Shape up *the* Transforming Practices of Giving, Praying & Fasting.

LENT IS A SEASON TO SLOW DOWN AND REIMAGINE OUR LIVES. THIS SLOWING DOWN CAN BE EXPERIENCED THROUGH THE THREE SPIRITUAL DISCIPLINES OF GIVING, PRAYING AND FASTING, PRACTICES THAT ARE MEANT TO STRIP AWAY ALL THAT IS UNNECESSARY SO THAT WHAT IS TRULY NECESSARY – GROWING IN OUR RELATIONSHIP WITH GOD AND NEIGHBOUR - MAY TAKE ROOT AND FLOURISH.

Sacred Heart Church 4040 Nelthorpe St, Victoria, BC
sacredheartchurch@shaw.ca Parish office 250.479.1611

Father Philip Chircop

Graphic Design: Rosy Gocher rosy.gocher@rowcdesign.com

Monday, March 31 Talk at 7:00 pm
Tuesday, April 1 Talk at 7:00 pm
Wednesday, April 2 Talk and confessions at 7:00 pm

ABOUT Fr Philip ... is a Jesuit priest born on the Mediterranean Island of Malta. He has advanced degrees in Pastoral Theology, Communications and Spirituality. He has worked in high school, university and parish settings in various capacities. In recent years he has been mainly involved in retreat work and spiritual direction. He is an artist at heart and madly in love with all things beautiful and soulful: music, painting, sculpture, photography, film, theatre, poetry, good company, good food, good wine and more. He strongly believes that beauty is a uniquely wonderful entry into the mystery of the God "whose centre is everywhere and whose circumference is nowhere." God can indeed be sensed and experienced in all things if we have ears to hear and eyes to see, if we have the patience to have a long, loving look at the real that surrounds us.

Fr Philip considers himself a seeker, exploring and employing new, fresh and creative ways to proclaim the Good News in the hope of helping fellow pilgrims and seekers to embrace real and radical changes that will lead to conversion and transformation.