



Lenten Retreat

“For this child of mine was dead and is alive again; he was lost and now is found.” – Luke 15:24

All Are Welcome!

Name: _____ Email: _____

Phone Number: _____ Religious Affiliation (optional): _____

Check your USD Affiliation:

- Student** *Program/Major/Year* _____
- Staff/Faculty** *Department* _____

As we journey toward Easter, University Ministry offers the Lenten Retreat as a way to slow down and center yourself. The retreat consists of your own personal prayer and four meetings with a spiritual guide. A spiritual guide is a companion on the journey who enables you to tune in to your deeper self and recognize the still, small voice of God within.

We will begin the retreat together on Ash Wednesday, **February 22 at 1 pm**
(Please consider joining us beforehand at 12:15pm Mass in Founders Chapel)
We will conclude during Holy Week, on Monday, April 2 at 1 pm

In 1 – 2 paragraphs, **briefly describe your desire to participate** in this retreat. Please attach your response to this application or just write on the back.

Check any that apply:

- I have never met with a spiritual guide
- I have met with a spiritual guide in a retreat setting
- I have met with a spiritual guide in the past, but don't currently
- I now meet regularly with a spiritual guide

Please check any/all that you prefer in a spiritual guide.

- Male
- Female
- Lay Person
- Please tell us anything else that may help match you with a spiritual guide
- Religious Sister
- Priest
- No Preference

Please return this form and \$15 to UC 238 by Tuesday, February 14
For more information or any questions please contact Elizabeth Coyle at coyle@sandiego.edu or x7770