

November 18<sup>th</sup> – 20<sup>th</sup> 2020

# COME

## just as you are

### A Guided Retreat

We are offering an opportunity for space and reflection in the form of private/individually Guided Retreats. You will be wrapped in a rhythm of prayer, good food and fellowship, come just as you are.

Retreatants may join in with the rhythm of prayer or instead take time to rest, walk or read knowing that you are being prayed for while you are with us.

One to one sessions of listening/Spiritual Direction, Guided Prayer, Ignatian Spirituality Groups will be available on each day of the Individually Guided Retreats by arranging this in advance.

Midweek retreats begin on Wednesdays, arrival at 9.45am for coffee, tea and cake, and finish at 10.00am on Friday.

£160.00 per person (full board)



[www.guidedretreats.org.uk](http://www.guidedretreats.org.uk)

- For further information about retreats and for a sample retreat programme contact Revd. Deborah Hamilton-Grey.

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