

PRACTICAL DETAILS

The Retreat will begin with an “Introductory Session” at **7.30 pm on Wednesday 2nd June** at Lindridge School and there will be a “Summing Up Session”, also at Lindridge School, at 4pm on Sunday 11th July. These are the only occasions when everybody on the retreat meets together.

Individual meetings with Prayer Companions will take place on each of the **Mondays 7th, 14th, 21st, 28th June and 5th July** in the afternoon or evening, at a time to suit you, at Lindridge Priory, by kind permission of Mr and Mrs Bill Andrewes. Details of the times and places of these meetings will be given to you at the Introductory Session on Wednesday 2nd June.

If you can manage it, we would be very grateful if each person could contribute £10 towards the travel expenses of the Prayer Companions.

If you want to come, please fill in an application form and return it as soon as possible, but no later than 9th May, to

**Mrs Pauline Briggs, Mount Pleasant,
Menith Wood, Worcester WR6 6UB**

Stourport Deanery West invites you to join in

A Retreat In Daily Life

**FIVE WEEKS
OF INDIVIDUALLY
GUIDED PRAYER
2nd June to 11th July 2010**



“In a nutshell, we come to prayer to be in Jesus’ presence. I come, and open my heart to him, and he is there for me in love. The desires and longings of my heart are important to him. Indeed, nothing in my life is unimportant to him. So let me risk the prayer of an open, trusting heart. And I will find there that its longings are fulfilled beyond all my imagining.”

Father Dermot Mansfield, SJ

TEACH US TO PRAY, the disciples asked Jesus. We want to be able to pray. Maybe for some it is as easy as breathing but, for most of us, it is not that easy, and it can often seem everyone else is managing better than you are. Our praying is not something we often talk about; it feels very private.

In June and July 2010 there will be an opportunity to look at the whole area of our prayer life and our relationship with God in five weeks of Individually Guided Prayer – a “retreat in daily life”.

NO PREVIOUS EXPERIENCE IS NECESSARY! You need not be a churchgoer. It’s for you, wherever ‘you’re at’ - the only place to begin is where you are.

It is an opportunity to step back a little and reflect on your life, to mull over past experiences and think about what lies ahead. It is a chance to refresh and deepen your prayers. It can also be an opportunity to begin to pray again; to discover what prayer can be. People who take part in such weeks of guided prayer usually find it a very helpful and valuable experience.

A Retreat in Daily Life works like this. Each participant is asked to set aside some time each day of the retreat for prayer (on their own). It should be a realistic amount of time, ideally about half an hour, but people’s situations are different and you may not actually be able to manage more than 15 minutes, which seems to be about the minimum necessary to be able to get into it.

To accompany you through the retreat you will have a Prayer Companion. You will meet them each Monday during the retreat for half an hour, by mutual arrangement. They will ask you how it’s going and how you are finding your praying, but their first priority is to listen to you. They are not there to pry, to judge you or to tell you whether you are right or wrong; they are there to be your companion on the spiritual journey of your retreat.

The Prayer Companions are fellow Christians from around the West Midlands who have received training for this kind of work and who do this entirely voluntarily. Their first priority is to listen to you, but they will also suggest ways of praying and give you passages from the Bible to pray with. It goes without saying that everything that is said to them is treated as strictly confidential.

Many of us cannot afford to take time away in a retreat house, because of the cost or because of family, work and other commitments. A Retreat in Daily Life brings a retreat to you and is your opportunity to look at your “God life” with the help of a person trained to listen to you in complete confidence and, in so doing, help you in prayer to come closer in your relationship with your loving God.

We hope you will want to join in this retreat. It is an opportunity that doesn’t often present itself and it can be a time of real growth. If you think you may want to take part, please keep the dates free (see back page).