



Comfort & Hope for the Journey of Grief Feb. 19-21, 2021

Friday		
4:30- p.m.	Registration	Mabee (Registration) Lobby
6-6:45 p.m.	Dinner together	King Dining Hall
7-9 p.m.	Welcome, Introductions and Spiritual Practice: Breath Meditation	Meeting Space
Saturday		
7:30-8:30 a.m.	Breakfast together	King Dining Hall
8:45 a.m.	How Grief Affects Us Spiritual Practice: Journaling your Story	Meeting Space
11:30 a.m.	Lunch together	King Dining Hall
1:15 p.m.	Acknowledging the Feelings Spiritual Practice: Labyrinth	Meeting Space
3 p.m.	Free Time	Ranch
5:30-7 p.m.	Dinner Together Sharing – Continuing the Bond	King Dining Hall
7:15-9 p.m.	Compassion in Grief Spiritual Practice: The Prayer of Examen	Meeting Space
Sunday		
7:30-8:30 a.m.	Breakfast together	King Dining Hall
9-10:30 a.m.	Your New World Spiritual Practice: Mandala	Meeting Space
10:45-11:30 a.m.	Light in the Divine – Service of Remembrance	Meeting Space

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