

## **Benedictine Individual Guided Retreat**



### **Description:**

The Benedictine IGR takes the general concept of an IGR and adapts it for a Benedictine setting. It offers a contemplative environment as a place of discernment – where you follow the monastic rhythm of the day but also meet daily with a spiritual guide to reflect on what God might say to you at this time

### **More Detail:**

The difference between this type of IGR and any other is the daily monastic office to participate in, a daily session of Lectio Divina (which is voluntary), silent breakfast and lunch and supper with conversation in the evening. This balance to the day allows an encounter with God through scripture, silence and community.

### **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);

In the afternoon there will be:

- A time to have space for myself;
- A time to walk in the Sussex countryside.

### **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.