THE ADVENT OR LENT BUSY PERSON'S RETREAT

The concept of a Busy Person's retreat originated on college campuses in the 1990's to address the spiritual hunger of students whose lives were filled with responsibilities of study, work and social obligations. The movement spread throughout the country and is offered in various forms at many colleges and universities.

That spiritual hunger exists beyond college students. Many adults yearn to grow in their life of prayer, but work, home or other responsibilities prevent them from participating in a scheduled time away for a spiritual retreat.

During the liturgical seasons of Advent and Lent, the Servants of the Holy Heart of Mary offer the Busy Person's Retreat for individuals who would like to deepen his/her life of prayer in preparation for the solemnities of Christmas and Easter. This program is prepared for those whose busy lives do not allow for time away from their daily responsibilities and commitments but desire to delve deeper into these holy seasons.

Each participant receives a prayer guide which consists of Scripture references for each day of Advent or Lent, a short daily reflection on that scripture and reflection points for each week. The booklet also contains suggestions for different prayer modes that can be used in your Advent or Lenten journey and space to capture the memories of your prayer by journaling.

In addition, an SSCM spiritual director meets weekly with each participant for a time of sharing the fruits of their prayer and assisting them in seeing the Spirit's action in their lives.

The individual praying the Advent or Lenten Busy Person's Retreat would commit to the following:

- At least 30 minutes of silent, personal prayer using the scripture each day of the retreat (materials provided)
- Weekly meetings with an SSCM spiritual director. This meeting can take place in person or by phone, or on a virtual meeting platform such as Zoom, Messenger, or FaceTime.

The length of the Advent or Lenten Busy Person's retreat coincides with the 4 weeks of Advent or the 40 days of Lent. The suggested donation for the program is $40 which includes the materials and spiritual direction.