



# LLANGASTY

## RETREAT HOUSE

### Creative Prayer Retreat

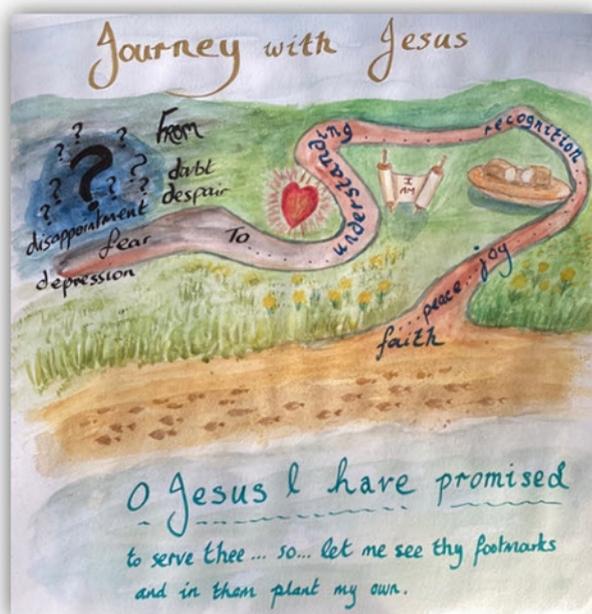
8 – 12 July 2024

### ‘Journaling a Journey with Jesus’

Led by Revd Liz Jones and Caroline Dobrashian

Come on a journey with Jesus during this week and creatively record your thoughts and prayers in a personal journal.

We will be playing with very simple journaling techniques as we feast together on God’s Word. There will also be opportunities to explore a variety of creative ways to enter more deeply into prayerful conversations with Jesus. No previous experience of art is needed - just a child-like openness to try something new. Spiritual accompaniment and a rhythm of daily worship will be offered to help you to reflect on your pilgrimage through the week, culminating in Holy Communion on the last day.



**Liz Jones** is a retired vicar in the Church of England and has been journaling using art and creativity for many years, regularly sharing the results on her blog [www.elizabethjonesdiary.com](http://www.elizabethjonesdiary.com). She is trained in giving spiritual direction and has led Creativity and Prayer quiet days.

**Caroline Dobrashian** is also trained in giving spiritual direction and has facilitated many quiet days. She has a special interest and training in praying with the expressive creative arts and Llyfasi Ignatian spirituality. In her church, Caroline is an intercessor, a Christian artist, the leader of ‘Open The Book’ storytelling in schools and an active member of the prayer ministry team.

Arrive Monday 4pm, depart after lunch Friday.

**Cost: £390**

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

Tel: 01874 658250

[www.llangasty.com](http://www.llangasty.com)

email: [enquiries@llangasty.com](mailto:enquiries@llangasty.com)

Charity Number 1060743



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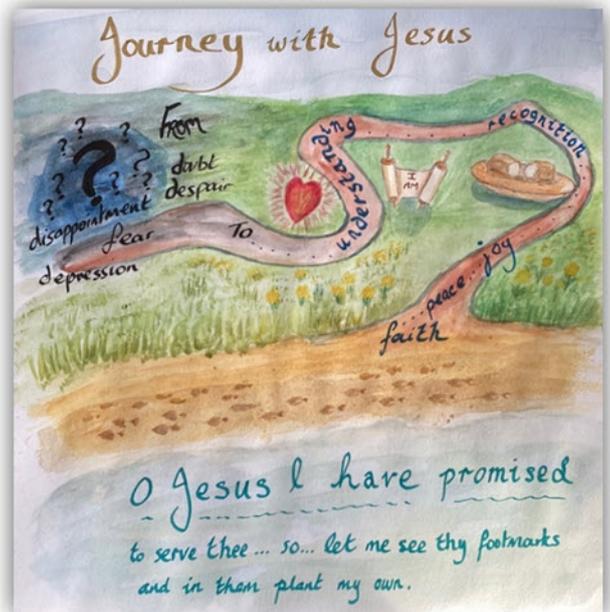
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