



## **Individually Guided Retreats**

**Monday 23 July - Monday 30 July 2012**

**Monday 3 September - Monday 10 September 2012**

Needing time out? Or quiet reflective time and space away from life's busy activities, to reconnect with God and recharge your spiritual batteries? You are welcome to come for the whole time of this retreat or for as many days as you can manage. We hope you will feel at home whatever your tradition.

### ***Come***

- *to be refreshed in quiet time with God*
- *to stop, listen, notice the presence of life, love, and energy around you and within*
- *to walk, paint, be still*
- *to reflect in God's presence on a decision to be taken or a choice already made*

The retreat is held in silence as an aid to reflection and prayer. There is the opportunity to meet with a guide each day to help discover how God is drawing you into life. The guide can also offer suggestions for prayer and how to spend the day.

**To be held at the Notre Dame Centre, Skelmorlie, Ayrshire overlooking the Firth of Clyde and the islands of Bute and Arran**

**Accommodation is in single rooms (not en-suite) with full board  
Suggested Donation - £45 per day for full board and guide**

A small bursary fund is available to help anyone who might be prevented from coming because of cost. Please enquire if necessary.

### **More Information**

**Helen Kinloch, 12 The Square, Ashfield, Dunblane, FK15 0JN.**

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