

**Opening meeting** Sunday 22 January 3pm. Arrive early for a cuppa. Venue: Sacred Heart Upper Hall

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](mailto:sthoiland@gmail.com) or telephone 07794762925**

**Recommended group sessions through the week  
(all in Sacred Heart Parish Hall 7.30-9.00pm)**

- Monday, Ways of Praying
- Tuesday, Discernment
- Wednesday, Images of God
- Thursday, Called to Mission

Feel free to arrive from 7.00pm for a cup of tea

**Closing meeting** Friday 27 January, 7.30pm-8.30pm



# Retreat in Daily Life



**January 22-27 2017  
Sacred Heart  
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 any kind of decision

### **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.

### **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 are personal prayer for half-an-hour each day, reviewing how that prayer time went, and meeting 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, images of God* and *the call to mission*. These are open to anyone, including those not doing the 1-2-1.

### **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 by the Jesuits and by the parish and most of the guides work as volunteers. To help towards our costs participants may contribute £30 or whatever you can afford. Cheques can be made out to the parish.

### **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?**

If you know you want to participate, hand in your completed form and fee at the parish office. 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'm useless at praying?**

Join the club!

### **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](mailto:sthoyland@gmail.com)

**Retreat in Daily Life 22-27 January 2017  
Application form**

**Name** .....

**Address** .....

**Email (print clearly)**.....

**Telephone** .....

**Church attended** .....

**Availability (eg flexible, evenings only)**

.....

**Do you need/can you offer transport? .....**

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

**Please return to the parish office by Sunday 15<sup>th</sup> January or to James in Chaplaincy by Friday 20<sup>th</sup>.**

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