

A Mostly Offline Lent Retreat: Choose your own adventure

Set aside time to complete three of the following activities with reflection questions, then join us for dinner over Zoom and we'll talk about our experiences and thoughts.

Retreat Ideas: Pick Three (total)

Walking Meditation

Take a walk being as present as possible. Walk naturally with an open heart and continually return to your breath. Note how you are feeling and what you are experiencing (with no judgement). Reflection: How was this experience for you? What did you feel physically and emotionally?

Visual Meditation/Scripture Meditation

The Gospel for this Sunday is the The Raising of Lazarus ([John 11:1-45](#)) Try [this visual meditation](#) in the form of Visio Divina or simply read the passage aloud and ask yourself, What captured your attention? How might God be speaking to you through this text?

Screen Fast

Go off screens completely for a minimum of two hours. Intentionally use this time to create, read, play or cook something. Reflection: How did you feel different after this time away from media and electronic interaction? What did you choose to do and why?

Letter Writing

Find a nice card or some paper and a favorite pen and sit down to write to loved one or neighbor. Maybe choose someone who struggles with technology or doesn't have access to it. Take your time to share your thoughts and recent days with them and ask thoughtful questions. Don't forget to actually mail the letter! Reflection: Why did you choose this person and what did you want to make sure to tell them? Did physical mail feel different from other ways to communicate?

Yoga

If you have your own practice take some time to really sink into it. If you want to try something new, here's video lessons for [anxiety](#), or [inner peace](#), a [shorter stretch](#) or [longer deep body stretch](#), or several flows: [full body](#), or [healthy energy](#), or [vinyasa](#). Reflection: was there a difference in how you felt before and after? Why do you think that is?

Giving (or Shopping)

Financially support a local business or emergency fund. Many small businesses and local restaurants are offering online shopping or delivery right now so see if your favorites are among them. Even if they are closed you may be able to contribute directly or buy an online gift certificate. Looking for a place to start? [Springboard for the Arts](#) has expanded their emergency fund to help compensate artists for lost work. Reflection: What do you value about the work that the organization, business or individual you contributed to

does? How would life be different if they can no longer support themselves with this work?

Phone Call

Pick up the phone and call someone who may need some extra support and encouragement right now, especially someone particularly isolated. Commit to really listening to where they're at and what they need to get off their chest. Reflection: How did listening to someone else change your perspective? Were you feeling similar concerns or are you in very different places?

Examen/Structured Prayer

If you have a prayer practice or Examen you already use, take special time for it, light a candle and find somewhere quiet and comfortable to practice. If you would like to be guided through the Examen in a meditative way, [this video](#) will walk you all the way through. Reflection: What came up most vividly for you? Did this time reorient you to your day?

Social Invitation

Arrange to "get together" with someone this week who you wish you could see in person and do something fun (Zoom happy hour, coordinated movie watch/chat, get dressed up and stream an opera while making snobby commentary, play cards online etc.)

Reflection: Who are you keeping safe by social distancing? What can you get creative and do to still "see" friends and family?

Poetry

Spend some quiet time reading or writing poems. If you'd like, put some background music on while you do it, or if you prefer to listen, here's [reading and reflection with Pdraig O Tuama](#) or [Shakespeare Sonnets with Patrick Stewart](#).

Reflection: If you read/listened, how did the poetry speak to you? If you wrote, what came out? Feel free to share either with the group!

Breath Prayer

The Hebrew word "ruach" and Greek word "pneuma" both mean: "breath, wind, spirit." This prayer is to connect your breath to your spirit and the Holy Spirit. Concentrating on inhaled: breathe in hope or God's love. Concentrating on your exhale: let go of fear/anxiety, or let go of something that no longer serves you. Reflection: How was this experience for you? What thoughts arose?