

Retreat in Daily Life Booking Form

Name.....

Address.....

Phone..... E-mail

Age: (please circle) <25 / 25-35 / 35-45 / 45-55 / 55-65 / <65

It is best if you can meet with your prayer guide on 5 of the following days at the **same time** each day, but the timing is **not** essential. Please tick *all* your preferred times below.

Days	Morning	Afternoon	Evening
Fri 27 th			
Sat 28 th			
Sun 29 th			
Mon 30 th			
Tues 31 st			
Weds 1 st			
Thurs 2 nd			---

Are there any other factors (e.g. childcare/access) you would like us to take into account in placing you with a guide?

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How did you hear about this retreat?

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What do you hope for from the retreat?

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Please return this form by post or email, by Mon 23rd Jan to:

Elizabeth White, 17 Warriston Drive, Edinburgh, EH3 5LY.

More info Tel: 552 4102 or reflectivespaces@yahoo.co.uk

Retreat in Daily Life



*Waiting for Spring,
in the depths of Winter...*

Thursday 26 January to Thursday 2 February 2012

A retreat within a week, which includes an opening and closing at St Philip's, Canonmills and **daily meetings** with a trained prayer guide.

Offered by:

EPIPHANY GROUP

rooted in the Ignatian tradition

An ecumenical body of men and women offering spiritual accompaniment, training in spiritual direction and retreats. It is formed in the spirituality of the Ignatian Spiritual Exercises. www.epiphanygroup.org.uk

What is a Retreat in Daily Life?

An opportunity to become closer to God and experience his love for every person. Another way of describing it: a method of discovering our own, true and unique identity in God, 'whose power working in us can do infinitely more than we can ask or imagine.' *Ephesians 3:20*

The retreat is open to everyone. No expertise in prayer or experience of retreats is required. All you need is a desire to know yourself and God more and a willingness to take time to pray and reflect.

When? Where?

Beginning:

26 January 7.30-9pm at St Philip's Church, corner of Logie Green Road, Canonmills (next to Tesco). Please note that access may be challenging for those with limited mobility but alternative arrangements may be made, please contact us directly.

Ending:

2 February 7.30-9pm at St Philip's Church, Logie Green Road

Every day in between:

You pray on your own for *whatever time you can manage* in your busy daily life. This is an essential part of the retreat if the sessions with your prayer guide are to be of value to both of you. You may consider dropping some regular activities during this special week. You meet individually with your retreat guide for about 30 minutes, five times within the week. The time and place of the daily meetings will be arranged between you during the opening meeting on 26 January but is normally in guide's homes.

Why?

Real change in our world has to begin with individuals, otherwise it will not happen at all. Prayer is about raising our awareness of the reality of God, who loves each one unconditionally and who is, as St. Augustine wrote, 'closer to me

than I am'. This retreat is about leaning to recognise God in the ordinary events of our lives, and so beginning to see our world differently. Prayer can be the most revolutionary, creative and liberating activity in which we can engage!

What Happens on the first evening?

We shall begin with introductions of each other and to some ways of praying out of your own experience, which is the only place any of us can meet God. You will also be able to meet your own prayer guide for the retreat. [If you cannot manage to be with us then alternative arrangements will be made.]

What is the Role of the Prayer Guide?

The function of your 'prayer guide' is to enable you to distinguish for yourself, through reflection on your own prayer experience, what is creative and what is destructive in your own experience.

The starting point for your conversation with your guide is your own felt experience during and after your prayer. The prayer guider is not a therapist, an advice-giver, an assessor or judge of you, or of your behaviour. Rather, the guides on this retreat will listen carefully and help you to focus on your own experience for that is where you find God. Conversation are confidential.

What does it Cost?

The **suggested contribution** is £45, payable to the guide at your first one-to-one meeting. This will include something for the guides and contributions for advertising, printing, hire of premises etc.

All are welcome to this retreat *and please do not let finances deter you.*

