

Tau Center
Spring 2018

Lent: A Journey of Self-Discovery

Saturday, February 17, 9:30am-Noon

In the midst of a chaotic and stressful world and busy lives full of details and demands, we often forget to pause, take a breath and contemplate the wonder and awe that is our “self”.

The Holy Season of Lent is an apt time to take that pause, to contemplate our life journey: the choices we have made, the events and persons that have shaped our life, and the hopes and dreams we keep inside.

During this Lenten Morning of Reflection, we will engage in a quiet, contemplative process to take a deep yet gentle look at our life journey and to reconnect with the Spirit of God that accompanies us on each and every step. We will incorporate guided imagery, writing exercises, silence and music throughout the time together.



\$15 • Registration requested by February 9.

About the facilitators...

Sr. Glenna Czachor, OSF, is a Wheaton Franciscan Sister with more than 25 years experience in group facilitation and retreat leadership, specializing in contemplative prayer and worship, scripture study, and creative spirituality. She holds a Masters of Pastoral Studies from the Catholic Theological Union in Chicago, and is a graduate of the Hesychia School of Spiritual Direction of Tuscon, Arizona. As the Pastoral Associate of St. Gerard Parish in Brooklyn Park, MN, Sr. Glenna directed the RCIA, and adult and young adult faith formation programs.



PROGRAM
FACILITATORS



Sr. Glenna Czachor,
OSF