

LENTEN RETREATS 2023

FEBRUARY 23, MARCH 2, 9, 16, 23 & 30

Join us for our 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. Led by seven different speakers, join us in exploring A Time of Grace, A Time of Conversion, A Path of Contemplation, A Path of Meaningful Suffering, Praying from the Depths and Power and Wisdom of the Cross.



Join us in unpacking the fruits of our Lenten Reflections. After each talk in our Lenten Retreat series every Thursday this Lenten season, we'll spend another hour online in shared conversation on the themes and insights from the talk with the friars. This session offers you the opportunity to review the talk in a prayerful space with others unpacking the fruits for our spiritual growth.



APRIL 5

And you don't want to miss Seder Meal with Carmelite friars. A celebration of the Christian Seder Meal, and reflections on key ancient Hebrew beliefs and traditions that hold the key to our understanding the original meaning of the Eucharistic words of Jesus.



APRIL 6 & 9

Also make the celebration of this year's Easter Triduum memorable by joining the Carmelite friars in Oxford online or in person. Starting on Holy Thursday we'll celebrate the central mystery of our faith, the death and resurrection of Jesus.



INDIVIDUALLY GUIDED SESSIONS (IGS)



Why not take the opportunity to schedule for an Individually Guided Session (IGS) during the Lenten season? An IGS offers you the opportunity to review your Lenten journey experience with the assistance of an experienced spiritual guide, paying closer attention to how and where God has been at work in your life.