

Programme, Summer 2024

The House of Prayer, East Molesey

<https://www.christian-retreat.org/our-programme>

Prayer through the lens of the Enneagram

Saturday 29 June 2024

Led by Maria Manuela Silva

Prayer is about relationship, with God, ourselves, and others. As we pray, we surrender to God and to God's work in us and through us. How might the Enneagram help us with that ancient request, 'Lord, teach us to pray'? The Enneagram is first and foremost an invitation to exploration, movement, and connection. As you enter its circle, travel along its lines, and stop awhile with each of its numbers, we invite you to discover its potential to illuminate your praying. We will dig deep into the three centres of intelligence and the nine expressions of personality, connecting them to the great spiritual movements of consolation and desolation. We will also touch on a range of spiritual practices and postures for you to explore. We will assume you have a basic familiarity with the Enneagram. For a refresher on the basics of the Enneagram and to purchase a test, please visit <https://www.enneagraminstitute.com>

Starts at 10am and finishes at 4pm. Please bring a packed lunch.

Cost: £30

Overnight stay (B&B – Fri – Sat) + day retreat: £85

***Maria** was born in Lisbon and has lived all her adult life in London. She hopes to have gained knowledge and wisdom from having studied Theology and Human Geography. She trained as a Spiritual Director as well as raising a family, working in a secondary school in Brixton and being involved in church ministry in some of the most diverse London boroughs. She is Director of Encounter, the formation course in Spiritual Direction offered by the London Centre for Spiritual Direction. She regularly contributes to the Centre's Developing Direction programme and co-leads its Supervision training course. Maria is passionate about human flourishing, spiritual formation and her three grandchildren!*

<https://www.christian-retreat.org/our-programme/enneagram>

Praying with our full humanity

Friday 19 July – Sunday 21 July

Led by Nicola Mason

God created us human and chose in the incarnation to share our humanity, yet many of us seem to feel or act as if being the particular human we are - in all our unvarnished reality - hinders us from sharing in God's life, or from being the holy people we long to be. We can be dogged by a sense that we need to improve and tempted to bring only selected parts of ourselves to prayer. This weekend, in company with saints and writers past and present, we will look at how we can learn to pray with all of our humanity, and discover that every part of ourselves and our experience is holy ground, and the place of our encounter with God.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday

Cost:

En-suite: £230

Standard: £210

House of Prayer,
35 Seymour Road
East Molesey, KT8 0PB



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Nicola works as a spiritual director and retreat leader and is also a tutor on the Ignatian Spirituality and Spiritual Direction course at the London Jesuit Centre. She is consecrated to the single life, and lives in East London.

<https://www.christian-retreat.org/our-programme/full-humanity>

One Thing is Needful: a Day with Martha, Mary and Jesus

Saturday 27 July

Led by Dr Antonia Lynn

Martha and Mary are often seen as opposites, and we think we know all about them: it's better to be like Mary sitting at the feet of Jesus than Martha grumbling in the kitchen... But there's much more to these two sisters who were both such close friends of Jesus, especially if we consider their stories in John's Gospel as well as Luke's. They can reveal much about our human complexity and how it enriches our faith. This will be a reflective day, with input to evoke thought and prayer, and plenty of gentle, relaxing space to ponder the "Martha and Mary" within each of us, finding our own unique way to deepen our friendship with Our Lord.

Starts at 10am and finishes at 4pm. Please bring a packed lunch.

Cost: £30

Overnight stay (B&B – Fri – Sat) + day retreat: £85

Antonia has a long experience of spiritual direction and giving retreats. She is Co-Director and Tutor on the Ignatian Spirituality Course based at the London Jesuit Centre. Antonia also works at the London Centre for Spiritual Direction where she is Referrals Coordinator and Director of Professional Development and Warden of the Community of Spiritual Directors. She is a spiritual director, supervisor, trainer, and practical theologian. She is interested in exploring spirituality as "lived theology" which enables us to live out our deepest beliefs and values.

<https://www.christian-retreat.org/our-programme/one-thing-is-needful>

Choosing Life

Friday 2 – Sunday 4 August

Christopher Chapman

A retreat for those seeking new direction in their lives

Choices face us within our relationships, work, and ministry. Sometimes we are aware of a specific choice that is ours to make; at other times what we recognise is the need for change, without seeing where this leads us. Sometimes events jolt us out of our former path and we don't know how to respond. Drawing on themes and prayer exercises from the Ignatian Spiritual Exercises, this retreat will provide the space and resources to explore new directions, as we become aware of the invitation of the Spirit. God desires to lead us into our own truth: a truth that will set us free and enable our lives to be fruitful.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday.

Cost:

En-suite: £230

Standard: £210

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Christopher is an experienced retreat leader and spiritual director. He is the author of *Seeing in the Dark*, *Earthed in God* and *Send My Roots Rain*. He is a regular guest director at St. Beuno's Jesuit Spirituality Centre and teaches spirituality at St. Augustine's College of Theology

<https://www.christian-retreat.org/our-programme/choosing-life>

Longing for God: Individually Guided Retreat

Friday 13 September – Sunday 15 September

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

<https://www.christian-retreat.org/our-programme/igrsept24>

Quiet Days

Rest, re-charge, and reflect in the peaceful surroundings of the House of Prayer. Our Quiet Days begin at 10am and finish at 4pm. You will be allocated a private room and can make use of our Prayer Room and other meeting spaces in the House and gardens. Bring a packed lunch with you. Refreshments, including tea and coffee, are available throughout the day in the Dining Room or Library. If you would like to speak with someone during your Quiet Day, or if you are unsure of where to begin, let us know and we can arrange for a meeting with a spiritual director. **Suggested donation: £20**

Individual Retreats

Draw aside from the noise and busyness of your daily life and experience some peace and quiet to listen to God. We offer a space for individuals to make a private retreat (catered and self-catered) throughout the year. Spiritual direction may be available upon request and should be booked in advance of your visit to ensure availability. The following costings are per night / 24 hours:

Catered

- **Standard room: £75**
- **En-suite room: £85**

Self-catered

- **Standard: £55 - simple**
- **En-suite room: £65 - access to own kitchenette**