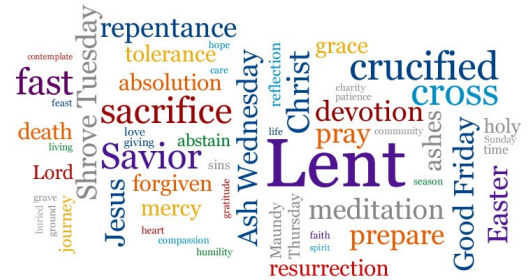


# A Journey through Lent: Finding your Word and your Guide

Hosted by the ECW  
March 5, 2022 (tentative)  
10 a.m.—2 p.m. in  
All Saints' Neaverson Chapel



As Christians, we are invited each year to a holy observance of Lent. This year is no exception. All Saints' ECW is pleased to invite everyone to a workshop exploring practices that can be incorporated into a Lenten observance. In the workshop, we will be listening prayerfully for a unique word and for a guide to lead us through this season and beyond.

In the morning session – by praying with scripture in the practice of sacred reading, or entering a story of the Bible through active imagination – we will delve more deeply into the meaning a scripture passage has for our life. Journaling extends this process and can help us find a word's place in our journey through Lent.

A break with a light lunch will be provided.

In the afternoon session we will learn an ancient practice of dialoging with a character in scripture or a significant person in our life to gain guidance for our Lenten journey. What insight or direction does this person have to offer?

The workshop will end with an exercise called an Examen - in this case a Workshop Examen - in which we will replay mentally our experiences in the day's workshop. Through journaling about them we can discern what brought energy, insight, joy – in short, more life - and which, if any, sapped our energy, depleted us, or led to desolation. This is valuable to know as we establish practices that will bear fruit in a holy observance of Lent, our most holy season.

Please join us in our search for holy words and guides for Lent.

- The interactive workshop will tentatively be presented on Saturday, March 5 from 10 a.m.—2 p.m. in All Saints' Neaverson Chapel. (We will finalize the date very shortly!)
- A light lunch will be provided.
- The workshop is free of charge. Free will offerings for lunch will be gratefully accepted.
- Masks will be required except when actively eating and drinking.
- Registration is required, as attendance is limited. As soon as the date is finalized, we will send out a link to register.