



# Art.full Prayer

## Leaning into Lent

### ■ Tuesday, March 18, 2025

#### ■ The House Next Door

177 Princeton-Hightstown Road \*  
Princeton Junction NJ 08550

**8.30a** | Coffee

**9.00a — 12** | **Reflection + Meditation + Creative Practice**

In the Eastern Orthodox tradition, the season of Lent is described as a “bright sadness.” That phrase contains the nuance of holding both hope and grief. Grief over the sin and brokenness in our present lives, with hope because we know the end of the story of Christ’s resurrection at Easter. We’ll spend some time in reflection, listening and praying through Scripture to consider this “bright sadness” as we move toward resurrection in our hearts and in our world with its griefs and sorrows. The time will be followed by a creative practice together. Everyone is welcome — there’s no requirement for writing or art skills. All materials will be provided.

**Led by** Pat Pickard, Spiritual Director + Graphic Designer *and*  
Teresa Knipper, Spiritual Director + Soul Collage Facilitator

#### ■ **Cost :** \$40 — \$50 (sliding scale)

**For more information and to register,** scan the QR code  
or send an email to [hnd@popnj.org](mailto:hnd@popnj.org).

*Registration ends on Friday, March 15, 2025*

*\* Parking is available at “the church next door”,  
Prince of Peace Lutheran Church*

