

Returning to God

Rest, Repentance, & Resistance

A LENT RETREAT

SATURDAY, MARCH 14
10:00 AM – 4:00 PM

Our Baptismal Covenant calls us to “resist evil, and whenever we fall into sin, to repent and return to the Lord.” The season of Lent calls us to a time of honest self-reflection about the patterns of complicity and complacency in our lives, but for many people words like “sin” and “repentance” have become so weaponized that it often seems better to simply avoid them. How can we faithfully discern the presence of sin in our lives, and resist evil in the world, while also embodying the Way of Love and maintaining a posture of grace towards ourselves and others?

This retreat offers a gentle but liberative reframing of the Biblical concepts of sin and repentance, emphasizing the systemic nature of evil while reorienting us toward the promise of redemption through God’s unconditional love and mercy. By rooting ourselves in practices of **Sabbath rest**, **contemplative prayer**, and wisdom from **the communion of saints**, we will find renewed strength to bravely face the reality of our lives and our world with the empowered vulnerability of Christ.

Refreshments and lunch will be provided.

Cost: \$50 with scholarships available

Registration Limit: 30 attendees



Kristen Leigh Mitchell, M.Div. is a theological scholar, retreat leader, and spiritual director whose work focuses on adult Christian discipleship at the intersection of liturgical theology, social psychology, contemporary culture, and the arts. Learn more at www.kristenleighmitchell.com

Register here



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