

SAT. FEB.
17

9AM TO
4PM

\$65 &
BYOLUNCH

WMIYETEN NATURE
SANCTUARY

LENTEN RETREAT

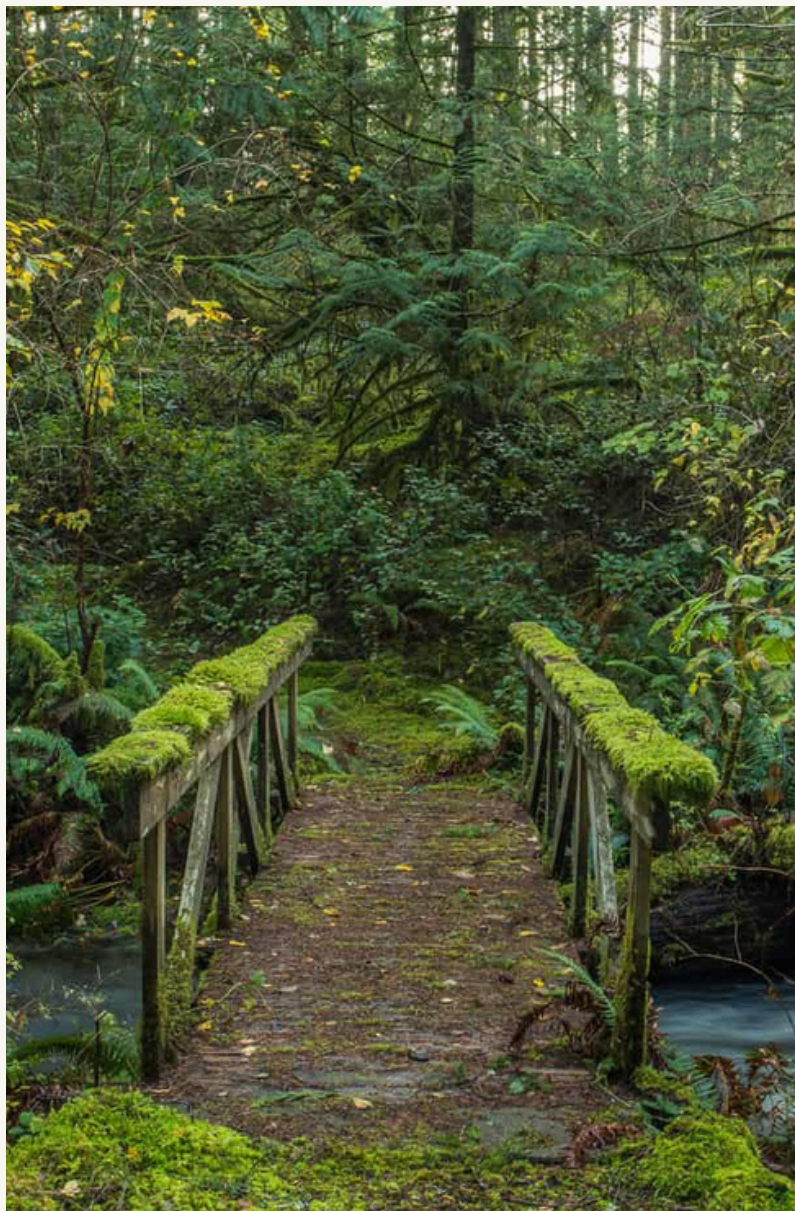
OFFERED BY VISTA - VANCOUVER ISLAND SCHOOL OF THEOLOGY & THE ARTS

WHY RETREAT?

To be able to take a retreat is a privilege, but it is not a luxury. We need to create some space in our pinched lives - space in which *God can act in us*. Retreating is "strategic withdrawal" from our "normal" agendas so that we can wake up and look at and listen to our lives afresh. While retreating is an act of resistance and integrity, and takes courage and humility, there's an **ease** to it; the "discipline" of retreat is light.

A GENEROUS LENT

Modeled after Jesus' 40 days in the desert, Lent is a season for paring back, slowing down, and sometimes fasting, in preparation for Holy Week and Easter. But despite their bleak connotations, these "fasts" of Lent - whether from food, alcohol, scrolling, worry, busyness, comparison, etc., can unearth surprising nourishment and "strange graces that come to our aid only on a road such as this." Embracing our limits and our humanness in Lent can yield a spiritual bounty. That's why we want to invite you into **A Generous Lent: Finding More in a Season of Less.**



Wmiyten Nature Sanctuary, photo by Eric Backman

REGISTER HERE

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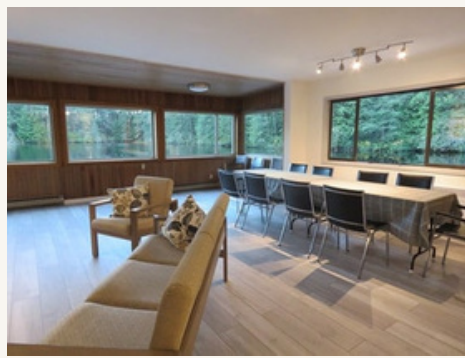
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WMIYETEN Nature Sanctuary, 1772 Millstream Rd. Victoria, BC. V9B 6E4 - The Highlands

SCHEDULE

9am

Arrive + Get Settled
Complimentary Tea & Muffins

9:15

Welcome + Introductions

9:30

Guided Prayer Practice

10:00

Creative Practice(s)

10:15-12:15

Solo Free Time
(walk, play, rest, pray);
Spiritual Direction Available

12:15

Lunch (BYO)

1:00

Guided Prayer Practice

2:00

Creative Practice(s)

2:15-3:15

Solo Free Time
(walk, play, rest, pray);
Spiritual Direction Available
Complimentary Refreshments

3:15

Sharing + Closing

VANESSA CARUSO



Vanessa is a spiritual director for adults and children based in Victoria, BC. She has a Masters in Spiritual Formation & Leadership and an Advanced Certificate in Supervision from Fordham University. Vanessa teaches at CenterQuest and is co-director of Together In The Mystery. Growing up as a Vineyard pastor's kid in

California, and working in spiritual formation in Brethren in Christ and Anglican churches since, she has a passion for the multivalent ways the Holy Spirit moves, reveals, and heals in intentional, creative, and contemplative settings (like retreats!).

DR. JAMES PRETTE



With over 40 years of ministry experience, James has a passion to help people understand the good news of the Christian Faith. Having ministered primarily with youth, he has worked hard to learn how to communicate the eternal truth of the Gospel in the continually changing context and language of contemporary culture. James spent decades on staff with Young Life of Canada, serving in Kelowna, Vancouver and

Victoria. From 2004-2015 he served as the national director of Spiritual Foundations and the Director of Staff Education and Training for Young Life of Canada. James has taught courses through Regent College, Fuller Seminary, Victoria Christian Community College and Auxano. James was a founding leader with 'The Place' church (1997-2004), a pastor at Lambrick Park Church (2004-2014), and a founding leader of Hollydene Community Church (2014-present). His favourite thing is to dialogue with real people about real issues of life and faith. James lives, loves and serves with his wife (Liz) in Victoria, BC Canada.