



## Retreat in Daily Life

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

### 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 XXX weeks, for whatever period you can manage each day, but we recommend at least 30 minutes a day (see below for more about this).
- **Weekly individual meetings with your prayer companion:** Once a week, you will meet in private with your allocated prayer companion for about 30 minutes, at a time and place that works for you both. It may be possible for this to be at your home or the prayer companion's home, or some other mutually convenient and acceptable place. You sort this out with your prayer companion at the beginning.
- **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 styles are Bible-based and Christ-centred, and help you to explore how God is speaking to YOU through Scripture. Everyone is given the same part of Scripture to focus on for the first week.

The weekly conversations with your prayer companion focus on what you have felt and experienced during your daily prayer and afterwards. The prayer companion 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.

### 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 meeting with a prayer companion, 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 companions 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?

The retreat is free! There is no set charge. But we do ask if you could consider a contribution of £5-£20 towards expenses, **IF** you can afford it. However, if this would be a problem for you, please come anyway and accept the retreat as a gift. If possible please pay any such donations online to **Manresa Link, 29406404, 60-21-50**, reference **"RIDL"**. Otherwise cash/cheques can be accepted at the Opening Meeting, or whenever suits you afterwards.

## Retreat In Daily Life

Opening meeting      Date, time venue - I can attend this meeting YES/NO

Closing meeting      Date, time venue - I can attend this meeting YES/NO

If you would like to take part in the Retreat, please complete as much of the form below that you are comfortable with\*

<b>NAME</b>							
<b>ADDRESS</b>							
<b>PHONE</b>							
<b>EMAIL</b>	<i>Please print this clearly</i>						
<b>PLACE OF WORSHIP</b>							
<b>PAST EXPERIENCE OF RETREATS</b>							
<b>PLEASE TICK WHEN YOU COULD BE AVAILABLE FOR THE WEEKLY MEETINGS WITH YOUR PRAYER GUIDE</b>							
	<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>MORNING</b>							
<b>AFTERNOON</b>							
<b>EVENING</b>							
<b>PLEASE TICK YOUR PREFERENCE(S) FOR A VENUE FOR MEETINGS WITH YOUR PRAYER GUIDE</b>							
<b>YOUR HOME**</b>							
<b>GUIDE'S HOME</b>							
<b>IN CHURCH, OR LINKED ROOM</b>							
<b>COFFEE HOUSE</b>							
<b>OTHER (SPECIFY)</b>							
<b>ZOOM etc.</b>							
<b>DISABILITIES</b>							
<b>IF YOU HAVE ANY DISABILITIES OR OTHER ISSUES THAT NEED TO BE TAKEN INTO ACCOUNT IN MAKING ARRANGEMENTS WITH YOU, PLEASE OUTLINE THEM BELOW</b>							
<b>OTHER ISSUES</b>							
<b>IF THERE ARE ANY OTHER ISSUES THAT ARE IMPORTANT FOR YOU THAT SHOULD BE TAKEN ACCOUNT OF IN ALOCATING A PRAYER COMPANION TO YOU (e.g. race, gender) PLEASE OUTLINE THEM BELOW</b>							

\*The details in this form are requested to help in assigning a prayer companion to you who can match your availability, and to allow communication with you by the prayer companion. Your details will not be passed on by Manresa Link to anyone other than the organisers of the retreat and your prayer companion. Your details will be destroyed at the end of the retreat unless you specifically give permission for them to be retained to allow future communication from Manresa Link or the prayer companion.

\*\* For meetings to be in your home, you would need to be able to provide a quiet space where there will be no interruptions.