



'Retreat in Daily Life'

5 - 11 February 2012

Aig Fois provides space for people, wherever they are on their spiritual journey, to reflect on their experience and understanding of God and how they might like to respond. Our guided days offer opportunities to explore prayer in its widest form and provide space for silence. In collaboration with members of The Epiphany Group, we offer longer courses on prayer and reflective living.

For more information see www.aigfois.co.uk or contact Rachel Inglis on 01557 331 548 or info@aigfois.co.uk

The **Epiphany Group** offers training, companionship and retreats to any who wish to explore the spiritual aspect of life and faith; members are women and men, lay and ordained, from the across the Christian traditions in Scotland. For more info see www.epiphanygroup.org.uk

- ❖ A time to pause, reflect and recharge your batteries; to get in touch with what brings you life and what is draining or out of balance.
- ❖ An opportunity to draw closer to God, to ask for light to see more clearly the way ahead, perhaps related to an upcoming decision or other change in your life.
- ❖ A chance to try out new ways of praying, to receive help if struggling with prayer, and to become more attuned to connections between prayer and everyday life.

Open to everyone.

Organised by Aig Fois, Kirkcudbright with
The Epiphany Group, Scotland

What is a 'Retreat in Daily Life'?

Traditionally a 'retreat' has meant an extended time of silent prayer and reflection, away from home, in a monastery or retreat house.

Although this may be a welcome time of prayer and quiet reflection, not everyone can spend the time or money on a residential retreat, or warm to the idea of extended silence. A 'retreat in daily life' is an alternative opportunity to support prayer and reflection in the midst of ordinary life with the assistance of a one-to-one prayer guide.

Rather than spending time away from the realities of daily living, retreatants bring these into the retreat experience, praying with them and looking for connections between faith, prayer and everyday life. Any unforeseen events during the retreat are simply integrated into it, as part of life.

Who is it for?

A **Retreat in Daily Life** is open to all. No particular familiarity with prayer or faith is needed or expected. Each person begins from where they are, no matter what their experience of life or prayer. If you are new to taking personal quiet time you are very welcome to join us; if you have experienced a retreat before you are also most welcome. Those who are hurting, scared or angry may come looking for healing and peace; those who have been praying for many years may be looking for encouragement and renewal. All are welcome!

What does it involve?

We begin with a short gathering of participants and guides **at 4.00 p.m. on Sunday, 5 February, in St Andrew's & St Cuthbert's Hall, Kirkcudbright**. During this session we will offer some suggestions on how to approach a retreat in daily life and you will meet your prayer guide. You will then be able to arrange your daily

one to one meetings for the following 5 days at a time and venue that suits you both. These daily individual meetings last around 30 minutes. If mobility presents a difficulty for you, we can arrange for the guide to visit your home.

Away from these meetings with your guide, you are encouraged to take regular time to pray and reflect in a way that feels intentional but manageable within your particular daily routine. Your guide may suggest ways of praying or a bible passage or other material to reflect on, but the content of your daily conversations about your prayer and life experiences is highly individual to you and, of course, completely confidential.

We gather again all together for a final celebration **at 11.30 a.m. on Saturday, 11 February in the Gordon Memorial Hall, St Ninian's Episcopal Church, Castle Douglas**, when there will be a chance to reflect on what has emerged through this time of 'retreat'.

Is there a cost?

Prayer Guides undertake training for this ministry as well as ongoing formation and supervision. We have asked trained guides both from within the Stewartry and from outside to help on this retreat and most do require a contribution towards their time and travel. We therefore suggest a voluntary donation of **£20** for the retreat; however we want this experience to be open to all so no one should feel unable to participate because of cost.

If you have any further questions please don't hesitate to phone or email Rachel Inglis on 01557 331 548 or info@aiqfois.co.uk

Booking form enclosed
Closing date Sunday 29 January 2012

Retreat in Daily Life, 5 – 11 February, 2012 Booking Form

Name: _____

Address: _____

Phone: _____ Email: _____

Age: under 45 / 45-65 / over 65 (please circle, as appropriate)

To help us plan, please circle **all** the times you could be available for one to one meetings with your prayer guide

Monday	AM	PM	EVE
Tuesday	AM	PM	EVE
Wednesday	AM	PM	EVE
Thursday	AM	PM	EVE
Friday	AM	PM	EVE

We hope to host our one-to-one guiding sessions in venues in the following towns. Please circle **all** the venues you would be able to get to:

Kirkcudbright Dalbeattie Dumfries Castle Douglas

Are there any factors you would like us to take into account when placing you with a guide or venue, e.g. any particular health/disability requirements etc? If you have difficulties with mobility, would you like a guide to come to your home for the meeting?

A voluntary donation of £20 can be made on the first evening, in a basket provided, but no one should feel unable to participate because of cost.

How did you first hear about this retreat?

Please return this form no later than **Sunday, 29 January 2012** to:
Rachel Inglis, 2 Castle Street, Kirkcudbright DG6 4JA
T: 01557 331548

