

Pilgrimage of the Soul Theme: Journeying in Body, Word, and Spirit

Easter Lent (Spring Lent):

 **Start:** Wednesday, **March 5, 2025** (Ash Wednesday)

 **End:** Saturday, **April 19, 2025** (Holy Saturday)

1. Walking as Pilgrimage - A daily practice of walking with intention, treating movement as a sacred act.
2. John's Gospel as a Companion - A daily reading and meditation on the deeply mystical Gospel of John.
3. Surrender as a Practice - A conscious letting go into divine trust through prayer.
4. Speech as Sacred & Transformative - Studying and refining the use of words in alignment with divine mission, fasting from swearing, and increasing intentional speech.
5. Celtic Saints as Guides - Weekly reflections on the lives of Celtic saints and their wisdom.
6. Blessing & Language Practice – explore language principles to shape words for transformation and spiritual depth.
7. Evening Reflection - Daily check-in on where alignment was felt and where resistance appeared.

The Desert & the Wild Theme: Embracing Simplicity & Wilderness Spirituality



Start: June 10, 2025 (Day after Pentecost)



End: July 19, 2025

1. Nature as Teacher - Solitude in natural spaces, learning from the rhythms of creation.
2. Desert Saints & Celtic Hermits - Immersion in their wisdom, reflecting on how stillness and isolation shape faith.
3. Fasting from Excess - Reducing distractions (media, clutter, busyness) rather than food.
4. The Psalms & Wild Prayer - Deepening prayer using the Psalms as a foundation for honest, raw dialogue with God.
5. Silence & Stillness - Creating daily periods of silent reflection and contemplation.
6. Physical Simplicity - A focus on minimalism in daily life, removing what is unnecessary.
7. Creative Expression - Writing poetry, prayers, or reflections inspired by the land and wilderness experience.

**Advent Lent - The Hearth & the Light Theme: Inner Warmth,
Generosity & Illumination
Celtic Advent (St. Martin's Lent):**



Start: Saturday, November 15, 2025



End: Wednesday, December 24, 2025 (Christmas Eve)

1. The Home as Sacred Space - Treating the home as a monastic retreat, a place of prayer and contemplation.
2. Sacred Fire & Illumination - Candle-lit prayers, meditations on Christ as Light.
3. The Saints of Winter - Reflecting on St. Martin, St. Brigid, and others who carried warmth through the cold.
4. The Gospel of Luke as a Companion - Reading Luke's Gospel as a journey toward the birth of Christ.
5. Acts of Generosity - A practice of kindness, sharing, and blessing others daily.
6. Seasonal Rituals - Creating meaningful spiritual traditions tied to Advent, rooted in Celtic heritage.
7. Night Prayers & Reflection - Ending each day in stillness, releasing worries and inviting peace.