**Honoring the Memory of Our Loved Ones**

**Day of Healing—Caritas Center**

**Saturday, August 20, 2016**

**Facilitator Agenda with Notes**



8:30-9:00am: Registration, Coffee, Juice, Rolls

9:00am-9:15am: Welcome and Purpose of Today/Theme *(Rita)*

 Introduction of Retreat Team--Rebecca, Rita, Sue, Juana, Brenda *(Rita)*

 General Information about Place and Agenda *(Rebecca)*

 General Guidelines for the Day *(Rebecca)*

9:15-9:30am: Opening Ritual *(Rita)*

* Instrumental Music
* Poem/Reflection: “We Remember Them”
* Invite everyone to come up and place a photo or memento of their loved one in the sacred space in the center of the room *(Have flowers available for people that may have forgotten to bring something.)*

9:30-10:30am: Introductions *(Rita)*

Each person will share their name, the name of loved one that they are here to honor, how their loved one was murdered, long it has been, and a memory that speaks of who your loved one was. *(Participants will have a small index card with this information on it so they can remember what we want them to share.)*

10:30-10:45am: Break *(Team gathers to divide participants into small groups—chose places)*

10:45-11:00am: Capacitar Wellness Practices *(Sue)*

Tai Chi (Swinging Arms, Shower of Blessings, Push and Pull)

Salute to the Sun

11:00-11:45am: Small Group Sharing

*(Rita and Rebecca will name the members of each small group and tell everyone where each group will meet.)*

*(Each small group facilitator will review the “Guidelines for Sharing”.)*

* Where are you in your healing journey?
* Who and what has helped you?
* What do you think you still need?

11:45-Noon: Finger Hold Meditation *(Rita)*

Noon-1:00pm: Lunch

1:00-2:15pm: Art: Two Options *(Sue—Journaling; Rebecca—Clay)*

* Journaling: Letter Writing and Use to Color/Design to Express Feelings
* Clay: Make a container that you can put things in that remind you of your loved one or make something that reminds you of your loved one

2:15-2:30pm: Break

2:30-2:45pm: Walking Meditation *(Rebecca)*

*(After the mediation, Rebecca will invite everyone to move into their small groups in the same place where they met this morning.)*

2:45-3:15pm: Small Group Sharing

* What were you feeling as you were journaling or working with clay?
* What came up for you as you did the walking meditation?
* Did you gain any new awareness/insights today?
* Is there something you learned today that might be helpful to you in your healing process?
* Is there anything about this experience today that you want to share?

*(At the end of the small group sharing, each leader will ask her group members to complete the evaluation and then return to the large group for the closing ritual. Ask everyone to be back “no later” than 3:30pm.)*

3:15-3:30pm: Evaluation

3:30-4:00pm: Large Group Closing Ritual

* Instrumental music plays as people gather in the circle *(Rita)*
* Invite everyone to share something they learned or experienced today about they can honor their loved one in their daily life *(Sue)*
* Send everyone off with a closing reflection (“With Me”), connecting thought or movement *(Rebecca)*

**Small Group Facilitators: Juana and Rita: Spanish; Rebecca and Sue: English**