

Grief & Loss Retreat

St. Mary-on-the-Lake Peace & Spirituality Center

October 12 -13, 2024

DAY 1	DAY 2
Welcome!	8:00 AM Breakfast <i>Sunset Room</i>
9:30 – 10:00AM Participant Arrival / Check-In <i>Peace & Spirituality Center</i>	9:00 – 10:00AM Movement & Meditation <i>Gardenview Room</i>
10:00 - 12:00PM Welcome / Meditation / Opening Circle <i>Gardenview Room</i>	10:00 -12:00AM Sharing Circle <i>Gardenview Room</i>
12:00 PM Lunch <i>Sunset Room</i>	12:00 PM Lunch <i>Sunset Room</i>
1:00 – 1:30PM Free Time	1:00 - 1:30PM Guided Labyrinth Walk
1:30 - 4:00PM Sharing Circle <i>Gardenview Room</i>	1:30 - 2:00PM Free Time
4:00 - 5:00PM Movement & Meditation <i>Gardenview Room</i>	2:00 - 4:00PM Closing Circle / Ceremony <i>Gardenview Room</i>
5:30 PM Dinner <i>Sunset Room</i>	4:00PM Goodbyes & Departures
7:00 - 8:30PM Evening Gathering: Creative Practice <i>Gardenview Room</i>	Thank you for attending!

Wi-Fi Network: CSJPOLP-SMOL
Password: Welcome 2021!



Sisters of St. Joseph of Peace
St. Mary-on-the-Lake
1663 Killarney Way
Bellevue, WA 98004

