



The Episcopal Diocese of Rochester, in partnership with South Wedge Mission, invites you to participate in *The Lenten Project*. *The Lenten Project* is designed to help you develop a committed, consistent, and communal spiritual rhythm, in five minutes a day or less. Join Matthew Nickoloff, Billy Daniel, and members of the Diocesan Formation Team as we explore living-out our spiritual practices through an intuitive daily practices journal, online cell groups, and reflection resources, offered by faithful practitioners. There's no better time to pursue the life of faith. Registration opens on February 1, 2021. Each person will be assigned to a group, led by a trained facilitator. Every participant will receive a printed journal. Further spiritual direction will be available as desired.

Participants Receive:

- Practitioner's Journal
- Access to Regular Reflections
- Group Assignment for Spiritual Discernment

The Lenten Project

Consistent
Committed
Communal

The Lenten Project is a guided, spiritual practices program that is accessible for all and facilitated by trained leaders.

Registration opens on February 1
www.episcopalrochester.org

A Partnership between the Episcopal Diocese of Rochester and the South Wedge Mission