

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

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	Compline
9.00pm	Silent examen

Tuesday

8.00am	Morning Prayer
8.30am	Breakfast
10:00am	Group meeting/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	Compline
9.00pm	Silent examen

Wednesday

8.00am	Morning Prayer
8.30am	Breakfast
10:00am	Group meeting/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/personal reflection time
8.30pm	Compline
9.00pm	Silent examen



Thursday

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