

## Easter Triduum Retreat (St Bruno's)



### **Description:**

Celebrate the Easter Triduum at Worth Abbey. Be in fellowship with others as we follow the powerful liturgy of the Triduum and allow ourselves to be formed by it.

### **More Detail:**

Fr Martin will again act as guide as we explore the mysteries at the core of our faith: The death and resurrection of Jesus Christ. Although separate, this group will form part of the bigger Worth Community which includes the local parish and a Young Adults' Easter Triduum retreat that will be staying in Worth School.

### **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.