

Lenten Day of Reflection for Young Adults 2023

Saturday, March 25, 2023
Our Lady of the Angels Monastery
Crozet, VA

Do you ever feel like you just need a retreat, a moment to reset? Join young adults from across the diocese for a Lenten Day of Reflection at the Trappist-Cistercian abbey in Crozet! Talks will be led by one of the nuns in residence, and lunch will be included. We will join with the nuns for some of their daily rhythm of prayer, including Liturgy of the Hours and Eucharistic Adoration.

Who should attend this retreat?

The Diocesan Lenten Day of Reflection for Young Adults is intended for young adults ages 18-39. All attendees must be out of high school. Single people and married couples are all welcome. Though the day of reflection is designed for Catholics, interested young adults of any faith backgrounds are welcome to attend.

Where and when is the retreat?

The Lenten Day of Reflection will take place on Saturday, March 25, 2023 at [Our Lady of the Angels Monastery](#) in Crozet, Virginia. Located within a 30-minute drive of Charlottesville, this retreat location is only an hour and a half drive from Richmond and 2 hours from Roanoke.

The address is: 3365 Monastery Drive, Crozet, VA 22932. Registration will begin at 10:00am on Saturday, March 25 and the day of reflection will conclude by 6:30pm.

What is the theme this year?

The Lenten Day of Reflection theme in 2023 is *Your Pain Will Turn Into Joy: Walking Through the Desert with Mary, Our Mother*. We will learn from Our Blessed Mother, Mary and the monastic tradition how to overcome in the spiritual battle and discover lasting joy.

Who is the keynote speaker?

Sister Maria Gonzalo will be leading our reflections throughout the day! Sister Maria is a Trappist-Cistercian nun who lives at Our Lady of the Angels Abbey.

I'm coming from out of town and would like to stay the night somewhere. Where should I stay?

If you want to make a weekend of it, we suggest staying in a hotel or Airbnb in Charlottesville. Two suggestions that are less than 30min away are the Homewood Suites by Hilton (2036 India Road, Charlottesville, VA 22901) or the Hampton Inn (2035 India Road, Charlottesville, VA 22901).

What are the costs?

The Lenten Day of Reflection costs \$30/person, which includes lunch and all materials needed for the day. Registration closes on Sunday, March 12, 2023 at 11:59pm.

How do I register?

Register online at <https://ofe.regfox.com/lenten-day-of-reflection-for-young-adults> Cancellations received after Sunday, March 12, 2023 are non-refundable, regardless of reason for cancellation. ***Space is limited, so register sooner rather than later!***

Questions?

Contact Katie Yankoski, Associate Director for Youth and Young Adults, by email or phone at evangelization@richmonddiocese.org or 804-622-5159.