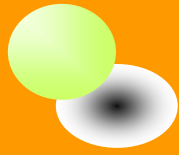


“RETURNING TO YOUR CENTER”

A One Day Lenten Labyrinth Retreat with Helen Russell



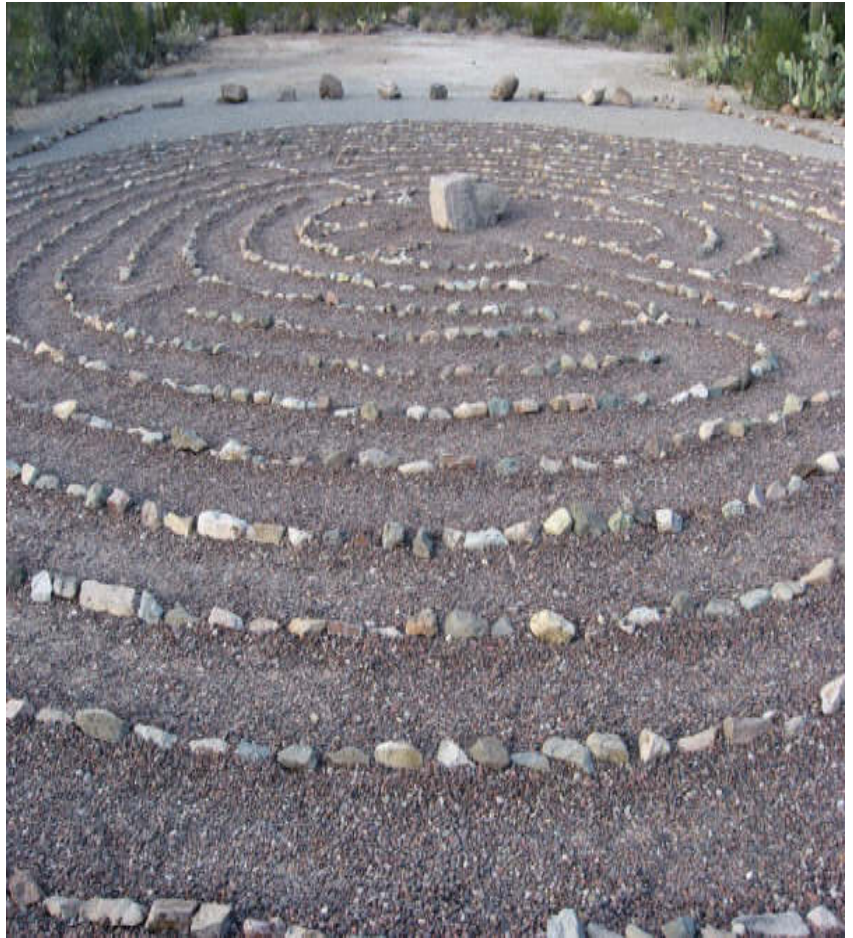
Walking the Labyrinth is a great Lenten Practice. It is a great prayer and meditation tool that helps us focus on the presence of the divine in our ever changing lives. Walking the Labyrinth during Lent can help us discover how far we have wandered from God. It can help to quiet our mind – to let go of the details of our life and help us return to the center of our life which is God.

On Saturday, March 6, join us for a Lenten Labyrinth Retreat where we will have the opportunity to hear a bit of history on the Labyrinth and how it is used today as a way to pray and grow closer to God. We will share Lenten scripture stories about those days leading up to Holy Thursday, Good Friday and Easter and

see how the people in these stories such as Mary of Bethany and Simon of Cyrene relate to the journey that we are walking. We will have at least two opportunities to walk the labyrinth and time for reflection as a group, individually or as a journal activity.

Helen Russell, our Lenten Labyrinth prayer guide, is a wife, mother and grandmother; and delights in sharing her love of the labyrinth as a prayer practice with others. Helen is of the Roman Catholic faith tradition and is a certified labyrinth facilitator through Veriditas at Grace Cathedral, San Francisco where she trained with Rev. Dr. Lauren Artress. Helen has facilitated labyrinth retreats/workshops at Sunstone Cancer Support Center in Tucson, as well as her parish and neighboring parishes, including children K-12 through adults. She is part of the faith formation team and women's retreat team and facilitator in her parish, Corpus Christi in Tucson, AZ. She is a graduate of the Hesychia School of Spiritual Direction and is the author of the book, "Walking a Woman's Path – A Woman's Faith Journey".

Saturday ~ MARCH 6, 2010
9AM to 3PM



REDEMPTORIST RENEWAL CENTER
at Picture Rocks

Program Costs including lunch
Cost: \$40.00
Reservations are required.
Please email office@desertrnewal.org
Or call 520-744-3400