

Opening meeting Sunday 24th November. Arrive from 1.30pm for a 2pm start taking us to 3.30pm. Venue: St Thomas' Centre, in the downstairs lounge (NB NOT in church, where another service is happening at the same time).

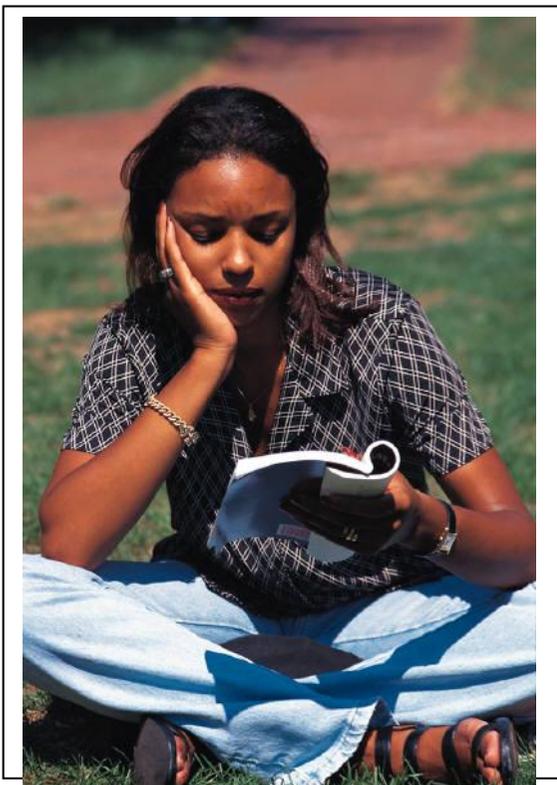
It is important to be at this to meet your guide for the week.

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, 7.30pm-9.00pm, St Thomas' Church
- Wednesday, Discernment, 7.30pm-9pm, New Life Church, White Cross

Closing meeting Friday 7.30pm-9.00pm, St Thomas' Church



Retreat in Daily Life



November 24th - 29th 2019
Central Lancaster
Retreat in Daily Life

Perfect for busy people

Take some time out
Deepen your relationship with God
Explore new ways of praying
Find help with Christian discernment

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 and discernment*. 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. If you are able to offer more this will help to pay for someone who cannot afford £30. Cheques can be made out to your own church.

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 24th-29th November 2019
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, or whatever you can afford.

Please return to your Church office by Sunday 17th November

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