

Programme – Autumn 2024

The House of Prayer, East Molesey

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

Seeing as a child – Spirituality of Storytelling

Saturday 28 September 2024

Led by Anne Booth

<https://www.christian-retreat.org/our-programme/seeing-as-a-child>

Jesus tells us to be like children, but what does this mean? Anne Booth, author of books for both children and adults, explores how story telling can help us in our own spiritual journey, and how looking at our life's narrative through a child's eyes can help us draw closer to Jesus, the teller of parables. This day will use stories as a jumping off place for meditation and prayer.

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

Cost: £30

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

Anne is a married mum of four, with an MA in Children's Literature and another in Creative Writing and a postgraduate diploma in Pastoral Theology from Heythrop College. She is an author of more than twenty-five books for children and two novels for adults, published by Penguin Harvill Secker, and believes in the power of storytelling, and the use of fiction to help our relationship with God. She is a passionate fan of Children's Book illustration and, as well as working on future books, is currently studying part-time for an MA in Children's Book Illustration at Anglia Ruskin College, Cambridge.

Longing for God: Individually Guided Retreat

Friday 4 – Sunday 6 October

Led by the House of Prayer Team

<https://www.christian-retreat.org/our-programme/igroct24>

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

Lectio Divina

Tuesdays, 2pm – 3pm

Term: 8 October – 17 December

Led by Helen Healy

<https://www.christian-retreat.org/groups>

An opportunity to join a small group meeting at the House of Prayer. Lectio Divina is divine reading, listening to Scripture with the ear of the heart. A short passage of scripture is read slowly and meditatively. There are periods of silence, letting the words penetrate deeper in our hearts, and listening to God and to each other. Places are limited and given on a first-come, first-served basis.

Donations welcome.

***Helen** is a spiritual director and a member of the Lay Community of Saint Benedict, and is deeply attracted to Benedictine spirituality.*

Emptiness Dancing: A Meditation Retreat

Friday 18 – Sunday 20 October

Led by Brijji Waterfield

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

From stillness to movement, from silence to song – a weekend to explore how we can live contemplatively as we navigate the pressures of daily life, remaining present and centered in the core of our being. Meditation, contemplative practices and space for group reflection will be included. The weekend will be suitable for those who have an established practice of Christian meditation. Spiritual direction will also be offered.

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

Cost:

En-suite: £230

Standard: £210

***Brijji** is a spiritual director, leads retreats and has had a life-long interest in meditation and the Christian mystical tradition. Recently retired as the Director of Meditation for The World Community for Christian Meditation, she continues to participate in the life of the Community. She is also a Trustee of the Sisters of the Christian Retreat.*

Enabling a better relationship with God

Saturday 26 October

Led by Merinda D'Aprano

<https://www.christian-retreat.org/our-programme/enabling-a-better-relationship-with-god>

How understanding your unconscious bias can free you to find a richer, more authentic faith

This day offers a reflective space to explore our unconscious bias and how this can impact our relationship with God. Over four sessions, we will explore questions such as: What is unconscious bias? How does it create our shadow side? Why is faith so controversial? What are we going to let go of? Where might we go from here? All sharing is entirely voluntary.

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

Cost: £30

Merinda has been a teacher and Headteacher in the Catholic Education sector, branching out after early retirement to work in Headteacher mentoring, educational leadership, church musicianship and spiritual direction. She has a particular interest in moral leadership, ecumenism, and inclusion. Merinda is the convenor of the Surrey Rainbow Service Network, and co-leader of Kairos227 Christian group. She is also a published poet, composer, and lyricist.

Quiet Days

Rest, re-charge, and reflect in the peaceful surroundings of the House of Prayer. 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, we can arrange for a meeting with a spiritual director. Suggested donation: £20. For more information: <https://www.christian-retreat.org/quiet-days>

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. Costings per night range from £55 to £85. For more information: <https://www.christian-retreat.org/individualretreat>

Group Retreats

Looking for a quiet and prayerful space to host your next parish quiet day, team meeting, or prayer group? We offer warm hospitality, meeting spaces and accommodation to suit your needs and requirements. We can also support you to find a retreat leader for your group retreat or day. Room hire available from £85 - £150 per day. For more information: <https://www.christian-retreat.org/group-retreats>