

## THE RETREAT

Peace in the Mourning (PIM) is an overnight, Christ-focused healing retreat for widows of all ages (no matter how long ago their loss). Through personal sharing, education, and the Sacraments, retreat-goers are able to continue, or begin, their journey of healing after the loss of their spouse.

For more information, contact one of the options below.

### Information by phone:

Kathy Burton 812.630.0603  
Donna Oeding 812.309.0773

### Information by email:

Kathy Burton : kmbccrn1@gmail.com  
Donna Oeding: dcoeding56@gmail.com

### Registration:

812.424.5536

**REGISTRATION ENDS  
SEPT. 1, 2020**

### Retreat Information:

<http://www.evdio.org/retreats.html>

Retreat cost includes breakfast (2), lunch (2), dinner, refreshments, snacks, materials and lodging (1 night).

If you feel you are in an emergency situation where you need to speak with someone immediately, please call 911.

*“Come to me, all you who  
labor and are burdened...  
...and I will give you rest.”*

*Matthew 11: 28*



**HEALING RETREAT FOR  
WIDOWS**

**OCTOBER 10-11, 2020**

SARTO Retreat House  
4200 North Kentucky Ave.,  
Evansville IN 47711  
812.424.5536  
OFFICE OF FAMILY & LIFE



**DIOCESE OF EVANSVILLE**

## Agenda

### Day 1

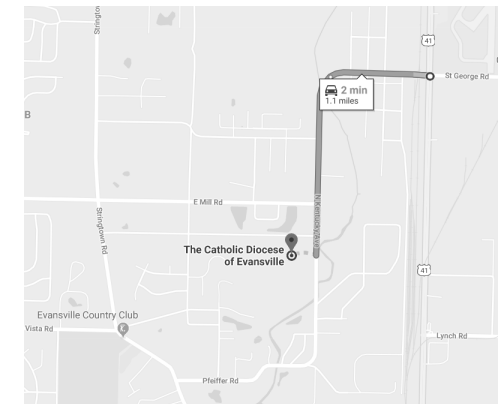
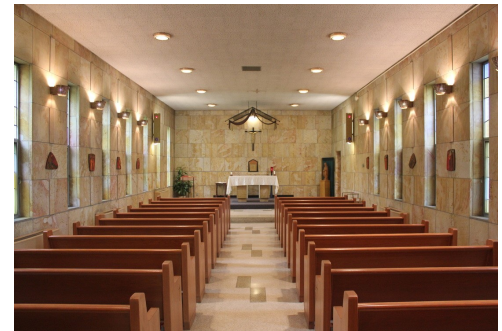
- ◆ Retreat begins at 8am CST
- ◆ Registration & Continental Breakfast
- ◆ Opening Prayer & Welcome
- ◆ Introduction to the Weekend
- ◆ Introduction of Participants
- ◆ Table of Remembrance  
*Ceremony-bring favorite picture of your spouse*
- ◆ Sharing of Sacred Stories
- ◆ Stations of the Cross
- ◆ Reconciliation/Rosary
- ◆ Mass
- ◆ Unfinished Business
- ◆ Letter Writing
- ◆ Relaxation

## Agenda

### Day 2

- ◆ Meditation
- ◆ What Now?
- ◆ How to Move Forward?
- ◆ Forming a Plan
- ◆ Where do we go from here?
- ◆ Evaluation and Plan
- ◆ Retreat ends at 1pm CST

## SARTO Retreat House



For personal counseling resources, please  
call the Office of Family and Life at  
812.424.5536.