

LENTEN RETREAT

A Time of Grace and Prayer

Thursdays from February 23rd - March 30th | 7.00pm – 7.45pm (UK Time)

Join us for our FREE online Lenten retreat - “Lent: A Time of Grace and Prayer”. This retreat will invite us to reflect on Lent as a time of grace-filled encounter with God.

Date	Topic	Speaker
Thursday 23rd February	Lent ~ A Time of Grace	<i>Michael McGoldrick OCD</i>
Thursday 2nd March	Lent ~ A Time of Conversion	<i>Joe Birmingham OCD</i>
Thursday 9th March	Lent ~ A Path of Contemplation	<i>Tom Curran OCD</i>
Thursday 16th March	Lent ~ A Path of Meaningful Suffering	<i>Matt Blake OCD</i>
Thursday 23rd March	Lent ~ Praying from the Depths	<i>Felix Okolo OCD</i>
Thursday 30th March	Lent ~ Power and Wisdom of the Cross	<i>Vincent O'Hara OCD</i>

Date: February 23rd, March 2nd, 9th, 16th, 23rd & 30th

Time: 19:00 - 19:45 (UK Time)

Zoom opens: 18:45

Venue: Online

Led By: Carmelite Retreat Team

For more information: www.carmelite.uk.net/online-talks-retreats/lenten-retreat-2023

Or contact: ruth.preston@carmelite.org.uk 07849 596 572