



ALL SAINTS EPISCOPAL CHURCH

LENTEN RETREAT

CREATION: Drawn to Pray

Retreat facilitator: Betsy Aylin

Saturday March 16, 2024

Episcopal Student Center

27th Street and University Avenue

Austin, Texas

Schedule: 9:00 Gather and coffee

9:30 to noon retreat

Purpose: This Lenten retreat is offered by the St. Catherine's Chapter of the Daughter's of the King and is open to all who wish to step out of their busy lives and into the "wilderness"—a quiet place to listen, experience, and know the oneness of all. The retreat is built around Jesus' model of entering creation to pray—first to the wilderness after his baptism, many times to the mountain top to center and refresh, and finally to the garden to wrestle with the finality of his life.

Structure of the day: The day will be built around these 3 moments of prayer in creation in Jesus' life as context and framework for exploring how we might pray in, with, and through nature. We will experiment with the prayer practices of walking meditation, breath prayer, and *visio divina* during the retreat. The day will include short talks, discussion, and periods of prayer and reflection.

To register: Contact Diane Owens at dowens1@austin.rr.com