

# 2024 Busy Person's Lent Retreat

**Sponsored by:**  
*Servants of the Holy Heart of Mary*

Do you desire to live this Lent in a prayerful way?  
Are you interested in making a Busy Person's Retreat during the Season of Lent?

## The Busy Person's Retreat is designed:

- For both women and men
- For those who desire a deeper prayer relationship with the Lord
- For those unable to experience a scheduled spiritual retreat due to home and/or work responsibilities

## For those who can commit to the following:

- At least 30 minutes of silent, personal prayer using scripture each day of the retreat (materials provided)
- Weekly meetings with a spiritual director via phone, a virtual meetings platform such as Zoom, Messenger, or FaceTime, or in person following COVID-19 safe-distancing precautions.

The Busy Person's Retreat is being offered by the following SSCM Spiritual Directors:

**Kathy Brady-Murfin**  
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(815) 814-1414

**Sr. Charlene Cesario, sscm**  
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**Sr. Linda Hatton, sscm**  
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(815) 931-1425

**Sr. Myra Lambert, sscm**  
[lam-bert@sbcglobal.net](mailto:lam-bert@sbcglobal.net)  
(630) 267-4021

For more information, to register, and to participate in A Busy Person's Retreat, please contact the spiritual director of your choice by Wednesday, February 7<sup>th</sup>, 2024. Date and time arrangements for weekly meetings will be made to accommodate each participant's individual needs.



**Suggested free-will offering: \$25**

**DONATE ONLINE**