



Archdiocese of Southwark Spirituality Commission

'Follow Me'



Walking in the footsteps of
Jesus through the
season of Lent

ARCHDIOCESE OF SOUTHWARK

retreat for Lent introduced by Archbishop John Wilson, led by the Spirituality Commission.

The Archdiocese of Southwark is offering a retreat experience for the people and parishes during Lent 2021, beginning on the first Sunday of Lent and ending in Holy week.

For each week of Lent, the Spirituality Commission will provide a video exploring themes connected with the Sunday Gospel. The input will be available in advance rather than live streamed, so that it can be viewed at any time. The video will be accompanied by suggestions for prayer and reflection through the week.

The retreat is open both to individuals and to parish-based groups. Individuals can make use of the weekly video and material for prayer and reflection. For parish groups, resources will be provided for a weekly group meeting, where participants can share what has come up in the previous week and take part in a time of common prayer. For those without an internet connection, parishes can download, print and distribute summaries of the talk and the prayer and reflection exercises for the week. While we envisage most groups will be self-supporting, the Spirituality Commission can assist with finding group leaders where this would be helpful.

For more details and to register:

<http://www.southwarkdsc.org.uk/followme>

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Each week's input will draw on a theme connected with the Sunday Gospel reading. The flow of the retreat as a whole will be to encourage us to enter a listening place before God where we can begin to sense and then respond to God's invitation to us. The resources for the week will also include guidance on a way of prayer connected with the theme being explored.

WEEK 1: WILD BEASTS AND ANGELS: [MARK 1:12-15]

Settling: The Lord Jesus teaches us about his and our relationship with God the Father. This week offers starting points for opening myself to God with me and God for me. Suggestions of how to build a practice of prayer through this 'wilderness' experience of a retreat. Guidance on settling into a quiet place before God and living with inevitable distractions.

WEEK 2: LISTEN TO HIM: [MARK 9:2-10]

Noticing: God reveals the Lord Jesus as the 'Beloved,' the one to whom we must listen. This week offers tools for listening more consistently and purposefully to the word of God spoken through scripture and through my daily experience. What do I begin to notice?
Introduction to Lectio Divina.

Week 3: Cleansing the Temple: [John 2:13-25]

Stirring: The Lord Jesus speaks of himself as the Temple to be destroyed and raised again in three days. In Christ, we too are God's dwelling place, cooperating with God as our own 'temple' is cleansed. How is God's Spirit stirring in my spirit? Is there something God desires to free me from? Is there something God desires to free me for?
Introduction to Imaginative Contemplation.

Week 4: 'God so loved the world' [John 3:14-21]

Discerning: God's love is shown in the gift of the Lord Jesus to the world. What gets in the way of my trusting God's invitation to me? How does this connect with my image of God? How is God active for me within these difficulties? Introduction to the Examen.

Week 5: The grain of wheat [John 12:20-24]

Cooperating: We too desire to see the Lord Jesus. The call to bear much fruit in Christ and the dying to self this requires. How will I cooperate with the work of God in my life? What one step will I make that expresses this cooperation?
Introduction to praying through the body as the expression of inner movements.

Week 6: Entering Jerusalem [Mark 11:1-10]

Offering: We journey in union with the Lord Jesus, in his dying and his rising. This talk explores giving myself afresh to God to the degree I am able to do so. Becoming aware of what God offers me. How am I invited to share in the Paschal mystery? How do the events of Holy Week speak to my own journey in the footsteps of Jesus?
Suggestions for prayerfully contemplating the events of Holy Week