

# Women's Spiritual Exercises Retreat, April 19-21, 2024

## Experiencing God's Transformational Love, Legionaries of Christ

### -Friday-

4:00	Arrival	
4:20	Practical Indications	
4:30-5:00	Introductory Talk	What are the Spiritual Exercises?
5:15-6:00	Eucharistic Celebration	
6:00-6:45	Dinner	
6:45-7:45	First Meditation	Principle and Foundation - Creation
8:30-9:30	Second Meditation	Call to Holiness - Use of Creatures

### -Saturday-

8:00-8:45	Breakfast	
8:45-9:45	Third Meditation	Nature of Sin + the Sin of Adam
9:45-10:00	Free Time	
10:00-11:00	Fourth Meditation	My Personal Sins
11:00-11:20	Free Time	
11:20-12:00	Talk	Making a Spiritual Program
12:00-12:45	Lunch	
12:45-1:15	Free Time	
1:15-2:15	Individual Accompaniment with the Carmelite Sisters	
1:15-1:45	Rosary	
1:45-2:15	Personal Questionnaire	
2:15-3:15	Fifth Meditation	The Four Last Things
3:30-4:00	Way of the Cross*	
4:00-4:15	Free Time*	
4:15-5:15	Sixth Meditation*	The Mercy of God
5:30-6:15	Eucharistic Celebration	
6:15-6:45	Dinner	
6:45-7:30	Free Time	
7:30-8:30	Seventh Meditation	The Kingdom of Christ
8:30-9:00	Free Time*	
9:00-10:00	Eucharistic Hour	The Incarnation

\*Confession available

### -Sunday-

8:00-8:45	Breakfast	
8:45-9:45	Eighth Meditation	Two Standards
9:45-10:00	Free Time	
10:00-11:00	Ninth Meditation	My Personal Sins
11:00-11:15	Free Time	
11:15-12:00	Talk	Prayer - Intimacy with Christ
12:00-12:45	Lunch (Sisters sing and ask)	
12:45-1:30	Free Time	
1:30-2:30	Tenth Meditation	The Passion of Christ
2:30-3:30	Eucharistic Celebration	
3:30-4:00	Q&A	