



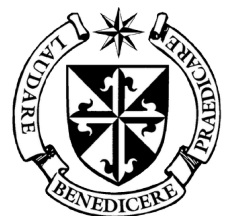
# A Lenten Journey Retreat At the National Shrine

## Saturday 9<sup>th</sup> March

- 1:30 pm Holy Mass  
2:15 pm Talk 1 – Prayer  
3:00 pm Refreshments  
3:45 pm Talk 2 – Fasting  
4:30 pm Rosary, Adoration and Confession, followed  
by Benediction of the  
Blessed Sacrament

## Sunday 10<sup>th</sup> March

- 10:00 am Confessions  
10:30 am Holy Mass  
11:45 am Talk 3 – Almsgiving  
Followed by  
Refreshments



**A warm welcome to all to the National Shrine of Our Lady, in Cardigan for the Lenten Journey Retreat given by Dominicans of Oxford Priory – Fr Robert Gay OP (Prior) and Fr Richard Ounsworth OP who are internationally renowned retreat directors.**

**Booking is not essential, however please contact the Shrine Rector to allow us to prepare for approximate numbers (01239-612615).**

**Agraced start to the Holy Season of Lent**