

GROUP RETREATS

- A. A group booking the entire guesthouse for a pre-arranged retreat from Friday evening till Sunday afternoon.
- B. A group occupying the entire guesthouse and hermitage, from Friday evening until the following Friday morning (*6 days*) for an advertised retreat, where spiritual directors are available. This is not a silent retreat.
- C. A group occupying the entire guesthouse and hermitage from Friday evening until the following Friday morning (*6 days*) for an advertised silent retreat where spiritual directors are available.
- D. A group occupying the entire guesthouse and hermitage for an advertised weekend retreat (*either silent or non-silent, as specified in the advertising*). It begins Friday evening, ending on Sunday afternoon.

For further information speak with Father Niko (Guestmaster) or with Rex and Theresa Begley (Companions).

RETREATS

A retreat is getting away from the busyness of daily life and giving myself the space and time needed to get in touch with my deepest desires.

For a person of faith a retreat is a personal encounter with God. *We are led out into the wilderness so that God can speak to our heart. Hosea 2:14*

For a Christian a retreat is our response to the invitation of Jesus. *"Come away by yourselves to a deserted place and rest a while" Mark 6:31*

In the simplicity of the retreat experience, we connect with our true self.

A retreat is enhanced by taking part in community prayer, observing silence and a spirit of solitude, and by relishing the beauty of nature around you. It may be further enriched by being accompanied by a spiritual director.

Spiritual Direction can be best described as help given by one believer to another which enables that person to pay attention to what God is trying to say to them, to grow in intimacy with God and live their lives out of the consequences of that relationship.

The Holy Spirit is THE Spiritual Director

MAKING THE MOST OF YOUR RETREAT TIME

Take time to prayerfully identify what exactly is your deepest desire; you will find that is what God desires for you. It may be helpful, as you begin your retreat, to place yourself in the shoes of the blind man, Bartimaeus, sitting by the roadside as he is told "Jesus of Nazareth is passing by." *Mark 11:46-52*. As you begin this retreat, you may hear Jesus asking you, "What do you want me to do for you?"

Consciously practice being in the present. If thoughts of past or future enter your mind, deliberately return to the present.

"Look, don't think!" Let the wonders of creation around you speak to your heart.

Listen; don't talk too much. Be like Samuel whose prayer was "Speak, Lord, your servant is listening." *1 Samuel 3:10*. Is it not true that too much of our prayer is, "*Listen, Lord, your servant is speaking*"?

Let God speak to you in God's word from the scriptures.

"Listen carefully with the ears of your heart" Rule of St Benedict.

Notice the choices you are making in your life. This could be at the heart of your retreat experience. Where is your heart? What do you spend time thinking about? How do

you spend your time? Use your retreat to practice how you would like to live your life in real time—making choices that will nourish your life and that of those whom you hold near and dear.

However, do not waste valuable retreat time worrying about what you will do after the retreat. Be open to receiving as much as you can while you are present in the retreat. Tomorrow will come and you will find a new way to maintain the peace you have experienced here.,

RETREAT OPTIONS

PRIVATE, INDIVIDUAL RETREATS

- 1) An individual coming to make their own private retreat and not requesting either spiritual direction or silence for their main mealtime.
- 2) An individual coming to make their own private retreat, not requesting a spiritual director but asking to have their main meals in silence.
- 3) An individual coming to make their own private retreat, requesting a spiritual director but not requesting to have their main meals in silence.
- 4) An individual coming to make their own private retreat, requesting to have a spiritual director and for arrangements to be made for them to have their main meals in silence (*this is in the small room just inside the Companion's Enclosure*).