

Year of Spiritual Renewal & Wellbeing

RETREAT IN DAILY LIFE: A WEEK OF GUIDED PRAYER

Booking and more at: <https://year.stalbansdiocese.org/>

What is a Retreat in Daily Life?

It's a week set aside for you to deepen your relationship with God. A Week of Guided Prayer, a *Retreat in Daily Life* is designed for people who find it difficult to get away from work/home life but who want to give a more focussed space and time to their walk with God.

Dates

Feb 2nd – Feb 9th Online

Jun 8th – Jun 15th Online

Oct 12th – Oct 19th Online

All retreats cost £10

How does it work?

Each retreatant is assigned a prayer guide for the week who they meet for half an hour each day. You will be given some prayer 'homework' to do before meeting your guide the next time. A commitment is asked of participants to set aside an hour each day: to meet the prayer guide and for personal prayer. There will be opening and closing meetings to explain how the week works, to pray together and to help the participants reflect on their experience.

Who is a Retreat in Daily Life for?

Anyone! The Retreat in Daily Life is suitable for anyone who wants to deepen their relationship with God. It's a space which provides participants with a greater assurance of God's love and a space explore how God is leading and speaking to them.

Who are the Prayer Guides?

The Retreats will be led either by Spiritual Directors in the Diocesan Spiritual Direction Scheme or by a team from the Jesuit Institute. All are trained and supervised.

What do previous participants say about the weeks?

It can be hugely liberating for those who are overstretched and trying to do every good thing. This can lead to a greater focus on the few good things God is asking of you, bringing joy and assurance of God's love.

"I made my first 'Retreat in Daily Life' in my mid-twenties. I have made a few more since then. I am still a bit puzzled how such a relatively small investment of time could have such a profound effect upon my life!"

"It's given me a deeper, less superficial relationship with God. I know He loves me, but He wants me to feel it".