

Make Space for Encounter

Private Retreat Programme

Jesus said: "Love the Lord your God with all your heart, with all your soul and with all your mind, and love your neighbour as yourself,"

Matthew 22:37-40



Spiritual nourishment for the Soul, this is Retreat

At the centre of Christ's message to the World is: "love me, love those around you and love yourself." The third part of this message is often overlooked. Jesus commands us to care for ourselves because we are precious, wonderfully and fearfully made in God's sight. We are the gift of love to those around us, the living stones that make up Christ's gift of love to the world. We are his hands, his feet, his eyes, his ears.

Noticing when we need to step aside from the World and the busyness of life to draw near to God in Retreat, stepping out of what is usual, to stand, stop, be still, notice and pay attention and discerning the way forward is all part of the function of Retreat.

**Reflection, prayer, quiet, laughter, stillness, food and fellowship.
Spiritual nourishment for the soul, this is Retreat.**

Revd Deborah Hamilton-Grey



Monday

3.30pm	Arrivals
5.30pm	Evening Prayer
6.15pm	Dinner
7.00pm	Spiritual Direction (t.b.a.)

Tuesday

8.15am	Morning Prayer
8.45am	Breakfast

9.45am	Private reflection /walking/reading
10.45am	1:1 session of SD (tba)
12.00pm	Lunch
1.00pm	Private reflection/walking/reading
5.15pm	Evening Prayer
6.00pm	Dinner
7.00pm	Spiritual Direction (tba)
8.15pm	Private reflection/reading/writing

Wednesday

8.15am	Morning Prayer
8.45am	Breakfast
9.45am	Private reflection/walking/reading
10.45am	1:1 session SD (tba)
12.00pm	Lunch
1.00pm	Private reflection/walking/reading
5.30pm	Evening Prayer
6.15pm	Dinner
7.00pm	Spiritual Direction tba
8.15pm	Private reflection/reading/writing

Thursday

8.15am	Morning Prayer
8.45am	Breakfast (vacate room)
9.30am	Final meeting
11.00am	Depart



Privately Guided Retreats are an opportunity to have more personal space to spend time doing those things that we might not have the opportunity to do in our home environment. The programme is tailored to the individual and their wants and needs. Being lightly held with a rhythm of prayer – usually morning and evening prayer throughout your stay in the Norfolk Wing being prayed for daily during your stay and meeting with someone for 1:1 sessions.

Bed linen is provided, bring your own towels and dish towels. This is a self-catered retreat, with a fully equipped kitchen/dining room, lounge and shower/bathroom.

Letton Hall is a working site, there is staff and volunteers coming and going on the site during day time hours and there may be other groups onsite during your stay.

Arrival on Mondays is after 3.30pm, departures on Fridays are 10.00am to help with changeover of groups for staff. Arrival on Fridays are 3.00pm with departures on Sunday in the afternoon or Monday mornings.

Things to bring. Torch, walking shoes, wellies, self-catering supplies, dish towels, bath towels.

The scheduled programme reflects arrangements that have been made with your retreat director in bold, other times scheduled are a frame of reference to help during your stay and are scheduled at your own discretion.

Shipdham Parish council walks can be found on their website.
Dereham Walkers has their own website.

There are bikes available to use at your own discretion subject to availability.

**If you would like more information about retreats email
rev@guidedretreats.org.uk or see our website
*www.guidedretreats.org.uk***