

Guided Retreats at The Pleasaunce

Weekend Retreat Programme

“There is a time for everything and a season for every activity under heaven, A time to mend... and a time to heal”.

(Ecclesiastes 3:1-7)



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 Gods 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



Friday

3.30pm	Arrival: Registration
4.00pm	Welcome Meeting – Blue Lounge
4.30pm	Spiritual Direction, Reading, Reflection, Walking
5.30pm	Evening Prayer
6.00pm	Dinner
7.00pm	Spiritual Direction, Reading, Reflection, Walking
8.15pm	Compline

Saturday

8.15am	Morning Prayer
9.00am	Breakfast
9.45am	Spiritual Direction, Reading, Reflection, Walking
10:30am	Tea, Coffee.
10.45am	Spiritual Direction, Reading, Reflection, Walking
12.00pm	Eucharist
1.00pm	Lunch
2.00pm	Spiritual Direction, Reading, Reflection, Walking
4.15pm	Tea, Coffee and Cake
5.15pm	Evening Prayer
6.00pm	Dinner
7.30pm	Spiritual Direction, Reading, Reflection, Walking
8.30pm	Compline

Sunday

8.15am	Morning Prayer
9.00am	Breakfast
9.45am	Eucharist
1.00pm	Lunch
2.00pm	Group Reflection
3.00pm	Departures

NB

All services will take place in the Blue Lounge
Spiritual Direction, one to one sessions will take place in the Library or Chapel.

Retreat Preparations

Although this retreat programme is designed around a full monastic rhythm of daily prayer, attendance at all sessions is not compulsory.

Rest, walk, read or journal – this is your retreat time. Join us in the full programme or you may prefer to attend sessions at your own pace.

One to one sessions of S.D. maybe arranged in advance of the retreat date, if you change your mind about the date and time of your 45 min session please contact your spiritual director in advance.

S.D. is offered freely as a gift and is an opportunity to meet with a prayerful listener while on retreat.

If you would arrive at 3.30pm, The Pleasaunce requires guests to register and provide emergency contacts in advance of the welcome meeting at 4.00pm.

You may want to bring a torch, writing and reading materials with you.

If you have any questions during your retreat contact the retreat leader Revd. Deborah on 07896658373 or via email listed below.

For any queries about accommodation speak to staff at reception in The Pleasaunce during your stay.

We will be praying for God's peace, for spiritual renewal and refreshment for you during your time with us.

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