

# Retreats and days, May-July 2023

The House of Prayer, East Molesey

## Longing for God: Weekend Individually Guided Retreat

Friday 19<sup>th</sup>- Sunday 21<sup>st</sup> May 2023

Led by the House of Prayer Team

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 7pm on Friday and depart by 3pm on Sunday. Cost En-suite room £220, Standard room £200.

## Encountering the Love and Mercy of God

Saturday, 27 May 2023

Led by Sr Helen Costigane

We often hear it said that 'God loves and forgives us', but what might get in the way of truly experiencing His love and mercy? This day will look at this theme through some input, reflection and prayer. Starts at 10am and finishes at 4pm. Please bring a packed lunch. This retreat is available to attend online via Zoom and in-person. Cost: £30

## Longing for God: Midweek Individually Guided Retreat

Tuesday 30<sup>th</sup> May – Thursday 1<sup>st</sup> June 2023

Led by the House of Prayer Team

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 6pm on Tuesday and depart by 3pm on Thursday. Cost: En-suite room £220, Standard room £200.

## The Loving Kindness of the Heart of our God: A Retreat for Spiritual Directors

Friday 16<sup>th</sup> - Sunday 18<sup>th</sup> June 2023

Led by: Dr Antonia Lynn and Sr Anne Dunne

A weekend to find space in the loving heart of God, and to find refreshment for our own hearts, in a rhythm of silence, sharing, reflection and rest. There will be some gentle input, ideas for creative prayer, and the opportunity for a one-to-one conversation.

Arrive in time for supper at 7pm and depart by 4pm on Sunday. Cost: En-suite room £220, Standard room £200.

## Follow the Sun: Discernment for Midsummer

Saturday 24<sup>th</sup> June 2023

Led by Dr Antonia Lynn

We risk losing touch with the rhythm of the seasons in lives ruled more by the clock than by the Sun. And yet there is a growing interest in spiritual discernment: learning to understand the seasons of the soul and hear what God is

saying through them. St Ignatius Loyola, a pioneer of the art of discernment who learnt from his own experience the rhythms of spiritual consolation and desolation, advises us to pay attention to our bodies and even the weather of the different seasons in our prayer. So this day in Midsummer, once considered a sacred time of year, offers an imaginative chance to look at Ignatian discernment through the lens of Celtic and Anglo-Saxon ways of celebrating the seasons.

Starts at 10am and finishes at 4pm. Please bring a packed lunch. Cost: £30

### **Longing for God: Weekend Individually Guided Retreat**

Friday 14<sup>th</sup> - Sunday 16<sup>th</sup> July 2023

Led by the House of Prayer Team

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday. Cost: En-suite: £220, Standard: £200

*There is the opportunity to extend your individually guided retreat to Friday 21 July following this retreat. See the listing below.*

### **Longing for God: 6-day Individually Guided Retreat**

Friday 14<sup>th</sup>- Friday 21<sup>st</sup> July 2023

Led by the House of Prayer Team

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 7pm on Friday and depart after breakfast the following Friday. Cost: En-suite: £700, Standard: £635

### **Abba Amma: Improvisations on the Lord's Prayer**

Saturday 29<sup>th</sup> July 2023

Led by Professor Nicola Slee

The Lord's Prayer or the Our Father is a prayer text and practice that unites Christians worldwide and puts us in touch with Jesus and Christians throughout the ages. People of other faiths and traditions are also drawn to this prayer. But how do we pray this prayer today, in light of our growing awareness of the dangers of patriarchal and monarchical language and thinking? In this day, Nicola Slee will share something of her own journey with the Lord's Prayer and suggest that we are called, not so much to repeat the prayer unvaryingly, as to live in its pattern and improvise around it to find our own authentic way of praying.

Starts at 10am and finishes at 4pm. Please bring a packed lunch. Cost: £30