

Learning to Pray during Lent

A Lenten Prayer Experience
with the Los Angeles Retreat
Center Community

Weekly on Thursdays at 7:30 pm PST via Zoom

Beginning on February 23 and culminating on March 30, 2023

Please join us this Lent for a series of prayer learning experiences designed and hosted by the Los Angeles Retreat Center Community. The series will be offered online and will include an introduction to popular prayer forms to be encountered during the Lenten spiritual journey. These will include: a short history and introduction of the prayer forms and specific sessions on Centering Prayer, Lectio Divina, Visio Divina, and the Labyrinth – or prayer-in-motion. In addition, each retreat center will have its retreat leaders guide each session, providing a Lenten flavor and the opportunity to journey with the retreat leaders in the prayerful discussion. The sessions will be one-hour in length, held weekly on Thursday at 7:30 pm. You can register here and attend any or all of the sessions. The program is offered without a fee, but we welcome free will donations to offset the center's costs to create and present the program. For full info go to <https://laretreatcenters.com/>

Lenten Reflections: Part One Overview of Prayer forms

Thursday, Feb 23, 7:30-8:30pm

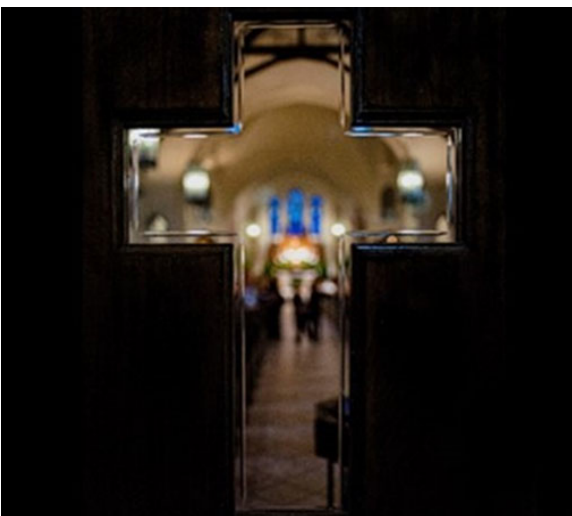
Hosted by all Los Angeles retreat centers, introductions by Dr. Michael Cunningham, with brief descriptions of coming-weeks' prayer programs by retreat center leaders. The evening will include Lenten Vespers, followed by an opportunity for large-group sharing.

Lenten Reflections: Part Two Centering Prayer

Thursday March 2, 2023 7:30-8:30 pm

Centering prayer is often called the Prayer of Consent, as it represents our willingness to be open to God. A willingness that is without agenda or needs, just a desire to rest in God's presence. This session will provide an introduction to Centering Prayer led by Dr. Michael Cunningham OFS, a certified Centering Prayer instructor from Contemplative Outreach, and will provide background, method and practice.

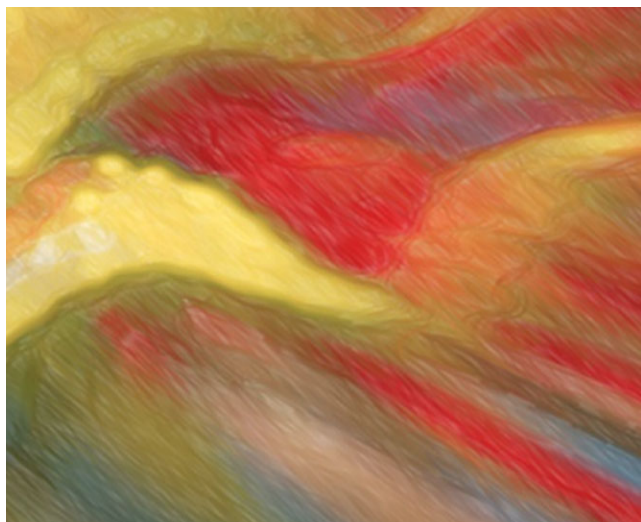
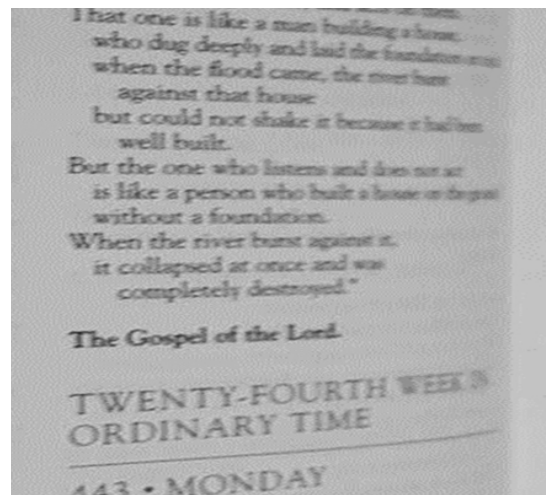
Hosted by Mater Dolorosa Passionist Retreat Center



Lenten Reflections: Part Three Lectio Divina

Thursday March 9, 2023 7:30-8:30 pm

This presentation will examine the tradition of Lectio Divina. Lectio Divina means Sacred Reading of God's Word. I will offer several passages from the Bible that you may consider for future references. Tonight, we will be looking at the Upper Room Experience, where Jesus called his disciples together to celebrate the Last Supper. We will read this text three times and meditated upon it. Questions will be provided for shared reflections. Then consider how this impacts our life and does it move us to some activity that will help build up the Kingdom of God. Hosted by Fr. Charlie Smiech, OFM. Hosted by Serra Retreat Center



Lenten Reflections: Part Four Visio Divina

Thursday, March 16, 7:30-8:30pm

The Roman Catholic and Orthodox churches have a long tradition of the use of icons. Gazing at an icon of Christ, Mary, the Trinity, or one of the saints puts us in contact with the One who gazes back at us. The practice of Visio Divina or Holy Gazing can extend beyond the world of icons to pieces of fine art or the natural world. Everything in creation is an image of the Invisible God. This evening's session will explore the history and use of icons, art, and nature to experience different aspects of God and will include a practice of Visio Divina.

Hosted by Holy Spirit Retreat Center

Lenten Reflections: Part Five The Labyrinth or Prayer-in-Motion

Thursday, March 23, 7:30-8:30pm

Facilitated by Sue Ballotti and Paul Craig.

Solvitur Ambulando

This is a Latin phrase often attributed to St Augustine and used to describe the benefits of walking and using motion to clear the mind. Prayer in motion is an ancient form of prayer, and the labyrinth walking pattern was common across civilizations for more than 4,000 years. Physical movement connects body, mind and spirit and can be a powerful way of praying. We will introduce forms of prayer-in-motion, with particular reliance on the labyrinth – history, purpose, and creative ways to put labyrinth walks into our prayer practice. Hosted by Mary & Joseph Retreat Center



Lenten Reflections: Part Six Stations of the Cross

Thursday, March 30, 7:30-8:30pm

Facilitated by Dr. Michael Cunningham

In preparation for Holy Week and the end of the Lenten journey the teams from the retreat centers will pray the Stations of the Cross and then review and discuss the input and wisdom gathered during the journey together on the program. Hosted by all Los Angeles retreat centers.