

## **Lent Retreat**

**Led by Fr Peter Williams OSB**

### **Description:**

Take time out during Lent to review your life and ask where God is calling you to change – to simplify things. Fr Peter takes the desert father tradition and the writings of John Cassian to examine thoughts and feelings and to see how it talks to us in the 21st century. A good opportunity to reflect and to pray for God's guidance at this key time in the Christian year.

### **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.