



LSAF

ACTIVITY DAY 1

JANUARY 3,
2025

01:30 PM - 02:00 PM REGISTRATION

02:30 PM - 03:00 PM
OPENING PRAYER: DOXOLOGY
INTRODUCTION WITH INSTRUMENTAL
MUSIC

1. BLESSED MARIA RAFOLS
2. VENERABLE FR. JOHN BONAL
3. BIBLE
4. CONSTITUTIONS
5. SEED
6. PLANTS
7. FLOWER
8. CANDLES

03:00 PM - 03:15 PM
WELCOME REMARKS
SIS. ELSIE MERCADO
LSAF PRESIDENT

03:15 PM - 03:30 PM
ORIENTATION
SR. EUGINE MARY PATHROSE

03:30 PM - 04:30 PM
SESSION 1
"PILGRIMS OF HOPE"
FR. ROGIE MONJE QUINGA, RCJ

04:30 PM - 05:00 PM BREAK

05:00 PM - 07:00 PM
CONTINUATION & EUCHARISTIC
CELEBRATION

07:00 PM DINNER

ACTIVITY DAY 2

JANUARY 4,
2025

06:00 AM - 07:00 AM EUCHARISTIC CELEBRATION

07:00 AM - 08:00 AM BREAKFAST

08:00 AM - 09:30 AM
OPENING PRAYER (ALABANG) &
SESSION 2

"BEATITUDES IN THE LIFE OF BLESSED MARIA RAFOLS"
SR. EUGINE MARY PATHROSE

09:30 AM - 10:00 AM BREAK

10:00 AM - 11:00 AM
SESSION 3
"MY EXPERIENCE WITH THE LSAF"
SIS. MORAVI FLORES

11:00 AM - 12:00 NN
SESSION 4
"OUR FOUNDERS"
SR. JOSEPHINE HALOOT

12:00 NN - 1:00 PM LUNCH

1:30 PM - 4:00 PM
*SOCIALIZATION
*GAMES
*PRESENTATION (LSAF EAST REMBO)

4:00 PM
SIGHT SEEING AND DINNER IN
SM AURA

ACTIVITY

DAY 3

JANUARY 5,
2025

06:00 AM - 07:30 AM EUCHARISTIC CELEBRATION

07:30 AM - 08:30 AM BREAKFAST

08:30 AM - 10:00 AM OPENING PRAYER (RODRIGUEZ)
& POWERPOINT PRESENTATION
OF EACH GROUP

10:00 AM - 10:30 AM BREAK

10:30 AM - 12:00 NN EVALUATION & PLANNING

12:00 NN - 12:30 PM *WORD OF THANKS
*PRESENTATION OF PLAQUE
OF APPRECIATION

12:30 PM LUNCH

Home sweet
home!

