The prayer guides helping on the retreat are members of Manresa Link.

Manresa Link exists to train, encourage and support a network of people drawn to a ministry of prayer accompaniment rooted in the Spiritual Exercises of Ignatius of Loyola. The ministry is offered to people of all Christian denominations and none, through retreats, quiet days and ongoing spiritual accompaniment.



Halesowen Retreat in Daily life

February - March 2016

**A prayer journey from Lent to Easter**

*An opportunity for you to deepen your experience of prayer,*

*and grow in your relationship with God*



Beginning on 7th February 2016

and ending on 20th March 2016

Take time each day for prayer during your normal routine, helped by weekly one-to-one meetings with your own prayer guide.

The retreat is scripture-based and Christ-centred. No previous experience is needed. It begins where you are, wherever that happens to be in your faith journey.

*The retreat is supported by Churches Together in Halesowen*

**What's involved?**

time to pray

A "retreat in daily life" is just that. You commit to set aside time for personal prayer each day during the retreat, while going about your everyday life. Half an hour of prayer per day is recommended, but where this isn't possible, we suggest that 15 minutes per day is the minimum necessary to get the most from the retreat.

time to consider

Each week, you will have a one-to-one meeting with your prayer guide, lasting about 30 minutes. The prayer guide's job is to listen and encourage you in your experience of prayer, and to discern with you how God is working in your life.

time to engage with scripture

Your prayer during the retreat will be focused on passages of scripture which your prayer guide will suggest to you week by week.

**Who are the prayer guides?**

The guides are Christians from the West Midlands and north Worcestershire who have been trained to accompany people on this kind of retreat.

**Where does the retreat happen?**

Mainly wherever you live your normal life. In addition, you will meet once a week with your prayer guide for up to half an hour. The retreat will start with a meeting for all participants at *3.30pm on Sunday 7th February at St John's Church, and end with a meeting at Zion Christian Centre at 3.30pm on Sunday 20th March*. It is important that you commit to the full programme.

Meetings with prayer guides will take place at churches and other venues around Halesowen, at times to be mutually agreed with your prayer guide.

**What will the retreat cost?**

We suggest a donation of £15 to cover the costs of the retreat, particularly the prayer guides' travel expenses. However, we don't want cost to prevent anyone from taking part, so if you can't afford £15, please pay what you can.

Application form

***Halesowen Retreat in Daily Life***

*A prayer journey from Lent to Easter*

*Numbers will be limited by the space and number of prayer guides available, so early booking is advisable.*

* I wish to take part in the Halesowen Retreat in Daily Life. I will be available for meetings with a prayer guide during weeks commencing *14th, 21st, 28th February and 6th, 13th March.*

To help with our planning, please indicate below any specific weekdays or regular times that you cannot do.

Please return this form with your donation to: *(name and address)* (tel: *phone number*; email: *your email address*). Cheques should be made payable to *(payee name – eg Manresa Link)*.

Name: ............................................................................................................................

Address: ........................................................................................................................

 …...................................................................................................................................

Telephone: ........................................... Email: ...........................................................

Church connection: ......................................................................................................

Signed: ..........................................................................................................................

Please return this form by *(date)* at the latest. Alternatively you can sign up on line at *(website - if you create one for the retreat)* although payment must still be made via cheque within 7 days of applying.