



## 2022 Lenten Women's Retreat

Come away to a quiet place with God for a slow, at home, Lenten retreat. We will walk in the spiritual footsteps of the very first Christian monastics (the desert fathers and mothers) who went out into the desert in an attempt to grow closer to God, and grow into the image of Christ through prayer and study.

After two years of pandemic most of us don't need to go anywhere to find an *inner* wilderness! Most of us are tired, stressed, perhaps afraid. We are feeling a host of emotions: lonely, frustrated, tired, anxious, isolated, and so much more.

We will explore, at your own pace, spiritual practices (such as intercessory prayer, creating sacred space at home, meditation, art, and psalm writing) that bring our whole selves to God. We will especially explore what it means to be able to bring to God those times and emotions that *we* might believe are negative, bad, or unworthy.

This retreat is self paced, flexible, and meant to work with and around your regular schedule. Take it slowly, savor, and do only what you can.

- Weekly teaching email with a simple suggested spiritual practice for the week.
- Weekly Holden Evening Prayer on Wednesday at 6pm (live-streamed & in person) throughout Lent
- One day dispersed (at home and on Zoom) retreat Saturday April 2<sup>nd</sup> 10am - 2pm

Spend a gentle Lent immersing yourself in the love of God, reconnecting to your church community, and deepening your own spiritual life in a way that is sustainable even in the midst of a pandemic.

The retreat costs \$25. Registration closes on Feb. 23. To register, go to <https://tithe.ly/event-registration/#/4873499>.



The Rev. Josephine Robertson is vicar of All Saints Episcopal church in Bellevue Washington. She is a spiritual director, and teaches meditation and spiritual practice to seekers from a variety of traditions. She loves helping folk find delight and connection to God in ways that are integrated into their busy modern lives. She is a baker, poet, and photographer, is married to Tim Peoples, and is bossed around by a horse, two dogs, and a very naughty cat.