Bulletin Inserts

Into the Heights: A Young Adult Lenten Reflection & Hike

March 16, 2023

**Long**

Join young adults from across the diocese for a day of Lenten reflection at the Trappist-Cistercian abbey in Crozet this March. Talks will be led by one of the nuns in residence, and lunch will be included. In the middle of the day after lunch, participants will travel to a local medium-level hike and then return to the abbey for another talk, evening prayer, and Eucharistic Adoration. Lent is an important time to pause, lean into our Catholic identity, and recenter our lives on Christ; *Into the Heights* will provide that with inspiration from the monastic tradition. This event is open to all young adults 18-39 who are fully out of high school. $40 per participant includes lunch, programming, and transportation to and from the hike. Registration for this event will open by Thanksgiving.

**Medium**

Join young adults from across the diocese for a day of Lenten reflection at the Trappist-Cistercian abbey in Crozet this March. The day will include talks by one of the nuns in residence, lunch, a medium-level hike, Mass, and prayer. *Into the Heights* will provide a moment to pause this Lent with inspiration from the monastic tradition. This event is open to all young adults 18-39 who are fully out of high school. Registration costs $40 per participant and will open by Thanksgiving.

**Short**

Join young adults from across the diocese at the Trappist-Cistercian abbey in Crozet this March. The day will include talks by one of the nuns in residence, lunch, a medium-level hike, Mass, and prayer. This event is open to all young adults 18-39 who are fully out of high school. Registration costs $40 per participant and will open by Thanksgiving.

Pulpit Announcement:

Join young adults from across the diocese for a day of Lenten reflection at the Trappist-Cistercian abbey in Crozet on Saturday, March 16, 2024. The day will include talks by one of the nuns in residence, lunch, a medium-level hike, Mass, and prayer. *Into the Heights* will provide a moment to pause this Lent with inspiration from the monastic tradition. This event is open to all young adults 18-39 who are fully out of high school. Registration costs $40 per participant.