



Online Lent Retreat

Friday 20th and 21st March

‘St Cuthbert – a saint for our times’

‘So great was Cuthbert’s eloquence, so keen his desire to drive home what he had begun to teach, so bright the light of his angelic countenance, that none of those present would presume to hide from him the secrets of their hearts. Now he used especially to make for those places and preach in those villages that were far away on steep and rugged mountains, which others dreaded to visit and whose poverty and ignorance kept other teachers away’. (Bede)

The first Christians who brought the Christian faith to this country still can inspire us to follow Jesus in our daily life. During this season of Lent as we seek to walk with the Risen Christ, we will reflect upon the life and example of St Cuthbert. Although living fourteen centuries ago the simple faith of Cuthbert offers a compelling example of living life to the full. We will also be reminded of the stories of the saints and faithful Christians who share with Cuthbert in the seventh century an example of a faithful life.

Cameron Butland is leading a guided retreat online, following this theme. **The retreat begins at 6pm on Friday 20th March and ends at 5pm on Saturday 21st March.** The format of this retreat will be five brief times of silent prayer with the talks and all the resources available from Monday 16th March via the Siopi website. **Please book your place with Cameron via email cameronbutland@gmail.com**

There is no cost for the retreat but participants are invited to make a donation according to their means. Many have used this retreat being unable to attend a retreat in person in preparation for Lent. During the 24 hours there will be times of meeting together online for those who wish to share in silent prayer together. The zoom invitations for each of these times will be sent out on Monday 16th March. It will be good to share in this online retreat with you, and I look to being with you for this time. *Cameron Butland*

Online Programme

Below is the suggested schedule,

Friday 20th March 2026

6- 6.30pm Introductions and Meditation

Dinner break

Listen to the first talk, reflect upon what is said, use the notes and keep silence.

8.30pm Closing Prayer

Long Silence

Saturday 21st March 2026

8- 8.30am Morning Prayer and Meditation

Breakfast break

Listen to the second talk, reflect upon what is said, use the notes and keep silence.

11-11.30am Mid-morning Meditation

Listen to the third talk, reflect upon what is said, use the notes and keep silence.

Lunch and afternoon silence

5.00pm Conversation, Final Meditation and Closing Prayer

‘How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation’ (Isaiah 52:7)