



**Lenten  
Soup for the  
Soul Series**

Looking for some spiritual nourishment this Lent?  
Come to our [Lenten Soup for the Soul Evenings!](#)  
Join us for some soup, fellowship, prayer and reflection to feed  
your body, mind, heart, and soul!

**2023 Evenings of Reflection**

**February 27, March 6, March 27**

**6:00PM – 8:30PM**

5:30 – 6:00 Arrival and Registration  
6:00 – 7:00 Simple Lenten Soup Supper  
7:00 – 8:30 Program

**Monday, February 27, 2023**

**Take Nothing for the Journey?  
Packing for the Unknown**

If we don't know what the future holds; how can we prepare? It's like packing for a trip without knowing the destination! Nevertheless, the beginning of our journey through Lent is a good time to consider what we need bring with us—and what we might want to leave behind—so that we can travel lightly, responsive to God's call. In this evening of reflection we will pray with stories from the Bible, literature, and life. Using "packing" as a metaphor, we will ponder the attitudes, relationships, dreams, commitments, and even possessions we want to carry with us into the unknown future.

**Presenter: Christine Marie Eberle** passionately connects Scripture, spirituality, and everyday life. She is the author of two books of daily meditations: *Finding God in Ordinary Time* and *Finding God Abiding*. After a 26-year career as a college campus minister, in 2019 Christine ended her tenure as Director of Campus Ministry at Gwynedd Mercy University to commit to a full-time ministry of writing, speaking, and retreat facilitation. She is thrilled to be returning to San Alfonso for a third Lenten reflection. You can follow her at [christine-marie-eberle.com](http://christine-marie-eberle.com).



**Monday, March 6, 2023**

**Living Lent: Choosing Life!**

*"Now choose life, so that you and your children may live and that you may love the Lord your God, listen to his voice, and hold fast to him. For the Lord is your life..."* Deuteronomy 30:19 – 20

Lent invites us by prayer, fasting and almsgiving to be renewed in our resolve to choose life in Christ as the way to our deepest peace inside of ourselves and with others. This evening will offer some reflection on God's call to holiness and to wholeness by listening for God's voice from deep within our being and from within the heart of the world. Embracing our Lenten journey in prayer and reflection enables us to respond more fully to the invitation to turn back to Christ with all our hearts so that "we may have life and have it to the full."



**Presenter: Rev. Ed Faliskie, C.Ss.R** is a member of the preaching team here at San Alfonso Retreat House. He has previously served as pastor at several Redemptorist parishes, as a foreign missionary, and a parish mission preacher. Fr. Ed has also served his Redemptorist community in various leadership roles throughout his 32 years in ministry.

**2023 LENTEN SOUP FOR THE SOUL SERIES REGISTRATION FORM**

(ADVANCE REGISTRATION REQUESTED)

**COST: \$25 PER EVENING**

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **ST:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_ **AMOUNT ENCLOSED:** \_\_\_\_\_

I would like to register for the following Lenten evenings: *(Register for one or more evenings. Please check all you would like to attend.)*  
 **February 27**       **March 6**       **March 27**

**PAYMENT INFO:** To make an online credit card payment, visit [www.sanalfonsoretreats.org/80](http://www.sanalfonsoretreats.org/80) To pay by check, please mail completed registration form with checks made payable to:

**San Alfonso Retreat House  
755 Ocean Avenue  
Long Branch, NJ 07740**

**E-mail Us:** [info@sanalfonsoretreats.org](mailto:info@sanalfonsoretreats.org)      **Phone:** 732-222-2731, x140      **Visit us:** [www.sanalfonsoretreats.org](http://www.sanalfonsoretreats.org)

**Monday, March 27, 2023**  
**To Bear the Beams of Love**

Early on in Lent we hear that Jesus, “full of the Holy Spirit”, returned from the Jordan and was led by the Spirit into the wilderness for forty days. He went into the desert after having been baptized in the Jordan with, as Jan Richardson writes, “the name Beloved ringing in his ears.” Our Lenten Journey is meant to be a season of grace when we allow God to speak that same truth to each of us, so that we deepen our understanding of God’s promise and come to know ourselves as Beloved.

**Presenter: Sr. Honora Nicholson, RSM** is a member of the pastoral-services team at RENEW International, a Catholic publishing house. She enjoys her current work, because of her love of parish ministry and the power of small groups. In addition to certification in spiritual direction and leading retreats, she volunteers with various organizations such as The Innocence Project and alternative- education institutions.

Sr. Honora holds the degree of Master of Arts in theological studies from the University of Dayton. She has a passion for social justice, especially in the areas of racism and immigration. Sr. Honora “can often find humor in unusual circumstances” and feels comfortable meeting people with different backgrounds.



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**6:00 PM – 8:30 PM**

**\$25 per evening**

*Offered by*

**San Alfonso Retreat House**

**755 Ocean Avenue**

**Long Branch, NJ 07740**

**Phone: 732-222-2731, ext. 140**

**E-mail: [info@sanalfonso retreats.org](mailto:info@sanalfonso retreats.org)**

**[www.sanalfonso retreats.org](http://www.sanalfonso retreats.org)**

**Register today!**