

## **Organising a RIDL Promotion - talk at a church/meeting place**

Good morning, everyone.

I'm here to invite you to consider going on a retreat.

When we think about retreats we usually think it means going away for a few days – and a lot of people just can't do that for various reasons.

**But** XXX has asked the Manresa Link Ignatian Network to offer 'a retreat-in-daily-life'. Which means a retreat, with no need to go away!

The idea is that during a (4/5/6) week period, people making the retreat commit to praying every day if possible, but in their own homes, or wherever they might prefer.

They also meet each week one-to-one with a trained prayer guide to review what they have experienced and look ahead to the next week.

The prayer that's offered is mostly, if not all, from Scripture. It's Jesus-centred, and it's based on the Spiritual Exercises of St. Ignatius of Loyola.

The meetings with the prayer guide last up to half an hour and can be at your home, the prayer guide's home, church meeting rooms, coffee houses, or wherever else is agreed.

There's no set agenda or theme for the retreat. Each person brings to it where they are at in their spiritual journey and what they want, or they can discover that as they go along.

The prayer-guide's function is to encourage the retreatant to explore his or her relationship with God/Jesus as it is. They won't approve or disapprove. They simply listen and help you to explore where you want to go on **your** journey, without advising or directing.

Whatever is shared is completely confidential, unless Safeguarding issues are disclosed.

The prayer-guides come from various Christian traditions but they've all experienced at least one retreat like this, and then undergone training.

This retreat opens with an introductory meeting in XXXXX, on YYYYY, at ZZZZp.m closes with a meeting in XXXXX, on YYYYY, at ZZZZp.m .

We **ask** for a £AA donation to cover expenses but if that's a problem, it doesn't matter, come anyway.

We can take BB people altogether.

If you are interested there will be people at the entrance after the service, and you can give them your details. Or if you need time to think, you can let (name of priest/vicar/pastor) know at a later date – but there may be a limit to how many we can take, so don't take too long. Thankyou