

# 2025 Busy Person's Lent Retreat

**Sponsored by:**  
***Servants of the Holy Heart of Mary***

Do you desire to live this Lent in a prayerful way?  
Are you interested in making a Busy Person's Retreat during the Lenten Season?

## The Busy Person's Retreat is designed:

- For both women and men
- For those who desire a deeper prayer relationship with the Lord
- For those unable to experience a scheduled spiritual retreat due to home and/or work responsibilities

## For those who can commit to the following:

- At least 30 minutes of silent, personal prayer using scripture each day of the retreat (materials provided)
- Weekly meetings with a spiritual director via phone, a virtual meetings platform such as Zoom, Messenger, or FaceTime, or in person.

**Cost for the Busy Person's Retreat is \$25.**

The Busy Person's Retreat is being offered by the following SSCM Spiritual Directors:

Susan Amann  
[samann@sscm-usa.org](mailto:samann@sscm-usa.org)  
(708) 790-8141

Kathy Brady-Murfin  
[sscm.vocations@gmail.com](mailto:sscm.vocations@gmail.com)  
(815) 814-1414

Sr. Charlene Cesario, sscm  
[charlenemec@gmail.com](mailto:charlenemec@gmail.com)  
(217) 841-2916

Sr. Linda Hatton, sscm  
[lhatton@sscm-usa.org](mailto:lhatton@sscm-usa.org)  
(815) 931-1425

For more information, to register, and to participate in A Busy Person's Retreat, please contact the spiritual director of your choice by Wednesday, February 19, 2025. Date and time arrangements for weekly meetings will be made to accommodate each participant's individual needs.



You can pay by credit card:

**CREDIT CARD**

Or by check\*\* mailed to:  
**Servants of the Holy Heart of Mary**  
**Attn: Susan Amann**  
**2041 W. State Route 113**  
**Kankakee, IL 60901**

\*\*Please make checks payable to *Servants of the Holy Heart of Mary*