

**Opening meeting** Sunday 21<sup>st</sup> April at Our Lady's Church Hall, Rickmansworth for a 4pm start, finishing by 5pm at the latest.

*If you are meeting your guide in person during the week, it is important to be at the opening meeting to arrange times with your guide. If you cannot be at this meeting please email Vron on [vronsmith@jesuit.org.uk](mailto:vronsmith@jesuit.org.uk) or text 07548224359*

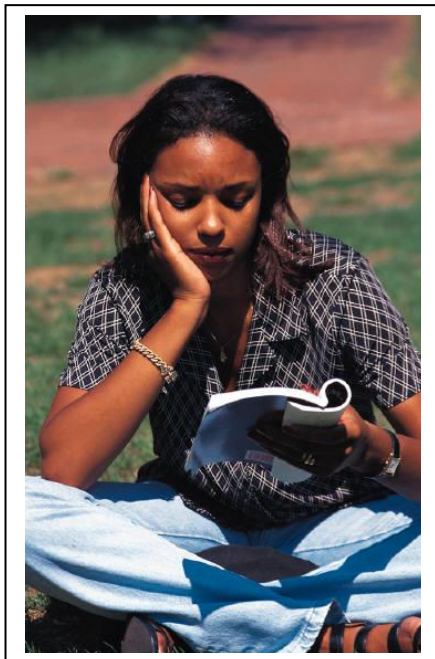
**Evening workshops open to all at 7.30pm as follows**

Monday: St John the Evangelist Church Hall, Mill End

Tuesday: St John Fisher Church, Chorleywood

Wednesday: Our Lady Help of Christians Church Hall, Rickmansworth/ Zoom

**Closing meeting** Friday 26<sup>th</sup> April at 7.30pm at Our Lady's Church Hall, Rickmansworth



# A Retreat in Daily Life

*A Week of Guided Prayer*

Sunday April 21<sup>st</sup>  
to  
Friday 26<sup>th</sup> 2024

Perfect for busy  
people

Take some time out  
Be supported by a guide  
Learn new ways of praying  
Spend some quality time  
with God



### **What is a retreat in daily life?**

It is a daily time of prayer (aiming at 30 minutes) and a daily half-hour individual meeting with an experienced prayer guide during the week. We know this can sound scary but don't worry at all and take a risk! The guides are used to this and will put you at your ease. You can meet a guide online or in person at Our Lady's Church, Rickmansworth.

### **Who is it for?**

Anyone who is already Christian and who wants to deepen their prayer life, or someone who is not sure what they believe but is willing to take a risk and seriously explore the reality of God. Either way, it is for anyone willing to commit to the elements of the week.

### **What is the programme?**

The core elements of the week are prayer for half-an-hour each day, reviewing how that prayer time went, and meetings with your prayer guide four or five times, online or in person. There are other components of the week. Introductory and closing meetings top and tail the week with helpful suggestions. There will be optional workshops on different themes relating to Ignatian Spirituality and Prayer. These are open to anyone, including those not doing the 1-2-1. Bring friends.

### **Why do the retreat?**

When we are generous, God is more so. We encounter a God who loves us and calls us to use our gifts in the service of the community. In this way God is drawing us to a more abundant life. It can also be a great help in making or confirming decisions, big or small.

### **What do I need?**

You'll need access to a bible to pray with at home.

### **How much does it cost?**

The retreat is subsidised by the Jesuits, the parish and by most of the guides who work as volunteers. A suggested donation to help towards our costs is between £10 (for example, for a student) and £50 for someone waged. If you're able to give more this will help to pay for someone who cannot afford to pay much. Please hand this in with your application form or pay via BACs

### **How will the retreat fit in with the rest of life?**

You'll be busier in the week of the retreat because of these extra demands, hence the need to be generous. The retreat runs alongside your normal week.

### **How do I sign up?**

As soon as you know you want to participate, hand in your completed form and donation. It helps the organisers to know how many are taking part as soon as possible. We can still usually take people right up to the start of the retreat.

### **But I don't know how to pray?**

Join the club! This is not a problem. In fact, such honesty is a good start. We all need help in our praying.

### **Will I be asked to do anything embarrassing?**

No. This your chance to grow in your personal relationship with God, and you can share as much, or little, as you want with your guide.

### **Who organises the week?**

A team of trained prayer guides led by Vron Smith who works for the Jesuits in Britain leading workshops and giving retreats.

**Retreat in Daily Life      Sunday 21<sup>st</sup> – Friday 26<sup>th</sup> April**

**Application form**

**Name** .....

**Email (print clearly)**.....

**Telephone** .....

**Parish** .....

**Availability** (e.g. flexible, morning or afternoon, evenings only)

.....

<b>Ways of meeting your prayer guide for the week</b>	<b>Please tick one box</b>
I can only meet online	
I can only meet on site (Rickmansworth)	
I would prefer online but could do on site	
I would prefer on site but could do online	
I have no strong preference and could meet online or onsite	

If you are able to make a financial contribution to the cost of the retreat, £10 is suggested for students/£50 for waged.

This can be done via BACs (WRC DT Rickmansworth, account **81263587**, sort code **40 05 20**) with the reference '**WGP2024**'. Cheques should be made payable to Our Lady Help of Christians.

Please return to the Presbytery by **Monday 15<sup>th</sup> April** if possible. You can still join later.

**Protecting your privacy** – Your personal details will be stored and used by the Parish only for the purposes of running and administering the Week of Guided Prayer 2024. They will not be disclosed outside the parish. Details of how we process your data, and your rights, are on the full Privacy Notice and can be found at: [rcdow.org.uk/diocese/privacy-policy](http://rcdow.org.uk/diocese/privacy-policy)

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