

Pathways Retreat

February 2018

The fullness of joy is to behold God in everything.

Julian of Norwich

Grace Flowing

Pathways theme and focus for the Lenten journey is *Grace Flowing*. What better mystic of the month to have than Julian of Norwich who said:

“All will be well, and all shall be well, and all manner of things shall be well...for there is a force of love moving through the universe that holds us fast and will never let us go.”

Grace is continually moving and flowing throughout our lives with and without our awareness. This Lenten season, we invite you to join us in paying closer attention to the flow of Grace in our daily lives.



Observing the Season of Lent

Ash Wednesday Service
February 14, 12:00pm

Lenten Prayer
Fridays beginning February 16, 8:00-8:30am

Stations of the Cross
March 25-31, dawn-dusk

God always heals us, and with the most amazing gentleness over time. It does take time for us to heal in ways that will bring God the most glory and us the most joy, forever. The Lord never stops or even slows his kind, gentling healing in us.

Julian of Norwich, *Incandescence* p.13

Ash Wednesday Service

February 14, 12:00pm

This service includes scripture, song, silence, and marking with ashes. An opportunity to turn our faces toward the One who calls us home. *Return to me with all your heart.* -Joel 2:12



*Remember.
You were built for this,
the ancient path
inscribed upon your bones,
the persistent pattern
echoing in your heartbeat.*

*Let this be the season
you turn your face
toward the One
who calls to you:*

Return, return.

*Let this be the day
you open wide your arms
to the wind that knows
how to bear you
home.*

- Jan Richardson, *Circle of Grace*

Lenten Prayer

Scripture, Color & Blessing

Fridays, February 16-March 23, 8:00-8:30am

The focus of Pathways Friday morning Lenten prayer is on God's grace and love flowing through our daily lives. Each week we will practice lectio (meditative reading) with Old Testament lectionary texts focusing on God's covenant. Each participant will be able to color, trace or draw five unique Celtic knots—each representing one of the covenants. As you color, you may follow the flow of the design as it moves over and then under—listening for how this flow and movement speaks of grace in your own life.

February Calendar

Candlemas

Thursday, February 1, 7pm

Spirited Movement Prayer*

Mondays 5-6pm

Listening Together

Mondays 7-8:30pm

Contemplative Sit

Tuesdays 7:30-8am

Ash Wednesday Noon Service

February 14, 12:00pm

Centering Prayer

Thursdays 7:30-8am

Lectio Divina

Friday, February 2 & 9, 8-8:30am

Lenten Prayer

Friday, February 16 & 23, 8-8:30am

Monthly Iona Healing Prayers

Thursday, February 8, 7pm

Opening to Grace Group*

Thursday, February 15 & 22, 4:30-6:30pm

Spiritual Directors Day Away

Tuesday, February 20, 9am-2pm

**Registration Required*

"God of Trinity, you flow through the cosmos and through our lives. We are grateful that your love has no beginning and no end. During these 40 days of Lent open our hearts to your steadfast grace, presence and flow."

Pathways staff facilitates this prayer resource from [LEAD](#)

Pathways Retreat is a spiritual retreat center for Rest, Reflection and Renewal.

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