



LLANGASTY

RETREAT HOUSE

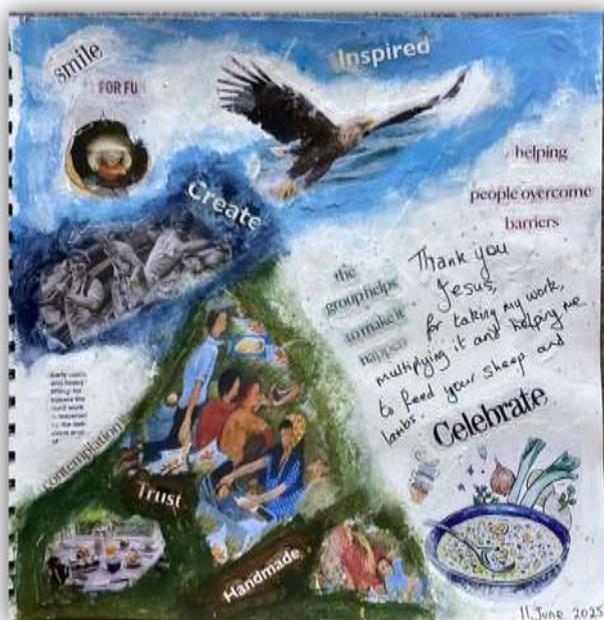
Creative Prayer Retreat

1 – 5 June 2026

‘Journalling a Journey with Jesus’

Led by Revd Liz Jones and Caroline Dobrashian

“**Come away with me.** Let us go alone to a quiet place and rest for a while.” is Jesus’ invitation to the disciples, and to us, to spend time with him being spiritually refreshed. 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 art journalling 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 journalling using art and creativity for many years, regularly sharing the results on her blog www.elizabethjonesdiary.com. She is trained in giving spiritual direction and has led Creativity and Prayer quiet days and workshops. The image above was her reflection on last year’s retreat and an example of one of the techniques that will be used on the retreat.

Caroline Dobrashian is an experienced Spiritual Director and Quiet Day Facilitator with a special interest and training in praying with the expressive creative arts and Llysfasi Ignatian spirituality. She is also a qualified teacher and has level 3 counselling skills. In her Anglican church, Caroline is an intercessor, Christian artist, the leader of ‘Open The Book’ storytelling in schools and an active member of the ministry team.

Arrive Monday 4pm, depart after lunch on Friday.

Cost: £500

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