

Praying the Mass

Led by Fr David Jarmy OSB

Description:

Since the Second Vatican Council enormous time and energy has been put into renewal of the liturgy – mainly through encouraging active participation. In recent years we seem to have reached another stage – where emphasis has changed to ask the question, how do I pray the Mass? What difference does this make to my life?

This retreat will help you ask some of these questions and more importantly move into a deeper prayerful way of celebrating the Eucharist. We will be re-discovering some of the major teaching of the early Church Fathers and becoming more aware of the richness of symbolism which brings the Eucharist to life – and reveals **what God is doing** among us.

“I am increasingly aware that the decisive question is not so much how believers experience the liturgy, but whether believers live from the liturgy.” Goffredo Boselli. The retreat will help you understand the Eucharist more, interiorise it more effectively and live it more authentically.

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.