



Lenten Retreat

Archbishop John and the Diocesan Spirituality Commission are offering a Retreat for Lent, which you can follow in your own home.

Using the link below, you can watch a short video reflection each week, download prayer materials and other resources which can help you make the best use of whatever time and opportunity you may have during your week.

There are also additional materials for use by parish and other groups, either in person or via Zoom/Teams or similar.

If you are looking for a way to deepen your life of prayer this Lent, click on <http://www.southwarkdsc.org.uk/followme> where you can also sign up to receive materials directly to your email.

Additional information to Parish Priests from the Archbishop:

Archbishop John and the Diocesan Spirituality Commission are offering a Retreat for Lent.

We appreciate that in these times of lockdown, it is not possible to offer 'live' Lenten preparation courses, so this is offered for use in all the parishes in the diocese.

This retreat will enable parishes to deliver a programme with minimal effort.

Each week we will:

- Release a video.
 - Your parishioners can view from their homes, using the link below – you can add the link below to newsletters, or they can sign up directly to have it emailed to them.
- Release prayer materials.
 - These can be used at home by individuals or printed for those who do not have internet access.
- Provide parish resources.

- These are additional materials for parishes to use in a group (in person if we can or via zoom/teams or similar)

We aim to make it easy as possible for people to 'coordinate' a Lenten sharing group for 45m or an hour each week utilising the materials provided. Parish priests may wish to do this or there are guidelines for group leaders if you wish to delegate this.

The Diocesan Spirituality Commission can also offer access to spiritual directors who may facilitate a group online for you if this is preferred.

Resources for this are at: <http://www.southwarkdsc.org.uk/followme> and parishioners can also sign up here, to receive the materials directly.

If you want help or advice, please email Chris Chapman at spirituality@rcaos.org.uk