

Opening meeting Sunday 19th June. Arrive from 3.30pm for a 4pm start taking us to 5.30pm. Venue: St Thomas'.

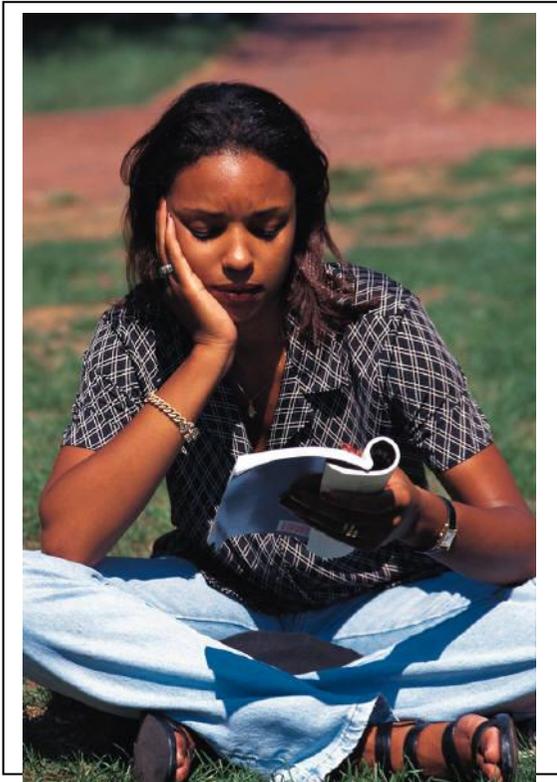
It is important to be at this to meet your guide for the week.

If you cannot be at this meeting please email Stephen - sthoiland@gmail.com or telephone 07794762925

Recommended group sessions through the week

- Monday, Ways of Praying, 6.30pm-8pm, St Thomas'
- Tuesday, Reflective Prayer, 7.30pm – 8.30pm, St Paul's
- Wednesday, Discernment, 7.30pm-9pm, Christians Alive
- Thursday, 'Rule of Life', 7.30pm-9pm, Christians Alive

Closing meeting Sunday 26th June, 4pm-5.30pm, St Thomas'



Retreat in Daily Life



June 19th - 26th 2016
Central Lancaster
Retreat in Daily Life

Perfect for busy people

Take some time out
Deepen your relationship with God
Explore new ways of praying
Grow in your discernment of spirits

What is a retreat in daily life?

It is a daily time of prayer (aiming at 30 minutes) and daily half-hour individual meeting with an experienced prayer guide during the week.

Who is it for?

Anyone who is already Christian and who wants to deepen their prayer life, or someone who is not sure what they believe but is willing to take a risk and seriously explore the reality of God. Either way, it is for any generous soul willing to commit to the elements of the week.

What is the programme?

The core elements of the week are prayer for half-an-hour each day, reviewing how that prayer time went, and meetings with your prayer guide four or five times. There are other components of the week. Introductory and closing meetings top and tail the week with helpful suggestions. There will be optional workshops on different *ways of praying, discernment, rule of life* and a chance to experience *reflective prayer*. These are open to anyone, including those not doing the 1-2-1. Bring family and friends.

Why do the retreat?

When we are generous, God is more so. We encounter a God who loves and calls us. It can also be a great help in making or confirming decisions, big or small.

How much does it cost?

The retreat is subsidised and most of the guides work as volunteers. A suggested donation to help towards our costs is £30 per person or whatever you can afford. Cheques can be made out to 'TRCP'.

How will the retreat fit in with the rest of life?

You'll be busier in the week of the retreat because of these extra demands, hence the need to be generous. The retreat runs alongside your normal week, however, so you won't lose any housework responsibilities. Sorry.

How do I sign up?

As soon as you know you want to participate, hand in your completed form and donation. It helps the organisers to know how many are taking part as soon as possible. We can still sometimes take people right up to the start of the retreat.

But I don't know how to pray?

Join the club! This is not a problem. In fact, such honesty is a good start.

Will I be asked to do anything embarrassing?

No. Honest. Unless you want to.

Who organises the week?

A team of trained prayer guides led by Stephen Hoyland who works for the Jesuits. He leads retreats and training courses around the UK and overseas. sthoyland@gmail.com

**Retreat in Daily Life 19th – 26th June 2016
Application form**

Name

Address

Email (print clearly).....

Telephone

Church attended

Availability (eg flexible, evenings only)

.....

If you are able to make a financial contribution to the cost of the retreat, £30 is suggested. Cheques payable to ‘TRCP’

Please return to your Church office by Sunday 12th June

**Retreat in Daily Life 19th – 26th June 2016
Application form**

Name

Address

Email (print clearly).....

Telephone

Church attended

Availability (eg flexible, evenings only)

.....

If you are able to make a financial contribution to the cost of the retreat, £30 is suggested. Cheques payable to ‘TRCP’

Please return to your Church office by Sunday 12th June

Extra information for parishes/churches

Although the Jesuits do not want to profit from retreat work I would prefer that they avoid making too much of a loss on parish/church retreats. This is partly so it can continue to subsidise its retreats with young people. Our suggested charge for the week is **£400** flat fee (from the 2 churches together) plus an amount per participant, depending on how much they were able to contribute, e.g. **£30** per person. We suggest that the unwaged pay whatever they can afford. A residential retreat at St Beuno's would cost over £400 per person.

We are hoping for 40-45 participants who will be seen by local prayer guides, some from further afield and myself.

Who is Stephen Hoyland?

I have lived in Lancaster for the last 20 years. I came here with my wife Kate and taught RE at Our Lady's Catholic College. After this I became a chaplain at the University of Lancaster for five years. I worked at Loyola Hall Spirituality Centre helping with the retreat and training course programme until it closed in 2014. Most of my work at that time and now is on the road leading ecumenical retreats for young adults in university settings. I am always very happy when I can be on the road and close to home at the same time. I love the week of guided prayer format because it brings a real spiritual retreat experience to busy people, or people with not much money, and gives them an opportunity to go deeper in their relationship with God. I have seen this happen hundreds of times and have concluded that God likes retreats, even more than I do. **For any other information feel free to contact me at sthoiland@gmail.com**

Extra information for parishes/churches

Although the Jesuits do not want to profit from retreat work I would prefer that they avoid making too much of a loss on parish/church retreats. This is partly so it can continue to subsidise its retreats with young people. Our suggested charge for the week is **£400** flat fee (from the 2 churches together) plus an amount per participant, depending on how much they were able to contribute, e.g. **£30** per person. We suggest that the unwaged pay whatever they can afford. A residential retreat at St Beuno's would cost over £400 per person.

We are hoping for 40-45 participants who will be seen by local prayer guides, some from further afield and myself.

Who is Stephen Hoyland?

I have lived in Lancaster for the last 20 years. I came here with my wife Kate and taught RE at Our Lady's Catholic College. After this I became a chaplain at the University of Lancaster for five years. I worked at Loyola Hall Spirituality Centre helping with the retreat and training course programme until it closed in 2014. Most of my work at that time and now is on the road leading retreats for young adults in university settings. I am always very happy when I can be on the road and close to home at the same time. I love the week of guided prayer format because it brings a real spiritual retreat experience to busy people, or people with not much money, and gives them an opportunity to go deeper in their relationship with God. I have seen this happen hundreds of times and have concluded that God likes retreats, even more than I do. **For any other information feel free to contact me at sthoiland@gmail.com**