

Lent Retreat in Daily Life 2018

Information Sheet

This is retreat is for anyone who wishes to....

- explore deeper connections between believing and living
- discover different ways of praying
- experience a deeper, personal relationship with God
- find help when it is difficult to pray.

You are welcome whether you are a member of a church community or have no particular affiliation. The retreat is open and ecumenical.

***No previous experience necessary.
Where you are is the only place to begin.***

WHAT DOES IT COST ?

In order to help with the expenses of the retreat we invite a donation of £10 each week or whatever you can contribute. However we do ask for your commitment with a £5 non-returnable deposit as booking is essential in order to help us plan this retreat well.

HOW IT WORKS

We meet as a group in the *Ignatian Spirituality Centre* on Monday February 12th at 7pm for an **Opening Session**.

This prayerful beginning will also deal with the practicalities of the retreat. For the following weeks we invite you to commit yourself to a short period of personal prayer each day. This will be talked through and agreed between yourself and your prayer companion.

Each person will have a prayer companion, available in the *Ignatian Spirituality Centre* on the following five Mondays during the retreat at times agreed between yourselves.

The role of the prayer companion is to listen to and reflect with the person making the retreat. Help will be given on the focus and prayer material for the following week.

On Monday March 26th we meet together in the *Ignatian Spirituality Centre* as a group at 7pm for the **Closing Session** of the retreat.

Throughout the retreat, the ISC Chapel is available for prayer, and on March 19th there is the option of joining the evening Taizé prayers.

DATES: Mondays, 12th & 19th & 26th February; 5th, 12th, 19th, 26th March



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