



## John Tyler's new book, “3-Minute Daily Retreats”



Has the rat-race of work, school, relationships, family—even church activities—got you down? This Lenten devotional book will help you calm the rat-race during the 40 days of Lent. The book contains a 2-page, **3-minute retreat** for each day of Lent. That's right: your daily retreat will require only **3 minutes**, a small investment of time that will pay big spiritual dividends. Each daily retreat has four movements:

- **LISTEN:** A scripture reading;
- **REFLECT:** A brief reflection on the scripture reading that will help you discern how it applies to your life;
- **PRAY:** A short prayer that you may pray, adding your own petitions that you want to bring before God; and
- **GO:** A sentence of encouragement as you “go in peace to love and serve the Lord” that day.

All book sales proceeds will go to The Episcopal City Mission that brings support, hope, and healing to children in detention at the St. Louis City and County Detention Centers and the Lakeside Residential Center. As you feed your soul daily in 3-minute retreats, you will help bring support, hope, and healing to children who live in difficult circumstances.