

# Troubled Spirits, Clean Hearts: A Quiet Morning with Psalm 51

**SATURDAY, MARCH 8, 2025 | 8:30-1:00**

THE PARISH OF ST. MARK & ST. PAUL

*Join us for a Lenten quiet morning with the “Great Psalm of Penitence.” Drawing on scripture, liturgy, and Christian tradition, seminarian Liam Nieman will offer a series of meditations and facilitate time in silence to meditate upon our need for repentance and restoration, as well as God’s continual offer of mercy and forgiveness.*

## Tentative Schedule

8:30 - 9:00 AM Morning Prayer

9:00 - 9:30 Welcome and Meditation 1

9:30 - 10:00 Quiet Period 1

10:00 - 10:30 Meditation 2

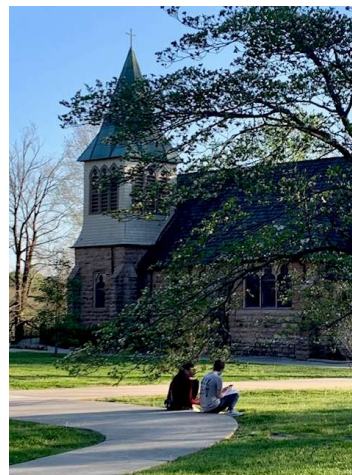
10:30 - 11:00 Quiet Period 2

11:00 - 11:30 Meditation 3

11:30 - 12:00 PM Quiet Period 3

12:00 - 12:15 Noonday Prayer

12:15 - 1:00 Lunch and Dismissal



TO REGISTER, USE THIS QR CODE OR CALL THE OFFICE.

