**“Recognizing God in our Healing Journey”**

A Day of Reflection and Healing

For Those Who Have Lost a Loved One to a Violent Death

**Agenda with notes for Facilitators**

**8:30-9:00 Registration, Coffee, Juice, Rolls and Fruit**

**9:00-9:15 Welcome and Orientation/Introduction of Facilitators—Rita and Rebecca**

**9:15-10:15 Opening Prayer/Introductions**

* Centering Meditation--Grounding and Shower of Blessings--**Sue**
* Chorus: “We Come To Share Our Story**”--Terry**
* Introductions: Facilitator will invite everyone to come up to the small altar, introduce themselves—tell us the name of their loved one who died—when they died and what they miss the most. They will leave a picture or memento of the person on the altar in the center of the room. **Terry**
* Telling of the Story of Emmaus--**Terry**

**10:15-10:45 Small Group Sharing—Terry introduces groups; everyone goes to small groups**

Facilitator will open the sharing by commenting that in the Emmaus story, the friends of Jesus were talking with each other about their deep sadness, feelings of tremendous loss, fears and hopelessness as they walked away from Jerusalem where he had been crucified. Facilitator will invite participants to share:

* how the death of your loved one affected your faith and relationship with God
* a brief example of how you felt God’s presence or absence as you tried to cope with your loss and grief

**10:45-11:00 Break**

**11:00-11:30 Art Meditation: Mandalas—Terry** will invite everyone to quietly go inwardly, using their non-dominant hands (you can’t control what your hand will be doing); no judgement

**11:30-12:00 Small Group Sharing**

* What were some of the feelings you experienced as you were making your mandala?
* Tell us about how your mandala speaks to you/any significance it has for you.

**12:00-1:00 Lunch and Free Time Outdoors**

**1:00-1:30 Large Group Gathering: Reading of Luke 24:25-27--Terry**

**Leader would talk about that section of the Emmaus story and invite people to take a few minutes of quiet reflecting on the following questions:**

* What were the questions burning within you at the time of the death of your loved one?
* What are the questions burning within you now?
* Name one area in your life that still needs healing.

**1:30-2:15 Large Group Gathering: Psalm of Lament--Terry**

**Quiet Break after Psalm of Lament**

**2:15-2:45 Small group sharing--Terry**

Facilitator will invite participants to read their psalm of lament if they wish to do so OR to talk about how the writing experience was for them. This is a sacred time so there should be a couple minutes of quiet after each one shares, honoring each person. After everyone finishes, facilitator can open up time for comments.

**2:45-3:00 Stress Release Exercise: Capacitar Practice—Finger-holds Rita**

**3:00-3:30 Closing Ritual: Breaking of the Bread--Terry**

**3:30 Participants will be asked to complete an evaluation at the close of the day-Terry**