



ST. ALBAN'S CHURCH

Mini-Retreat: An Evening of Healing, with Lessons from Epiphany

Wednesday, January 25, 6:30-9:00 p.m.

Registration Deadline: Friday, January 20

"Arise, shine, for your light has come," proclaims a reading from Isaiah appointed for Epiphany. This is a transition season, between Christmas and Lent, when we hear God calling people out of darkness into light, opening a way through the wilderness, naming and healing places of brokenness on the way to a New Thing. This mini-retreat, led by Kathleen Staudt and designed for the people of St. Albans, will invite us to explore our own wilderness experience and listen for the invitations to healing. Childcare will be provided. [Contact Charles Porter](#) at the church office to reserve your spot today.



The evening schedule:

- 6:30 -7:00** Gathering and prayers: How do we think and pray about Hope and Healing as we enter this season in our parish life? Naming the need for healing and hope. Intentions for the evening.
- 7:00-7:30** Guided Meditation: Loss, Exile and Return: a Way through the Wilderness.
- 7:30 -7:45** Quiet Time for reflection.
- 7:45-8:15** Bible Study on Isaiah: Hearing God's promises.
- 8:15** Sharing Time: Learning and Listening for God.
- 8:30** Eucharist.



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