

Lenten Morning Retreat

THE ESSENCE OF PRAYER



WHEN: Saturday, March 5, 2022 9:00am – 1:00pm

WHERE: Cathedral of St. Matthew the Apostle West Meeting Room (Enter thru Cathedral)
1725 Rhode Island Avenue, NW
Two blocks north of the Farragut North (Red Line) Metro station
Four blocks north of the Farragut West (Orange, Silver and Blue Lines) Metro station

Jesus was a man of prayer. To be his followers and live like him, we need to be people of prayer. But how do we pray? How do we connect with the mystery of God?

In this retreat, we will delve into these questions, experience different prayer practices, and see that prayer, more than a task, is all about being caught up in God's love.

We will experience prayer as surrender, silence, and letting God love us.
Come to this morning retreat to deepen your prayer and awaken to God in your life!



LED BY: L.J. Milone

L.J. is the Director of Faith Formation at the Cathedral of St. Matthew. He has been in ministry for twenty-one years: serving the poor, working in parishes, teaching meditation, and leading retreats. His BA is in Religious Studies from Siena College and his MA in Pastoral Studies from the Washington Theological Union. Currently, he is completing a Doctor of Ministry in Preaching through the Aquinas Institute of Theology. Additionally, he has written a book on the popular medieval mystic, Meister Eckhart, titled Nothing But God.

All are invited to this event, free of charge.

For more information, please contact L.J. Milone, Director of Faith Formation,
at ljmilone@stmatthewscathedral.org or at 202-347-3215.
