

Young Adults' Advent Retreat



Description:

Prepare your hearts for the Coming of God at Advent by attending this young adults' advent retreat "Waiting in Wonder" at Worth Abbey.

More Detail:

Hear inspiring talks from the monks, have time for discussion and friendship, enjoy space and silence for reflection, pray the psalms with the monastic community, soak in the beauty of the Sussex countryside, and invite God to transform your heart as we begin the beautiful season of Advent.

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.