



# Cultivating the Heart

THE SLOW AND BEAUTIFUL JOURNEY  
TO MATURITY IN CHRIST

A Lenten Retreat led by Bishop Stephen London  
at the Providence Centre  
Friday February 27-Sunday March 1, 2026

This is a retreat about the joys and challenges of spiritual growth in Christ. The time together will be an extended reflection on Jesus' words: "You will know the truth, and the truth will set you free (Jn 8:32)."

We know that the encounter with Jesus Christ sets us free. The Gospel is about the transformation of the human heart. However, this healing is never simple or uncomplicated. Life is hard, and people struggle.

This retreat is not about quick fixes, but a vision of spiritual growth and maturity over your whole life. The focus will be on the art of the daily cultivation of the human heart.



Register by February 19, 2026  
<https://providencerenewal.ca/tc-events/>  
Suite: \$350 Single: \$300 Commute: \$225

Providence Renewal Centre: 3005 119 Street NW,  
Edmonton