

## ***You're Worth It! Women's Day Retreat April 29, 2023***

Retreat Leader: Danielle Bean

The *You're Worth It!* retreat draws from themes in Danielle Bean's newest book, *You're Worth It! Change How You Feel About Yourself By Discovering How Jesus Feels About You*.

The basic structure of the retreat is as follows:

4 sessions of 50 minutes each, composed of Gospel reading and guided reflection, followed by a brief multi-media presentation (video and/or music selection related to the topic) journaling (materials provided), guided group discussion, and other activities.

Opportunities are available to purchase Danielle Bean's work and gifts from the Domestic Monastery.

**8:30AM Check In** with continental breakfast

**9AM-9:10AM Welcome**

**9:10AM-10AM Session 1 *Be Found***

Through the Gospel story of the Samaritan woman at the well, we learn that God loves us so deeply and intimately he seeks us out, wherever he can find us, and does not let our own "labels" stand in the way. We discover God's plan for forgiveness, healing, and acceptance in our lives.

**10AM- 10:50AM Session 2 *Be Tested***

Through the Gospel story of the woman with a hemorrhage, we learn of God's unique love for women and that he fully embraces our feminine nature. We explore the destructive ways in which we seek affirmation in worldly things and discuss God's life-giving plan to know us completely and love us fully.

**15 Minute Break: Shop**

**11:10AM- 12:00PM Session 3 *Be Forgiven***

Through the Gospel story of the woman caught in adultery, we learn the ways in which women are objectified and victimized in our culture, but that God has a counter-cultural plan for affirming the dignity and worth of every woman. We discuss the ways in which sin, especially sexual sin, leaves us feeling ashamed and unworthy, and yet Jesus longs to embrace us, forgive us, and shower us with grace.

**12:10PM Mass/Shop**

**12:40PM-1:10PM Lunch/Shop**

**1:10PM- 2PM Session 4 *Be Welcomed***

Through the Gospel story of the woman who anointed Jesus' head with oil, we explore the feminine gift of hospitality, and the ways in which Jesus uses this natural gift to draw us closer to him. We discuss obstacles that might stand in the way of us pouring ourselves out as a gift to Jesus and others, and how we can overcome them.

**2PM Farewell**

**2:10PM-3PM Confession/Shop/Book signing**