

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

Waverly, Nebraska

September 19-21, 2025 with Fr. Martin Adams, FSSP

Friday evening

- 4:30 Self Check-in available
- 5:00 Mass (optional)
- 6:00 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, 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 (<i>conference room</i>)
5:00	Mass
6:00	Supper (<i>Table Reading</i>)
7:30	Fifth Meditation (<i>conference room</i>)
8:30-9:30	Holy Hour Eucharistic Adoration
10:00	Lights out

Sunday morning

8:00	Breakfast (<i>Silence</i>)
9:00	Sixth Meditation (<i>conference room</i>)
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

www.goodcounselretreat.com - 402-786-2705 - office@olgcretreat.org