

Lenten Quiet Day: Hope That Tells the Truth

Friday, February 21

9:00 a.m.–2:00 p.m.

Dean Willey Hall & Cathedral

St. Paul's Episcopal Cathedral

WHO

This quiet day is open to all—those who feel steady, those who feel uncertain, and those who are simply tired.

Led by The Very Reverend Katie Churchwell, Dean, with embodied prayer led by Rebecca Herrin, the day is designed for adults seeking thoughtful, spacious Lenten reflection.

Spiritual directors and clergy will be available during extended quiet time in St. Nicholas Chapel.

WHAT

Hope That Tells the Truth is a Lenten retreat rooted in St. Paul's year-long theme of Defiant Hope.

Rather than rushing toward easy inspiration or tidy answers, this retreat invites participants to practice honest Christian hope—naming grief, weariness, and uncertainty in God's presence.

The day will include:

Gentle, optional embodied prayer

Two in-depth theological teaching sessions

Guided reflection

Extended silence

Prayer stations (Praying in Color, journaling, psalm rewriting, truth stones, and single-sentence prayer)

A silent lunch

Holy Eucharist in the Cathedral

WHEN

Friday, February 21
9:00 a.m.–2:00 p.m.

Participants are encouraged to attend the full retreat experience.

WHERE

The retreat will take place in Dean Willey Hall at St. Paul's Episcopal Cathedral.

St. Nicholas Chapel will be open during extended quiet time for those who wish to meet briefly with clergy or a spiritual director.

The day will conclude with Holy Eucharist in the Cathedral.

WHY

Lent invites us to tell the truth—to God, to ourselves, and to one another.

Christian hope is not optimism. It does not deny suffering or rush toward resolution. It tells the truth and still trusts that God remains.

This quiet day offers space to slow down, to pray honestly, and to practice a form of hope that endures.