



LLANGASTY

RETREAT HOUSE

19 to 23 October 2020

Individually Guided Retreat

With the Revd John Hall-Matthews and team

Want space and time to reflect, but would like some company on the journey?
Then this might be for you.

An individually guided retreat is an experience of prayer over several days. There is a short daily personal meeting with a prayer guide to reflect on each day's prayer and offer guidelines and resources for the next day. It is a time to listen to God at work in the experiences of your daily life and the guide is there primarily to listen and be a companion on the journey.

There will be corporate worship each day and meals will be taken together in silence.

It is expected that the prayer guides will include both John and his wife Tricia who are both members of the Third Order of Saint Francis. They both have training and experience in accompanying people on Individually Guided Retreats. John is also an anglican priest. Depending upon interest in the retreat another prayer guide may be added.

Arrive 12 noon Monday and depart after lunch on Friday.

Cost £370



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

Tel: 01874 658250

email: enquiries@llangasty.com

www.llangasty.com

Charity Number 1060743



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