

## Advent Retreat

### Description:

Take time out to reflect on the season of Advent and the message it has about preparing us for Christmas.

### More Detail:

The time of Advent marks the beginning of the liturgical year and is a good time to take stock as we prepare for the journey of the Christian story and the meaning of the incarnational. Join Fr Peter as he uses both scripture and reflection to discover how God might be calling you to open up in a deeper way to his presence.

### Retreat Dynamics:

All our retreats are run along Benedictine principles with a balance between: prayer and work, silence and talking, and being alone and being in community. To do this we use the monastic rhythm of the day defined by the structure of the monastic services, along with the regular meal-times this establishes a balanced and healthy environment from which good reflection and discernment can happen.

### What should my expectations be?

The retreat will include:

- A time for monastic services and Mass (once a day);
- A time for silence;
- A time for practising Lectio Divina (sacred reading);
- A time for listening to reflections;
- A time for discussion and asking questions.

In the afternoon there will be:

- A time to have space for myself;
- A time to walk in the Sussex countryside;
- A time to have a 1:1 with a monk (if you wish).

### Our hopes for the Retreat:

You will leave feeling:

- That you have connected with God in some meaningful way;
- Rested and refreshed with a sense of joy and hope;
- You will want to return at some stage in the future.