

Time Out

Individual Self-Guided Retreat

Description:

Spend a few days at Worth Abbey enjoying the rhythm of the monastic prayer and liturgy, time in reflection and the peace of the Sussex countryside. No set programme other than an optional daily Lectio Divina session, the usual monastic timetable of divine office and liturgy and the opportunity for a 1:1 meeting with a member of the monastic community.

More Detail:

Meal times: Breakfast 8-9am, Lunch 1:15pm and Supper 7:15pm.

[Worth Abbey Church Liturgy and prayer](#)

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).

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.