



LLANGASTY

RETREAT HOUSE

6 to 8 September 2019

Soul Spark

A retreat suitable for beginners

Led by the Revd Nick Helm

This retreat will offer an opportunity to draw closer to God, through prayer, reflection and sharing. It offers a time to get away from the normality and busyness of life, to a space where you can be more attentive to yourself and God. There will be opportunities to explore ways of being more open to God through prayer and creativity, insights into understanding our spiritual dynamics and giving time to share and listen to each other's experiences. The timetable will include group sessions, a simple pattern of reflective worship and space for rest, reflection and recreation.

Nick Helm works in the Hereford Diocese. He is an experienced spiritual accompanier and retreat giver. He is author of 'Soul Spark' a short course in exploring Christian spirituality and prayer.

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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