

Registration deadline:
Thursday, April 3 at noon.

Cost: \$30

*Online retreat offered via Zoom.
When registering give us the email you
use for Zoom.*

Online Registration form and
additional information can be found
at [YanktonBenedictines.org/online-
lenten-retreat/](http://YanktonBenedictines.org/online-lenten-retreat/)

Or Email

[BenedictinePeaceCtr@Yankton
Benedictines.org](mailto:BenedictinePeaceCtr@YanktonBenedictines.org)



Pay online using
this QR Code or
the following
link:

[www.yanktonbenedictines.org/
retreat-center/payment/](http://www.yanktonbenedictines.org/retreat-center/payment/)

OR mail your check payable to
Benedictine Peace Center
1005 West 8th Street
Yankton, SD 57078



Benedictine Peace Center

*A ministry of the Benedictine Sisters
of Sacred Heart Monastery*



1005 West 8th Street
Yankton, SD 57078
605-668-6292

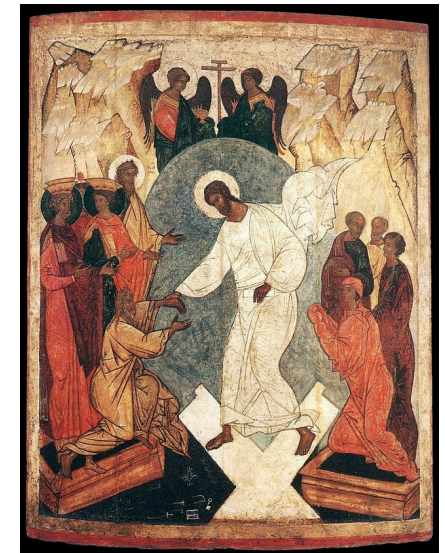
BenedictinePeaceCtr@YanktonBenedictines.org



YanktonBenedictines.org/Retreat-Center

Mid-Lent Retreat
Online

**The
Paschal Mystery:
Insights from the
Eastern Christian Tradition**



Benedictine Peace Center
SACRED HEART MONASTERY
Yankton, South Dakota

Let icons draw you deeper into the Easter Mystery

RETREAT DESCRIPTION

Have you ever wondered why we say in the creed “He descended into hell”? Sister Marielle will explore the imagery of Christ’s descent into hell/Hades as representing the Resurrection of a redeemed community. Her reflections will unwrap the significance of icons for revealing this meaning of the Paschal event.



Descent into Hades
14th Century Constantinople

RETREAT LEADER



Sister Marielle Frigge, OSB

Sister Marielle Frigge is a member of Sacred Heart Monastery in Yankton, SD. Retired from nearly 45 years of classroom teaching, she continues to serve as teacher, speaker, and retreat leader for various monastic and ecumenical groups. She is the author of *Beginning Biblical Studies* and has written biblical commentary for Liturgy Training Publications. For relaxation, she enjoys reading, writing, walking, cooking, and various arts and crafts.



The Resurrection
Russian Orthodox icon, 16th Century

ICONS

Thomas Merton and Henri Nouwen taught that icons are intimately connected with the Church calendar and its feasts and fasts. Nouwen believed that icons are a way to connect with God. Like windows that look out onto eternity they are a way to draw closer to God.; a way to center the mind and heart in prayer. They speak to the heart rather than the outer senses.