

**A Silent Retreat for Women according to
The Spiritual Exercises of Saint Ignatius of Loyola
Our Lady of Good Counsel Retreat House
Waverly, Nebraska**

Friday evening

- 4:30 Self Check-in available
5:30 Low Mass (optional)
6:15 Bring your own food: Optional Supper with
Conversation (*dining room*)
7:50 Practical Orientation & Clarifications (*conference room*)

The Great Silence Begins. Please maintain and respect
this silence throughout the entire retreat.

- 8:00 **First Meditation** (*conference room*)
10:00 Lights out

Saturday morning

- 8:00 Breakfast (*Silence*)
9:00 **Second Meditation** (*conference room*)
9:30 Free Time¹
10:00 Confessions
11:00 **Third Meditation** (*conference room*)
12:00 Lunch (*Table Reading*)

¹ Free time throughout the day should be used wisely: Prepare for Confession, Questionnaire Examination, Spiritual Reading, Rosary, Stations, visits to the Blessed Sacrament: whatever your soul needs at this time.

Saturday afternoon & evening

- 12:45 Free Time
12:45 Afternoon Confessions
4:00 **Fourth Meditation** (*conference room*)
5:00 **Mass**
6:00 Supper (*Table Reading*)
7:30 **Fifth Meditation** (*conference room*)
8:30-9:30 **Holy Hour** Eucharistic Adoration
10:00 Lights out

Sunday morning

- 8:00 Breakfast (*Silence*)
9:00 **Sixth Meditation** (*conference room*)
10:00 **The Holy Sacrifice of the Mass**
11:15 **Seventh Meditation**
12:15 Lunch (End of Silence, Sharing of Graces)
1:15 Departure

Thank you for coming to Our Lady of Good Counsel Retreat House

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