

St. Thomas More CWL

Lenten Retreat Journey in the Wilderness:

Growing in God's Grace

with Lucie Leduc

Providence Renewal Centre
3005 119 Street NW
Saturday, March 7, 2026, 9am-3pm



Retreat Schedule

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| 9:00am | Welcome, Introductions and Opening Prayer |
| 9:20am | Session I: Jesus in the Wilderness of our Lives |
| 9:50am | Sharing with a neighbor – Sharing together |
| 10:00am | Break |
| 10:20am | Personal Quiet Prayer with Reflection Questions, Journaling time |
| 11:15am | Session II: Healing Presence and New Habits for Fasting, Prayer and Giving
“Ever Ancient, Ever New” |
| 11:45am | Sharing with a neighbor – Sharing together |
| Noon | Lunch followed by time for rest or a walk outside |
| 1:30pm | Session III: See, Reflect, Act and Bless |
| 2:00pm | Personal Quiet Prayer with Reflection Questions, Journaling Time |
| 2:30pm | Wrapping up with Summary, Reflection and Closing Prayer |
| 3:00pm | Departure |