



LENT
2019

RETREAT in DAILY LIFE



WALKING TOGETHER WITH JESUS

RETREAT OPENING GATHERING: Tuesday 19th February 7-9pm

RETREAT CLOSING GATHERING: Tuesday 16th April 7-9pm

CLOSING DATE FOR APPLICATIONS: FRIDAY FEBRUARY 8TH 2019

ABOUT THE RETREAT:

This Retreat in Daily Life through **LENT** is for those who wish to enter into an extended time of committed prayer and reflection during the period of Lent. It offers opportunity to explore and go deeper in daily prayer in the context of everyday life with the support of weekly one-to-one meetings with a prayer companion *or* in small sharing groups which will meet each week through the retreat.

This Lent we are connecting with the Jesuit Pathways in Prayer project and will be drawing on the materials being offered nationwide as part of their Lenten resource **'Walking Together with Jesus'**. Retreatants will be guided and given support as to how to best use the resources as the retreat progresses.

The retreat begins with an **Opening Gathering on February 19th** from 7pm-9pm when you will:

- be given an overview of how the retreat will work and explore any queries
- meet the others making the retreat
- meet either the person who will accompany you or your small sharing group leader (depending on what you opt for). For those meeting one-to-one, you will arrange with your prayer companion a suitable time and venue for your weekly meetings
- as you prepare to enter the retreat, there will also be space to explore your hopes for the time ahead and a gentle guided time of prayer and reflection
- you will also be offered some preliminary support material to take away with you to help you make the most of the time

Please bring your diary to the Opening Gathering. You may find a journal or a notebook helpful too.

As you meet with your prayer companion or small sharing group through the retreat, you will be gently supported in exploring ways of praying and reflecting on how and where God might be inviting you into greater freedom and fulness of life. The materials offered will simply be a support to the unique walk you will make with Jesus through this special time.

No prior experience of making a retreat in daily life is needed – guidance will be offered on ways of praying, journaling and how to make the most of your time with your prayer companion or small group. Anything shared with your companion or in the small group will be held in confidence.

The retreat ends with the **Closing Gathering on April 16th** where you will be given opportunity to reflect on, gather up and celebrate the fruits of what the retreat has been about for you.

The opening and closing sessions are both held at St. Bede's.

The small group sharing meetings will also be offered at St. Bede's with three times available to choose from:

- Monday afternoons 1-2pm
- Monday or Thursdays evenings 7:30-8:30pm

Once you have selected a group time you will be expected to stay with that group through the duration of the retreat.

Please note, in order to make the most of the retreat, participants will be expected to attend the opening and closing gatherings and to be able to commit to 6 small group or 'one-to-one' meetings over the retreat period.

TOTAL COST including the opening and closing gathering is:

£40 for 6 one-to-one meetings of 30 -45 minutes each with your prayer companion (time/place arranged by agreement with your companion)

or

£20 for 6 weekly hour-long small group sharing meetings

Please contact us to enquire about bursary support if you have any difficulties with payment - we do not want anyone to be excluded because of cost.

TEAM: co-ordinated by Barbara Martin & Julia MacDonald with prayer companions from St. Bede's retreat in daily life team.

Please complete the enclosed application form and return it by **Friday FEBRUARY 8th** to:

St Bede's Pastoral Centre, (FAO Barbara Martin)
21 Blossom Street, York. YO24 1AQ.

Or by email: admin@stbedes.org.uk;

St. Bede's Pastoral Centre

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