Six – Holding Inside & Carrying Outside

We discuss the relationship between what we are holding and its effects on our bodies. We explore the spiritual practice of somatic meditation & movement.

Session Seven – Walking back into your world

We focus on your resilience in our discussion. We examine integrating activities that promote support and comfort, as well as the healing practice of the mandala.

Session Eight – Light in the Divine

This is an interactive commencement service of remembrance and celebration. We mark the end of our time together and celebrate the lives we are grieving.



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