

Make Space for Encounter

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.**

Rev'd Deborah Hamilton-Grey



Monday

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| 3.30pm | Arrival: |
| 4.00pm | Welcome meeting |
| 5.30pm | Evening Prayer |
| 6.15pm | Dinner |
| 7.30pm | Group meeting/Spiritual Direction/personal reflection time |
| 8.30pm | Silent examen |
| 8.45pm | Compline |

Tuesday

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|---------|--|
| 8.00am | Morning Prayer |
| 8.30am | Breakfast |
| 9.30am | Centring Prayer |
| 10:00am | Free Time/Spiritual Direction/personal reflection time |
| 12.15pm | Holy Communion |
| 1.00pm | Lunch |
| 5.30pm | Evening Prayer |
| 6.15pm | Dinner |
| 7.30pm | Group meeting/Spiritual Direction |
| 8.30pm | Silent examen |
| 8.45pm | Compline |

Wednesday

| | |
|---------|--|
| 8.00am | Morning Prayer |
| 8.30am | Breakfast |
| 9.30am | Centring Prayer |
| 10:00am | Free Time/Spiritual Direction/personal reflection time |
| 12.15pm | Holy Communion |
| 1.00pm | Lunch |
| 5.30pm | Evening Prayer |
| 6.15pm | Dinner |
| 7.30pm | Group meeting/Spiritual Direction |
| 8.30pm | Silent examen |
| 8.45pm | Compline |



Thursday

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|---------|-------------------------------------|
| 8.00am | Morning Prayer |
| 8.30am | Breakfast |
| 10:00am | Final group meeting /Holy Communion |
| 12.00pm | Lunch |
| | Depart after Lunch |



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