

Schedule: A Day of Reflection on Psalm 1

- 9:00 a.m.** Arrival, check-ins
- 9:15 a.m.** Introductions
Welcome
Schedule overview
- 9:40 a.m.** Session 1: *Rooted in Prayer*
- 10:00 a.m.** Meditation and personal reflection
- 10:30 a.m.** Session 2: *Standing in Truth*
- 11:00 a.m.** Personal reflection
- 11:30 a.m.** Large group process
- 12:00 p.m.** Lunch
- 12:45 p.m.** Session 3: *Living in Action*
- 1:15 p.m.** Afternoon service project
- 5:00 p.m.** Mass