

# Welcome to a Different Kind of Lenten Retreat

This year, the St. Peregrine's Partnership of Parishes invites you to step into Lent with intention and grace - not with more pressure, but with more peace.

'My Lenten Pause' is a free, downloadable retreat designed for real life.

Whether you have five minutes or fifty, this resource meets you where you are, offering gentle reflections, prayer prompts, and simple activities to help you journey toward Easter with an open heart.

*Our focus - Be the Love you want to see in our World!*

**What's Inside the Booklet?** - A Personal, Flexible Retreat - *You set the pace.*

Each week includes:

- **Sunday Gospel reflections** with thoughtful questions
- **Prayer exercises** to calm and focus your spirit
- **Simple practices** like carrying a pebble or creating a sacred space
- **Journal prompts** to capture your journey
- **Weekly tasks** that encourage kindness, stillness, and noticing God in daily life

[\[Download the Booklet Here\]](#) - *Print it at home or use it digitally whatever works for you.*

*or*

*Scan the QR code* to download the booklet to your phone

## Deepen Your Pause with Digital Sacred Spaces

To support your journey, we've created a short 10-minute video for each week of Lent. They will be available each Monday of Lent, at noon, from our [Facebook page](#) and [our Website](#).

These gentle digital sacred spaces are designed to help you:

- **Settle into stillness**, even when life is busy
- **Reflect visually and prayerfully** on the week's theme
- **Create a moment of calm** wherever you are

Watch the video for Week 1: [\[Link to Video for week 1\]](#)

## Who Is This For?

- ✓ **Parishioners** looking for a personal Lenten practice
- ✓ **Seekers** exploring faith in a low-pressure way
- ✓ **Visitors and newcomers** wanting to connect
- ✓ **Anyone** needing a little more peace and reflection in their daily rhythm

*This is our gift to you - no cost, no registration, just an open invitation.*

## How to Use This Retreat

1. **Download the booklet** and glance through the first week.
2. **Set aside a few minutes** each day - morning, lunch break, or before bed.
3. Watch the **weekly video** whenever you need a quiet, guided pause.
4. **Go gently.** There's no "right way" to do this - only your way.

### A Note from Our Partnership of Parishes

*"Lent is not about adding more to your schedule - it's about deepening what's already there.*

*We offer 'My Lenten Pause' as a gift to our community,*

*hoping it helps you find moments of peace, prayer, and presence in the weeks ahead."*

St. Peregrine's Partnership of Parishes - **We're walking with you. You don't pause or journey alone.**

