



A Lenten Journey of the Heart

Saturday, March 16, 2013

Sponsored by Kindred Spirits Atlanta

Lent has traditionally been seen as a period of sacrifice, of giving things up, as a time of penance for our sins. What if we looked at it also as a time for change; a time of movement of our hearts and spirits closer to the God who loves us so much he died, so we can live.

How can we walk with Christ in humility? How can we move from hurt to healing? How do we become open to reconciliation with our Father? How do we come to appreciate the great gift of the new life that flows from his death?

This day of reflection will hopefully provide some insights that will be useful as each one of us continues on our journey of the spirit to deeper union with our Lord and Savior. We will spend time listening to the Words of sacred scripture, take some quiet time for reflection, and share with others as the Spirit guides us.

Where: ***Our Lady of Lourdes Catholic Church***

When: ***9:00 am until 1:00 pm***
(Doors open at 8:30 for coffee and fellowship)

To register: Visit the Kindred Spirits website, www.kindredspiritsatlanta.org.
or - call Susan Taquechel at 404-538-4598



Marcia Edwards, the speaker for the day, is a parishioner at the Cathedral of Christ the King, and has directed retreats and days of reflection at Ignatius Jesuit Retreat House and throughout the greater Atlanta area. She holds a certificate as Master Catechist for the Archdiocese of Atlanta, as well as having received a certificate in Spiritual Direction from Spring Hill College in Mobile Alabama.

Kindred Spirits is a singles group based at the Cathedral of Christ the King, serving all singles in the Archdiocese 45 and over.

I. HOLY THURSDAY

March 28, 7 pm

Celebration of the Eucharist with Washing of the Feet and
Offering for the Poor

Procession to Altar of Repose

(Leave in silence)

- Please bring:*
1. A bell to ring during the Gloria
 2. A towel to use for foot washing
 3. Special offering for the poor
(perhaps your Lenten "Rice Bowl")

II. GOOD FRIDAY

March 29, 7 pm

Gather in silence for the Commemoration of the Death of the Lord
Proclamation of the Passion of Jesus Christ

General Intercessions

Veneration of the Cross

Communion

(Leave in silence)

- Please bring:*
1. The nail you received on Palm Sunday
 2. A flowering plant to decorate the altar for Easter
(bring to the cafeteria)

III. HOLY SATURDAY

March 30, 8:30 pm

Solemn Celebration of Easter—Lighting of the Easter Fire and
Liturgy of the Word

Festive Alleluia!

Sacraments of Baptism and Confirmation for our Elect

Liturgy of the Eucharist

Please bring a bell to ring during the Alleluia and Gloria

IV. EASTER SUNDAY

March 31

8 am, 10:30 am, and 1 pm