

Sisters of St Andrew

Lenten Retreat

An four week Individually Guided Retreat in Daily Life

Sunday 26th February to Sunday 26 March 2023



*'O God, renew a
steadfast spirit within me'*

Psalm 51:10

The retreat is an opportunity to deepen your prayer life in preparation for Holy Week.

It is also an opportunity to experience spiritual accompaniment.

Spiritual accompaniment is a time to share about your faith journey during the retreat.

Your prayer companion will provide the necessary tools for your prayer.

The retreat will begin on **Sunday 26th February**

2.00 pm Welcome, Tea and coffee for a 2.30 pm start to 5.00 pm

at the Sisters of St Andrew, 99 Belmont Hill, SE13 5DY London.

The retreat finishes on **Sunday 26th March**

2.00 pm for a 2.30pm start to 4pm

at the same venue.