



The Still Small Voice of God

Tuesday, February 28, 10:00 am to 12:00 pm



Lectio Divina: A Lenten Reflection **Julia Costello, DMJ & Melissa Guttman**

Lectio Divina is a way of listening to the still, small voice of God – a slow, contemplative reading of Scripture that enables the Word of God to become a means of contemplative union with God. Our time together will include a presentation on Lectio Divina, and afterwards, using a Lenten Scripture text, we will listen with the 'ear of the heart', reflect deeply on the meaning of the text and move into silent communion with our God.

Sr. Julia has served the retreat center in many capacities over the years. Currently, Sr. Julia serves as a Spiritual Director and retreat presenter at the Retreat Center.

Melissa has a Pastoral Care Certificate from LMU and has completed the Ignatian Spiritual Exercises. Melissa assists with the contemplative prayer group at her church.

To register, contact Irma at (310) 377-4867 ext 234
or email her at imanley@maryjoseph.org Cost: \$10 donation

MARY & JOSEPH RETREAT CENTER

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RETREAT RESERVATION ~ Please return this form with your payment. Thank you.
"Lectio Divina" Julia Costello, DMJ & Melissa Guttman Tuesday, Feb. 28, 10am to 12pm

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