

Anglican Diocese
of Cyprus
and the Gulf

[www.cypgulf.org/
retreats](http://www.cypgulf.org/retreats)

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Opportunities

Preparing for
Passiontide
Diocesan Retreat
on Zoom
led by

Rev Roy Shaw

20 March 2021

3-6 pm (Cyprus)

5-8 pm (UAE)

Register with:

[gillnisbet@
standrewauh.org](mailto:gillnisbet@standrewauh.org)



Knowing Jesus
Lent Reflections

Jesuits of Scotland

Using art, Scripture and
a guide to daily prayer.
Click [here](#) to view the
meditations for each
day.



A Winter Wander
Brian Draper

Enjoy a 13 minute You-
tube meditative wander
through nature in
winter when not much
seems to be happening.
Be surprised by seeing
the more. Click [here](#)
to view.

More or Less?

Over the past year we've all been learning how to do with less than we would normally have - less freedom, less physical socialising, less time in the office, etc. And at the same time we've probably taken on more screen watching, more Zoom connecting, more time in the home, etc. Fasting from so many things (can we even remember what they were now?!) has given us a whole new perspective on life, work, family, meaning, relationship, worship, etc.

I expect not many of us knew the real value of fasting, of taking a break from the usual, before this time last year.



Today is Ash Wednesday and the beginning of Lent. Lent means the season of spring, a time when nature comes alive, pushing out new growth, becoming more after a season of less. It is in these 40 days we remember Jesus in the desert managing with less in preparation for more.

Today many people choose to fast from something in Lent. Others decide to take on a new habit (which ultimately leaves time for less of something else) while preparing themselves for Holy Week and Easter.

The self-control of this fast helps focus the mind and heart - the benefit being more, not less.

May you know more through having less during this season.

Katafiyio Retreat

Going on a spiritual retreat is one way of discovering that less is more. Days filled with simple things often lead to rich discoveries.

The new location for the Katafiyio Retreat is looking forward to offering more with less. Having moved from a large Cypriot house, it now occupies one affordable comfortable room housing retreat resources. However, this one room is set in 1,000 acres of land at the Angel's Hills Mountain Resort which has 18 bedrooms and plenty of space for individuals and groups. Less is more!

All the information (brochure, booking form, etc) is now on the Retreats page of the Diocesan website. Click on this [link](#) to view a short video.

An Exercise

Consider the following Lent quotes.

Lent is about becoming, doing and changing whatever it is that is blocking the fullness of life in us right now.
(Sr Joan Chittister)

Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty.
(Pope Francis)

Lent is a time to renew wherever we are in that process that I call the divine therapy.
(Thomas Keating)

- Which quote most fits with what you believe right now?
- Which quote would you like to hang on to as you go through Lent?
- Repeat to yourself the one quote you are drawn to. Notice if the idea grows, becomes more, as you sit with it.
- You may like to talk with God about this.

