

Lenten Day Retreat
Holy Trinity Anglican Church, North Saanich
Saturday, March 8th 2025
10am-3pm

The Spiral of Transformation



A retreat is exactly what we need this Lent to not spiral out of control spiritually. Instead let's retreat together to spiral towards transformation. Let's see just how possible it is to integrate loss and change into our spiritual journey's and find new energy for our lives.

Your guide and facilitator, Denise Doerksen will present you with several spiritual exercises to aid you in this personal journey. It will be a day of entering into the difficulties we have traversing the known pathways of our lives and what is unknown, and finding a way to integrate, grow and be transformed in the process.

The Spiritual Exercises

The Spiral of Transformation
The Practise of Lectio Divina
The Practise of Self-examination,
Confession and Awareness
The Practise of Self-Emptying

- Gather in the parish hall at 10am for introductions and refreshments.
- Instruction on each of the Spiritual Exercises will occur in the hall as a group and then you will be given personal time to explore these exercises in the church and/or in the gardens.
- Lunch will be provided
- Donations gladly accepted
- Register with Rev. Denise at incumbent@holytrinityns.org