

Our Lady of the Angels Monastery

March 16, 2024

# INTO THE HEIGHTS

## A Young Adult Lenten Reflection & Hike

Spend a day of Lenten reflection with young adults (18-39) across the diocese at the Trappist-Cistercian abbey in Grozet.

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, including talks and worship alongside the nuns in residence.



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