



PARISH EXTRAORDINARY MINISTERS OF HOLY COMMUNION'S RETREAT & RELAXATION 2014

Venue: **Marina Island Resort Pangkor, Telok Muroh, Lumut, Perak**

Date: **SUN 14 - TUE 16 September 2014**

Facilitator: *Rev Fr Francis Xavier Selvarajoo*

Sent to be Enriched

Sunday 14

- 12.00 pm Departure from the Church Compound of St Anthony, Teluk Intan
- 01.30 pm Stop-Over for a Drink or Lunch @ Billion Supermarket, Lumut
- Arrival at Marina Island Resort, Lumut
- Settling, Siesta & Free Time
- 04.00 pm Tea > **in your own rooms**
- 05.00 pm **Session I: To Be Away Is To Be With**
- 06.15 pm Swim, Bath & Free Time
- 07.45 pm Vespers (Evening Prayer) > **Meeting Room**
- 08.00 pm Dinner > **outside** & Free Time
- 09.30 pm **Session II: You Are Special**
- 10.30 pm Night Cap & Free Time
- Good Night



Monday 15

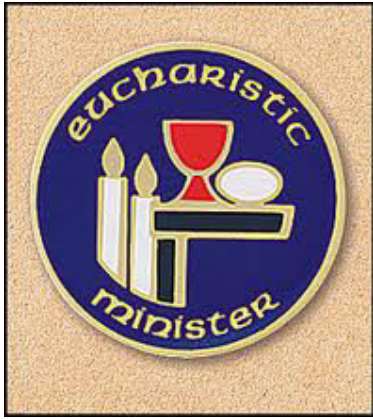
- 08.00 am Breakfast & Free Time
- 09.15 am Lauds (Mornng Prayer)
- 09.30 am **Session III: Why Am I Doing What I Am Doing?**
- 10.30 am Coffee Break > **in your own rooms**
- 11.00 am **Session IV: Knowing Me, Knowing You**
- 12.15 pm Eucharistic Celebration > **Meeting Room**
- 01.15 pm Lunch > **outside**, Siesta & Free Time
- 03.30 pm **Session V: You Will Be My Witnesses**
- 04.30 pm Tea > **in your own rooms**
- 05.15 pm Fellowship Games
- 06.15 pm Swim, Bath & Free Time
- 07.30 pm Vespers (Evening Prayer) > **Meeting Room**
- 08.00 pm Leaving for Chinese Seafood Dinner @ **Kampung Cina**
- 10.30 pm Free Time
- Good Night



Tuesday 16

- 07.30 am Eucharistic Celebration
- 08.30 am Breakfast & Packing
- 09.30 am Trip to Pangkor Island
- Sight-Seeing & Lunch
- 02.30 pm Arrival at Lumut
- Leaving Marina Island Resort, Lumut
- Visit to the "7½ Wonder of the World"
- @ **Tua Pek Kong Temple, Pasir Panjang**
- Tea
- Safe Journey Home
- 05.30 pm Arrival in Teluk Intan





Prayer for the Extraordinary Minister of Communion

Heavenly Father,
I thank you for calling me to serve
You and Your people in this
community as an extraordinary
minister of the Eucharistic.
You know that I could never be
worthy of such an exalted honor.
Help me to be less unworthy
by remaining free of sin.
Let me nourish Your people
with the witness of my life
as I feed them with the
Body of Christ.
Grant Your strength and
holiness to all Your
extraordinary ministers
and make them worthy
to bring Christ to others.

Amen.

