

Organising a RIDL Promotion – leaflet that can be handed out

Retreat in Daily Life

You are invited to take part in an Ignatian individually guided retreat in daily life. This will commence on and end on

What does the Retreat in Daily Life involve?

- **Daily private prayer:** The heart of the retreat is private individual prayer. You are invited to make a commitment to pray privately, daily, over the weeks of the retreat, for whatever period you can manage each day, but we recommend at least 30 minutes a day.
- **Weekly individual meeting with your prayer guide:** Once a week, you will meet in private with your allocated prayer guide for about 30 minutes, at a time and place that works for you. It may be possible for this to be at your home or the prayer guide's home, or some other mutually convenient and acceptable place. You sort this out with your prayer guide at the opening meeting.
- **Group meetings to begin and end the retreat:** Although this is not a group retreat or prayer group, there is a sense in which everyone making the retreat is journeying together. They will be travelling in different directions depending on where God calls them, but towards the same goal – a deepening of their relationship with God. So the retreat starts with a group meeting where there will be further explanation, and introduction to a couple of prayer styles that you are encouraged to use. There is then a second meeting at the end where we can thank God for all we have received.

What kind of retreat is this?

It is called an Ignatian retreat because during your daily prayer time you are encouraged to use prayer styles that were developed by Ignatius of Loyola in the sixteenth century. These prayer styles are Bible-based and Christ-centered and help you to explore how God is speaking to YOU in your life now.

The weekly conversations with your prayer guide focus on what you have felt and experienced during your daily prayer and afterwards. The prayer guide may then check with you whether you feel called towards another passage for the coming week that links to what you have shared, and if not, they may then suggest another Scripture passage or other material for you. This could include music, art, poetry, or other sources of inspiration/prayer that suit your own individual ways of relating to God.

Why make this kind of retreat?

Yes, you could just decide to spend 6 weeks praying by yourself. Or you could go on a retreat that has a set theme. Both of these would be great!

But this retreat involves sharing your journey with someone else (your prayer guide), and the theme is your individual journey. Having a listener helps you to recognize how and where God is present in your life and where you are being led.

Who are the prayer guides and what is their role?

The prayer guides are volunteers from different Christian traditions who have themselves experienced these kinds of retreats and who have trained to accompany others on their prayer journey.

They do not advise, persuade, judge, assess, approve or disapprove of those who are making the retreat; rather, they are there to help you to become more perceptive and more responsive to the Spirit of God at work within you and around you.

Can anyone make this retreat?

Yes, the retreat is open to Christians and to anyone who is searching for or curious about God.

What does the retreat cost?

There is no set charge as such for the retreat, but we do ask for a contribution of £XXX towards the expenses of the prayer guides, and printing costs etc. However, if this is would be a problem for you, please come anyway and accept the retreat as a gift.