



THE CHURCH
OF ENGLAND
**Diocese of St Edmundsbury
and Ipswich**

Retreats and Quiet Days Information Sheet

Taking time out from everyday life gives us focussed and uninterrupted space to spend time with the God who knows and loves us.

Organised days give some input to help shape your prayer and reflection and retreats may provide input sessions or may be individually guided where you spend one to one time each day with a retreat guide.

Many places also offer space for people to have a private quiet day or retreat.

Links to local places which are available for both organised or private retreats and reflection days can be found here.

Bishop Woodford House

Bishop Woodford House is the Diocese of Ely's Retreat and Conference Centre. Retreat & Conference Centre, Barton Road, Ely, Cambridgeshire CB7 4DX. Tel: 01353 663039

www.bishopwoodfordhouse.com

Chelmsford Diocesan House of Retreat

This is the Diocese of Chelmsford's Retreat & Conference Centre. The Street, Pleshey, Chelmsford, Essex CM3 1HA. Tel: 01245 237251. www.retreathousepleshey.com

Carmelite Monastery

Roman Catholic Carmelite Monastery, Quidenham, Norwich, Norfolk, NR16 2PH. Tel: 01953 887202.

Private retreats or quiet days only. www.quidenhamcarmel.org.uk

Clare Priory

Roman Catholic Augustinian community.

Clare Priory, Ashen Road, Clare, Suffolk CO10 8NX. Tel: 01787 277326.

www.clarepriory.org.uk

Monks Eleigh Retreat Centre

Monks Eleigh URC has been refurbished in order to be used as a day retreat and meeting centre named HOME, in rural Suffolk. It is suitable for retreats and other small meetings.

www.hadleighurc.org.uk

Otley Hall

Organised quiet days in the setting of this lovely Tudor hall and magnificent gardens.

Otley Hall, Hall Lane, Otley, Suffolk IP6 9PA. Tel: 01473 890264. www.otleyhall.co.uk

Quiet Gardens East Anglia

'Varied gardens in East Anglia, some offering accommodation'

The Quiet Garden Trust, Kerridge House, 42 Woodside Close, Amersham, Bucks HP6 5EF.

Tel: 01494 434873. www.quietgarden.org

Quiet Waters

Ecumenical Christian Retreat House. Quiet Waters Christian Retreat House, Flixton Road, Bungay, Suffolk NR35 1PD. Tel: 01986 893201 www.quietwaters.org.uk

Ringsfield Christian Ecostudy Centre

Ringsfield Hall, Beccles, Suffolk NR34 8JR. Tel: 01502 713020.
Self-contained hermitage, chapel and cloistered garden.
www.ringsfield-hall.co.uk/spirituality

Wigwam Retreat Centre

The Personal Wholeness Trust runs retreats and quiet days at the Wigwam Retreat Centre at Riddlesworth near Diss, where there is an outdoor labyrinth in beautiful surroundings.
www.wigwamretreats.co.uk

Also...

Tony and Caroline Redman have a small, self-contained garden room which can be used by individuals or groups up to 6. It has heating, drink making facilities and a toilet. Contact Caroline on caroline@theredmans.co.uk.

Many country Churches are also spaces which can be used for quiet days. Some have rooms available for hire.

Outside Suffolk

Retreat Association

Ecumenical organisation providing information and guidance on retreats, quiet days, spiritual direction and retreat leadership. www.retreats.org.uk/

St Beunos

Silent retreats in North Wales and information on Ignatian Spirituality. www.beunos.com

Worth Abbey, Open Cloister

Offers spiritual direction and a programme of events at Worth Abbey. www.worthabbey.net

The Simeon Centre

Offers events and quiet days in/ near Cambridge. www.ridley.cam.ac.uk

Julian meetings

Christian contemplative prayer groups. www.julianmeetings.org