

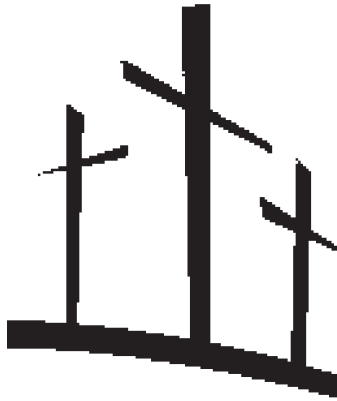
Lenten Quiet Day Retreat

Led by the Rev. Kim Seidman and the Rev. Jared Cramer

Saturday, March 6, 2010

9:30 AM to 2:30 PM in

Christ Church's Meade Room



Under the leadership of the Rev. Kim Seidman and the Rev. Jared Cramer, we will engage in a series of meditations on the Nicene Creed and its relationship to our spirituality in sessions devoted to God the Father, God the Son, and God the Spirit, with time for reflection and prayer. A final session will be devoted to prayer and praxis at three different stations: the labyrinth, the Chapel, and the Meade Room for making and praying with the Anglican Rosary. The retreat will conclude at 2:30 PM with the celebration of the Eucharist.

The day will bring new meaning to the words of Fr. Seraphim: "We are told by the Holy

Fathers that we are supposed to see in everything something for our salvation. If you can do this, you can be saved."

The \$20 fee covers the cost of breakfast, lunch, and some materials for the rosary. For more information, please email or call the coordinator Phil Lyons at *PhilipBLyons@AOL.com* or 703-960-6468. The registration form below should be mailed to Phil Lyons at 5904 Mt. Eagle Drive, Unit 104, Alexandria, VA 22303-2535 with your \$20 check made payable to Christ Church with *Lenten Quiet Day* or *LQD* written on the memo line.

2010 Lenten Quiet Day Registration Form

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone (W) _____ (H) _____

Email _____