



Women's Lenten Retreat
"Preparing Our Hearts
for the
Lenten Journey"

February 5 & 6, 2010
Fri. 6:00—9:00 p.m.
Sat. 8:00—3:30 p.m.

With Presenter:
Christine Valters Paintner, PhD

The season of Lent begins on Ash Wednesday with the call from the prophet Joel to "Return to God with our whole hearts." This retreat will be a time to prepare ourselves for the Lenten Journey and explore ways of returning to God with whole-heartedness. Our focus will be on the ancient Christian practice of *Lectio Divina* and learning ways to bring this prayer to scripture, to art, and to life experience so that through our Lenten journey we become more and more present to God's work within us and in creation. *Lectio divina* invites us into contemplative ways of being in a world of doing, to live into rhythms rooted in the natural rise and fall of the day, and to see all moments as holy.

Our time together will be spent in brief presentations, guided prayer experiences, sharing, and contemplative reflection.

REGISTRATION FORM

Pay Registration fee of \$45.00 by
Monday, Feb. 1, 2010

Name: _____ Address: _____

Phone: _____ E-Mail: _____

Amount Enclosed: _____ (Please make check payable to St. Madeleine Sophie)

(Must Pre-Register for Childcare)

Children Names and ages: _____

Special Needs: _____ Scholarship Assistance _____ Other _____

If you have any special dietary needs, please feel free to bring your own food, snacks, etc.

Mail to: Eileen Short, Parish Life Program Manager
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