

Now is the time of God's favor, now is the day of salvation

2 Cor 6:2



Saturday, March 29th 2025

All inclusive \$40.

Please contact us to reserve your seat.



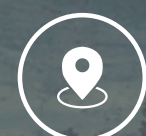
- 8:30 am - Arrival & Registration-
Coffee/Tea/Snack
- 9:00 am - Opening Prayer & Song.
Introduction - the three pillars
of Lent, preparing ourselves for
Easter.
- 9:20 am - A/V Presentation - Gospel of
Matthew 6:1-8. Biblical basis of our
Lenten journey.
- 9:35 am - First reflection - teachings on
prayer. The Our Father.
- 10:05 am - Coffee break.
- 10:20 am - Group discussion.
- 10:45 am - Second reflection - teachings on
almsgiving
- 11:15 am - Third reflection - teachings on
fasting.
- 11:45 am - Conclusion - the centrality of prayer
- 12:30 pm - Fraternal lunch
- 1:30 pm - Free time for walk/personal prayer.
- 2:00 pm - Adoration of the Blessed Sacrament
with meditated Rosary.
- 3:00 pm - Confessions with quiet time for
prayer and reflection.
- 4:00 pm - Conclusion of retreat with the
celebration of Holy Mass



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St Francis Centre

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Please bring indoor shoes and inform us of any dietary restrictions

www.stfranciscentre.net