

The Wisdom of St Benedict

Led by Fr Martin McGee OSB

Description:

Take a deeper look at the Rule of St Benedict and Benedictine spirituality; how it brings a deeper understanding to the monastic life and indeed every life.

More Detail:

Fr Martin will explore the riches of St Benedict's Rule, a guide to living out the Christian life in all its fullness, including the following topics:

- ❖ Stability - Becoming rooted in Christ;
- ❖ Humility - Learning how to become oneself;
- ❖ Lectio Divina - Finding nourishment in God's Word;
- ❖ Christian leadership - Serving Christ in others.

Opportunities for a 1:1 meeting with a monk.

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.