

Opening meeting

Sunday 18th Oct, 4.30 - 6 pm at the Priory.
Followed by optional Evensong at 6.30 (please visit www.lancasterpriory.org to reserve a place).

Recommended group sessions through the week

Monday 7.30-9 pm, Ways of Praying
Tuesday 7.30-9 pm, Discernment
Thursday 7.30-9 pm, Images of God

Closing meeting

Friday 23rd Oct 7-9 pm.

The Priory is open for personal prayer during the week from 9.15 am to 4 pm.

The details are provisional depending on Covid-19 restrictions. In case it is not possible to meet, and to facilitate access to those who are self-isolating, we plan to stream all sessions online. Individual daily meetings with a prayer guide are also possible online.

Please fill in a registration form. If you have any questions, speak to Anna Walker or email anna@lancasterpriory.org or call 0750 8281722.

Retreat in Daily Life



Sunday 18th - Friday 23rd
October 2020

A retreat that is possible even for busy people, and those self-isolating can take part online.

- ✓ 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?

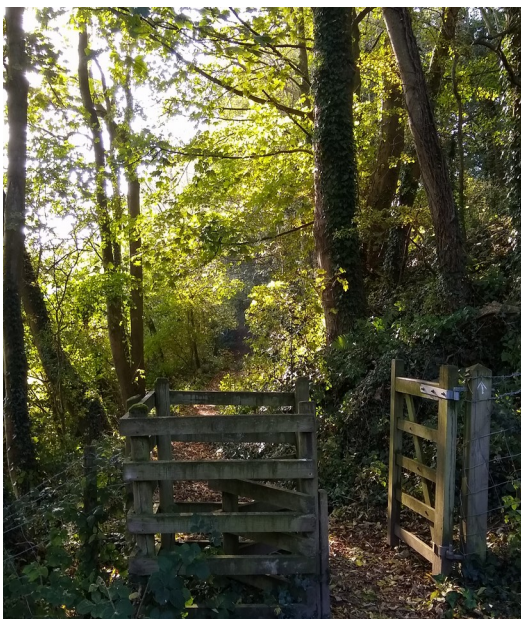
It is a daily time of prayer (aiming at 30 minutes) and daily half-hour individual meeting with an experienced prayer guide during the week.

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 and images of God*. These are open to anyone, including those not doing the 1-2-1. All the content will be available online.



How much does it cost?

The retreat is subsidised and most of the prayer guides work as volunteers. A suggested contribution to help towards costs is £30. Please speak to us about payment if the cost is an obstacle.

Why do it?

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 will the retreat fit in with the rest of life?

You'll be busier in the week of the retreat because of extra demands on your time, 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 fee. It helps 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 prayer guides led by Stephen Hoyland who works for the Jesuits. He is based in Lancaster and leads retreats and training courses around the UK and overseas.