

A Different Kind of Fast

**A SIX-WEEK LENTEN JOURNEY OF
LIFE-GIVING PRACTICES**

MARCH 6 THROUGH APRIL 10, 2025

Thursdays meeting weekly from 4:00 – 5:15 pm

Mount St. Benedict Monastery, 6101 East Lake Rd., Erie, PA



Inspired by the book **A Different Kind of Fast: Feeding Our True Hungers in Lent** by Christine Valters Paintner, we invite you to join us at Mount Saint Benedict in a six-week series for Lent. We recommend obtaining a copy of the book, available at Chapter 57 store at the Monastery or from your favorite bookseller.

For more information or to register, please email retreats@eriebenedictines.org or leave a message at the Retreats Office 814-899-0614, ext. 2403. Suggested donation for the 6-week series is \$50.

Facilitated by Sr. Ann Muczynski, Laurie Smith, and Sr. Anne McCarthy