



Letting Go - - A Forgiveness Lenten Retreat

Led by: Anna Racine
Date: March 14-16
Cost: \$350

Lent is a season of preparation for Easter and the celebration of new life. It is a season for self-denial and repentance. But what if we were to see Lent as a time of letting go instead of giving up? Lent is a time to let go of all that inhibits our ability to live the lives that God is calling us to. Letting go is about the process of forgiveness. To forgive is to free yourself from the pain of the past and to open yourself up to the joy and love available in the present moment.

Forgiveness is the gift we give to ourselves and to others because we first received it from God. Understanding forgiveness is the key to being able to forgive. Learn how to identify the stages of forgiveness on the journey to letting go. Explore how to release negative emotions of hurt, anger, blame and hatred so you can live more fully alive. You will be guided with tools that will enable you to let go and move forward with the healing process.

This Retreat will provide a caring and nurturing environment to work through the forgiveness process as you continue your Lenten journey towards the joy of Easter.

"FORGIVENESS: IT'S WHAT LENT IS ALL ABOUT"



Presenter: Anna Racine, Adjunct Faculty at Mount Carmel Spiritual Centre, is active in Parish Ministry at St. Thomas More Catholic Church. Anna is a Facilitator of Grief and Healing Support Programs and is a Spiritual Director. Anna was awarded the Niagara Catholic Award of

Distinction for her 20 years of volunteer service with the Niagara Catholic District School Board and in Parish Ministry. For more information on Anna visit www.annaracine.org.

Mount Carmel Spiritual Centre
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