

WHY GO ON RETREAT?

Whatever pace at which we live our lives, we need, both individually and collectively, to reflect and re-focus on how we are living them. These times and activities are crucial opportunities to be shaped for God's service. One way of re-focusing is to participate in quiet days or retreats, which provide a range of opportunities from silent study and prayer to mediating with others using a course of study for focus.

WHO ARE RETREATS FOR?

Everybody - all kinds of people go on retreat. Regardless of age, background, job, or how long you've been a Christian, a retreat or quiet day is an amazing opportunity to spend time with God.

WHAT KINDS OF RETREAT ARE THERE?

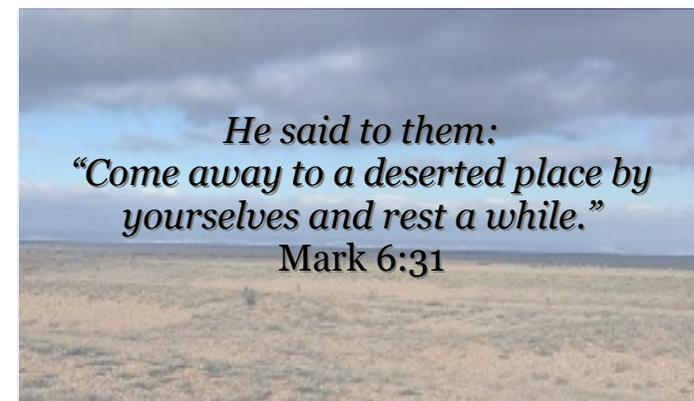
There are many types of retreat. You can book onto an organised retreat which will focus on a particular theme—this may include talks and activities but will also usually have time for individual reflection.

Alternatively you can just book accommodation and do what's known as an individually guided retreat (IGR) where you can either follow a set programme on your own or spend your time how you like. Most retreat houses offer one-to-one sessions with a spiritual director.

For more information on retreats and quiet days visit:

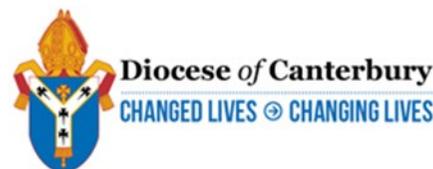
www.canterburydiocese.org/quiet-days

Or email Peter Ingrams who can give you advice and recommendations:
pingrams@diocant.org



RETREATS AND QUIET DAYS

A leaflet for individuals or groups interested in going on a retreat or quiet day locally or further afield.



RETREAT CENTRES IN KENT

Burrswood Christian Hospital offers clinical and compassionate care with prayer as a key part. In addition to the hospital, rooms for groups or individuals are available for quiet days/retreats. www.burrswood.org.uk

The Living Well (Diocesan Centre for Healing & Wholeness) can be used for Quiet Days or Healing Days (individuals or groups). A LW team member can facilitate a day. (No residential facilities.) www.the-living-well.org.uk

The Quiet View offers spaces to hire to groups or individuals. Also a programme of prayer, events, and activities. www.quietview.co.uk

There is more information on these centres and on centres elsewhere here: www.canterburydiocese.org/retreat-centres.

Also **all retreat centres in the UK** are listed, along with other retreat-focused articles and information, here: www.retreats.org.uk

PARISH OR GROUP RETREATS AND QUIET DAYS

A number of retreat centres are open to groups to visit. Locally, these include all those listed in this leaflet.

The Canterbury Diocese can help groups find a facilitator for quiet days. Contact Susanne Carlsson: susannecarlssons@hotmail.co.uk

There are venues recommended for parish away days here: www.canterburydiocese.org/retreat-centres



The Friars (Aylesford Priory) is a Carmelite community. Guests can make their own private retreat or there is a programme of retreats throughout the year. www.thefriars.org.uk

Malling Abbey welcomes individuals or groups for quiet days and retreats. A programme of retreats & events is available. www.mallingabbey.org

Minster Abbey offers a variety of retreats. Individually guided retreats also welcome and spiritual accompaniment is available. www.minsterabbeynuns.org

RETREAT GRANTS

The Diocese of Canterbury can provide small grants to individuals and parishes in the Diocese to help subsidise the cost of retreats. Individuals can apply for a maximum grant of £100 and parishes £175. More information, including the criteria for applicants, can be found here:

www.canterburydiocese.org/retreatgrants.docx

Alternatively, **the Week of Accompanied Prayer** is a parish retreat based in a church setting so that people have the benefit of an individually guided retreat whilst living at home and going about their ordinary daily lives.

For further information or to book a week in your church, please contact the Coordinator, Janet McDonald on: janet.mcdonald@btinternet.com