



LLANGASTY

RETREAT HOUSE

8 to 10 September 2017

An Introduction to Silence

A retreat suitable for beginners

Led by the Revd Nick Helm

This retreat will offer an opportunity to draw close to God and explore how silence can help this.

Silence can be something we find puzzling, if not difficult, but it can be very helpful once we've discovered how best to approach it and use the opportunities it provides. Many, having discovered the value of silence in prayer, find it opens up a depth of encounter with God that they keep wanting to return to and draw more from.

We will explore ways of being with silence, of finding focus in silence and helpful ways of making sense of our experience in silence. This will involve times using different approaches to prayer, times for reflection and times of sharing about your experiences with others. There will be a simple pattern of reflective worship, and space for rest and gentle recreation in Llangasty's beautiful setting.

Nick Helm works in the Hereford Diocese. He is passionate about enabling others to discover the depths of God's love in their own experience. He's an experienced spiritual accompanier and retreat giver. He has written 'Soul Spark' a short course in exploring Christian spirituality and prayer, and 'Ignatius of Loyola: A guide to Spiritual Growth and Discipleship'.

Arrive 4pm Friday and leave after lunch on Sunday.

Cost £170



Llangasty Retreat House, Llangasty, Brecon, Powys, LD3 7PX

Tel: 01874 658250

www.llangasty.com

email: enquiries@llangasty.com

Charity Number 1060743



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