**Into the Heights:**

**A Young Adult Lenten Reflection & Hike**

Saturday, March 16, 2024

Our Lady of the Angels Monastery

Crozet, VA

*Looking for a moment to pause and lean into your Catholic identity during the season of Lent?  Join young adults from across the diocese for a day of Lenten Reflection at the Trappist-Cistercian abbey in Crozet!  Talks will lead us “into the heights” of God’s love and be led by local speakers (including one of the nuns in residence). Lunch is included. After lunch, we will go “into the heights” by traveling to a local low- to medium-level hike. Daily Mass will be celebrated, and we will join the nuns for the Liturgy of the Hours and Eucharistic Adoration.*

**Who should attend this retreat?**

*Into the Heights* 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 this day is designed for Catholics, interested young adults of any faith backgrounds are welcome to attend.

**Where and when is the retreat?**

*Into the Heights* will take place on Saturday, March 16, 2024 at [Our Lady of the Angels Monastery](https://www.olamonastery.org/) 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. Check-in will begin at 10:00am on Saturday, March 16 and the event will conclude by 6:30pm.

**What is the theme this year?**

The theme in 2024 is *Into the Heights*, where we will focus on the heights of God’s love through the lens of Lent, the monastic tradition, and Saint Joseph.

**Who is the keynote speaker?**

We will have 2 local keynote speakers. One of the speakers will be Sister Maria Gonzalo, who is a Trappist-Cistercian nun in residence 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?**

*Into the Heights* costs $40/person, which includes lunch and all materials needed for the day. Registration closes on Monday, March 11, 2024 at 12:00noon.

**How do I register?**

Register online at [www.evangelizerichmond.org](http://www.evangelizerichmond.org). Cancellations received after Monday, March 11, 2024 at 12:00noon 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](mailto:evangelization@richmonddiocese.org) or 804-622-5159.