

BENEDICTINE MONASTERY OF THE GOOD SHEPHERD

PRESENTS

# Spiritual Journaling Retreat & MIXED-MEDIA WORKSHOP

*Returning to God with all our hearts*

**FEBRUARY 20-22, 2026**



## Lenten Retreat

During this season of growth and renewal, take some time to retreat to the wilderness with Jesus.



## Journaling

Learn how spiritual journaling serves as a tool for interior conversion, self-examination, and prayerful reflection.



## Mixed-Media Art

Unleash your creativity - explore mixed-media techniques combining various art materials, such as paint, ink, collage, and fabric, to express thoughts, emotions, and ideas.

## Retreat/Workshop Leader



**Brenda Riojas**  
Benedictine Oblate

Director of the Diocesan Relations Office for the Diocese of Brownsville and editor of *The Valley Catholic* magazine.

We will also have some surprise guest speakers.

**Friday:** Check in begins at 3 p.m.; 5:30 p.m. Evening Vespers; 6 p.m. Welcome dinner followed by orientation and first session

**Saturday:** Prayer, journaling and mixed-media sessions with guided reflections and prompts

**Sunday:** Closing workshop, prayer, and reflection. Ends at 10:30 a.m.

Pack your Bible, some markers, a pen, scissors and a glue stick. Add some stickers for fun.



## TO REGISTER



705 Monastery Lane, Rio Grande City



Blanca Leal (956) 844-2895



Sanbenito@granderiver.net

Retreat/Workshop Fee \$125

*Includes two nights, meals, and materials.*

*Please bring your own towel and a set of twin sheets.*



Eventbrite  
Registration