

A Lenten Retreat With **Meister Eckhart**

❖ Looking for spiritual nourishment this Lent?

Come and spend an hour with the Lenten gospels
and a medieval mystic named Meister Eckhart!

Meister Eckhart was a 14th century German Dominican mystic. He preached and practiced a mysticism centered on detachment, the birth of the Word in us, and a breakthrough to the transcendent Godhead. He preached mysticism to the laity of medieval Germany, an audience thirsty for total transformation into God.



“God does not ask anything else of you
except that you let yourself go
and let God be God in you.”

Retreat sessions will be composed of

- silent time for prayer
- the day's gospel reading
- a group reading of one of Meister Eckhart's sermons
- a reflection based on the gospel and Eckhart's sermon
- and some short discussion.

Where?

St. John the Baptist Catholic Community
12319 New Hampshire Avenue
Silver Spring, MD 20904
*In the Curren Room of the Lyon
Center* (behind the church).

When?

Scheduled for the first 5 Sundays
of Lent--*February 10, February
17, February 24, March 2, March
9--from 10:30am to 11:30am*

For more information and to register contact the Director of Adult Faith Formation at
301-622-1122 or email at adultdre@sjbsilverspring.org