

Guided Retreats at Letton Hall

Retreat Programme

Jesus said: "Love the Lord your God with all your heart, with all your soul and with all your mind, and love your neighbour as yourself,"
Matthew 22:37-40



Spiritual nourishment for the Soul, this is Retreat



At the centre of Christ's message to the World is: "love me, love those around you and love yourself." The third part of this message is often overlooked. Jesus commands us to care for ourselves because we are precious, wonderfully and fearfully made in Gods sight. We are the gift of love to those around us, the living stones that make up Christ's gift of love to the world. We are his hands, his feet, his eyes, his ears.

Noticing when we need to step aside from the World and the busyness of life to draw near to God in Retreat, stepping out of what is usual, to stand, stop, be still, notice and pay attention and discerning the way forward is all part of the function of Retreat.

**Reflection, prayer, quiet, laughter, stillness, food and fellowship.
Spiritual nourishment for the soul, this is Retreat.**

Rev'd Deborah Hamilton-Grey



Wednesday

9.45am	Arrival: Tea, Coffee and Cake.
10.15 am	Welcome and Introduction.
10.30am	Group session: Reflection, Lectio Divina.
11.10 am	Spiritual Direction, Individual Sessions. Reading, Reflection, Walking.
12.15	Eucharist
1.00pm	Lunch
2.00pm	Spiritual Direction, Individual Sessions. Reading, Reflection, Walking.
4.15pm	Tea, Coffee and Cake.
5.30pm	Evening Prayer
6.15pm	Dinner
7.30pm	Group Examen, Lectio Divina.
9.00pm	Compline

Thursday

8.00am	Morning Prayer
8.30am	Breakfast
9.30am	Group Session: Lectio Divina.
10.30am	Tea, Coffee and Cake.
10.45am	Spiritual Direction, Individual Sessions, Reading, Reflection, Walking.
12.30	Eucharist
1.15pm	Lunch
2.10pm	Spiritual Direction, Individual Sessions, Reading, Reflection, Walking.
4.30pm	Tea, Coffee and Cake.
5.30pm	Evening Prayer
6.15pm	Dinner
7.30 pm	Group Session, Examen.
9.00pm	Compline



Friday

8.00am	Morning Prayer
8.30am	Breakfast
9.15am	Group Final Session Reflections
10.00am	Depart