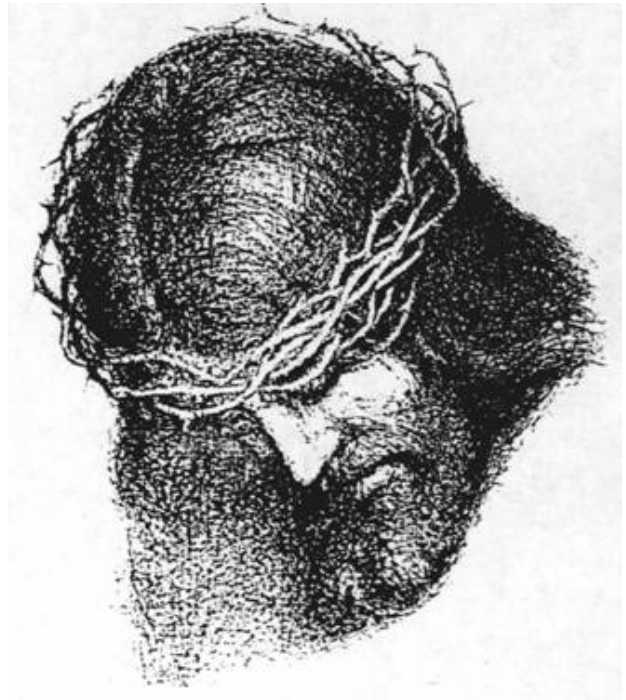


A Lenten Series of Day Retreats **Seton Retreat Center** **Emmitsburg, Maryland**

Theme: Life Rooted in the Paschal Mysteries:
Becoming what you love!

Time: 9:00 a.m. – 3:30 p.m.

Dates: Four Wednesdays in Lent.
Attend any or all Wednesday Retreats.



1. **March 1st, Ash Wednesday:** “Lent as a *journey*: From *fire-to ash-to fire*. A renewed vision of prayer, fasting and alms.”
2. **March 15th:** “Divinity stretches into human flesh that we might stretch into the image in which we are created. The *Mysticism* of living the paschal Mystery.”
3. **March 29th:** “The Paschal melody woven through Jesus’ public life from Cana to Spy Wednesday. A look at ‘*energy words*’ for the *journey*.”
4. **April 12th:** The great CRESCENDO – The Paschal melodies from The Chrism Mass to Easter Sunday. Ash becomes fire!

Fee: \$25 per Wednesday Day Retreat – Includes Lunch
Check or cash only (no credit cards please).

Day Retreat Schedule: 9:00 a.m. – 3:30 p.m.

9:00 a.m. Arrival – Refreshments

9:30-Noon – Retreat Program

Noon-1:00 – Lunch (Soup and bread on Ash Wednesday)

1:30 Mass in the Basilica (Distribution of Ashes on Ash Wednesday).

2:00-3:30 – Retreat Program concluding with a prayer service

Retreat Director: Dr. Thelma Steiger, Ph.D.

Dr. Steiger, a woman in private vows, lives her covenant according to St. Francis Rule for Hermitages. She is a theologian, educator, spiritual director, iconographer, who is currently retired to a hermitage except when “called out by the Gospel.” We are blessed to have her for these day retreats.

To Register or For More Information:

Please call: Seton Retreat Center: 301/447-7051

or Email: dsauvageau@doc.org

or Fax: 301/447-7078