

A Lenten Journey with Judy Smith

March 20-22

Join in joyful anticipation of Christ's resurrection through various spiritual practices, including gratitude walks, labyrinth navigation, thoughtful discussions, journaling, and resting as we find ourselves in the presence of a loving God who offers grace and care to each one of us. Enjoy free time for silent prayer and meditation in beautiful surroundings.



Cost for the retreat includes all programming, two overnights, and four meals (Saturday Breakfast to Sunday Breakfast):

Single Occupancy - \$300
Double Occupancy - \$200

Saturday day rate includes programming on Saturday, and one meal (Lunch): \$60

TENTATIVE SCHEDULE

Friday March 20

6:00 pm - Arrival
7:30 pm - Session 1 - Evening Vespers with the Ignatius Examen followed by Evening Fellowship

Saturday March 21

7:30 am - Optional morning outside walk or indoor walk on the canvas Labyrinth
8:00 am - Breakfast
9:30 am - Session 2 - An experience with Centering Prayer & Walking Meditation
12:00 pm - Lunch
2:00 pm - Session 3 - Experiencing a Meditative Finger Labyrinth Walk using Handheld labyrinths and creating Prayer Mandalas
5:30 pm - Dinner
7:00 pm - Session 4 - Evening Vespers with the Ignatius Examen followed by Evening Fellowship

Sunday March 22

7:30 am - Optional morning outside walk or indoor walk on the canvas Labyrinth
8:00 am - Breakfast
9:30 am - Session 5 - Revisiting and practicing some of our prayer practices we have experienced this weekend
11:00 am - Departure



**Upcoming 2026
Adult Ministry
Retreats**

FOR ALL REGISTRATION

REGISTER ONLINE AT LUTHERDALE.ORG OR
CALL (262) 742-2352 FOR PAPER REGISTRATION