

Programme – Winter 2025

The House of Prayer, East Molesey
www.christian-retreat.org/our-programme

Quiet Morning: A Time for Everything

Friday 10 January

Led by Kerry Penson

www.christian-retreat.org/our-programme/quiet-morning-a-time-for-everything

A gentle and spacious morning to take time to listen to our lives and listen to God at the start of a new year. There will be led reflections and space for personal prayer.

Starts at 10am and finishes at 1pm.

Cost: £15

New Beginnings: Individually Guided Retreat

Friday 10 – Sunday 12 January

Led by the House of Prayer Team

www.christian-retreat.org/our-programme/new-beginnings-individually-guided-retreat

At the beginning of a new year, this silent retreat offers an opportunity to reflect on your life and find your bearings for the year ahead. A trained spiritual director 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:

Ensuite: £230

Standard: £210

Living Presence

Friday 17 – Sunday 19 January

Led by Jill Benet

www.christian-retreat.org/our-programme/living-presence-1

‘Silence moves into stillness and stillness morphs into Presence.’ Thomas Keating

Join a small community for a weekend of prayer and practice, and reconnect with the Presence which surpasses all understanding - a Presence that we find missing and yet, at the deepest root of our self, is always there and always new. This weekend is a time to refresh your practice of Centering Prayer and supporting practices and to find the place of stillness from which all movement arises. It will include extended periods of Centering Prayer and silence, some input and a chance to share and to ask questions in the group or one to one with the retreat leader.

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

Cost:

Ensuite: £240

Standard: £220

Praying the Scriptures

Saturday 25 January 2025

Led by Canon Peter Sills

www.christian-retreat.org/our-programme/praying-the-scriptures

A prayerful exploration of the evolving story of the Bible

Understanding the Bible can be a bit of a challenge, especially those parts of the scriptures that are remote from our experience. Beginning with the different pictures of God and Jesus that it presents, this exploration helps us to understand the Bible as an evolving story. Meditative and imaginative prayer bring alive the different levels of truth, from the literal to the poetic and symbolic. Getting under the skin of the Bible, we see how ideas of hope and destiny, faith and morality developed alongside changes in life and experience.

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

Cost: £35

Including B&B (Fri – Sat): £100

Lectio Divina

Tuesdays, 2pm – 3pm

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.

Donations welcome.

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. 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. For more information: <https://www.christian-retreat.org/group-retreats>