

Lenten Retreat  
Celtic Christian Spirituality  
February 27, 2021

**Notes to Participants**

These times are approximations and are meant to be flexible as needed.

Prior to the meeting, set up your own sacred space; perhaps light a candle nearby, or have an icon or a cross in your space; try to make sure your space is quiet and free of interruptions. Have a notebook and pen nearby, or perhaps pens, pencils, or paints for expressing your creative side.

Sign in early if possible so we can get going on time.

Be open, share as you are comfortable, and enjoy!

**9:45** Begin signing on to Zoom

**10:00** Introductions

**10:15** Morning Prayer followed by first teaching. Short writing period with directive question

**11:00** Break (10-15 minutes)

**11:15** Return for small group discussions

**11:30** Large group discussion

**11:50** Noonday prayer

**Noon** Lunch for one hour

**1:00** Re-gather, teaching session 2.

**2:00** Break

**2:10** Small group discussions

**2:30** Large group discussion

**2:50** Summary remarks, short evening prayer in Celtic tradition and dismissal