



## Llangasty Retreat House Programme 2019

### Residential Retreats

- March 5-7 "Pancakes and Ashes" Exploring Lent in a Celtic Way. Ven Alan Jevons
- April 23-28 "Rest, Work and Play" Time set aside for individuals to come and read, walk and be refreshed. Stays from a single night available.
- June 10-13 "Parables of the Kingdom: their message for us today" Fr Colin Sutton
- July 29-  
August 1 "The Transfigured Life" Using iconography as a resource to explore the relationship between our everyday lives and the unseen spiritual world. Revd Susan Mobberley
- August 6-13 CARM Embroidery Retreat. Ann Meek and Mildred Butterworth
- September 6-8 "Soul Spark". An introduction to silence. Revd Nick Helm
- September 16-20 CARM Painting Retreat. Kay Andrews and Mildred Butterworth
- September 30-  
1 October "Messengers of Grace" Revd Canon George Bennett
- November 18-21 Pre-Advent Retreat. Fr Nicholas Stebbing CR

### Day Retreats

- March 19 "Cader Idris 1: Paradoxes in a mountain landscape" Revd Canon Dr Mark Clavier
- April 30 "Cader Idris 2: Paradoxes in a mountain landscape" Revd Canon Dr Mark Clavier
- July 23 "Cader Idris 3: Paradoxes in a mountain landscape" Revd Canon Dr Mark Clavier
- August 3 Quiet Day. Fellowship of the Transfiguration
- December 3 Advent Quiet Day. Fellowship of the Transfiguration

### Drop in Days

A monthly opportunity to pause for prayer and personal reflection – come for all or part of the day. Bring your own lunch. Coffee and tea provided. No charge, but donations welcome. No need to book. 10am – 4pm, Eucharist at 12 noon.

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|---------------------------|--------------------------|--------------------------|--------------------------|
| January 23 <sup>rd</sup>  | February 4 <sup>th</sup> | March 11 <sup>th</sup>   | April 15 <sup>th</sup>   |
| May 13 <sup>th</sup>      | June 3 <sup>rd</sup>     | July 1 <sup>st</sup>     | August 5 <sup>th</sup>   |
| September 2 <sup>nd</sup> | October 7 <sup>th</sup>  | November 4 <sup>th</sup> | December 2 <sup>nd</sup> |

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