

Retreat Centres: KENT

Minster Abbey (Minster, Nr. Ramsgate, Kent)

01843 821254

<http://www.minsterabbeynuns.org/>

Minster Abbey is a community of Benedictine Nuns which offers a variety of interesting retreats. The programme for 2015 consists of a Bereavement Retreat, an Icon Retreat and a Retreat for parents or brothers and sisters of people with a disability. A small library with a good selection of spiritual books is available for use during your stay. A sister is available for spiritual accompaniment if requested in advance. A large meeting room available for private hire, as well as a small kitchen, for group conferences or retreats. The Guest House, situated in the grounds of the ancient abbey is open to residential guests from January until the end of September and most of the year to day retreatants. Accommodation includes some single rooms and some twin rooms, some en suite, some shared bathrooms. Self-catering stays are available on request. Up to seventeen persons can stay at the abbey at any time. During the summer months families are welcome, as well as young women who would like a working holiday. We are not able to welcome men unless they form part of a group or a family. Good disabled access.

Malling Abbey (West Malling, Nr. Maidstone, Kent)

01732 843309

<http://www.mallingabbey.org/>

The Malling nuns welcome individuals for residential retreats and times of reflection and refreshment as well as visits from our families, friends and oblates. Our guest accommodation, which is all self-catering, includes the Abbey Garth with four en-suite rooms on the first floor of the Western Range of the nuns' cloister, the room Thomas Becket above the Pilgrim Chapel in the Gatehouse and the two-bedroomed St. Michael's Cottage in its own private garden behind the Church. We make no charge but we gratefully accept donations to help cover costs.

ST BENEDICT'S CENTRE, (WEST MALLING, Kent)

01732 252651 or bookings@stbenedictscentre.org

<https://stbenedictscentre.org>

The St Benedict's Centre offers freshly refurbished study rooms with WiFi, a desk and comfortable chairs for you to write, read, rest, retreat or recharge. There is also space to sit outside and enjoy some of the beautiful grounds and gardens which include a Prayer Labyrinth. You are welcome to attend services in the Malling Abbey Community Chapel (details are available upon request). Refreshments are available (a selection of tea, coffee and biscuits) as required and you can bring your own lunch or buy something in West Malling.

Attic Retreats, (Chatham, Kent)

07795167603 susannecarlssons@hotmail.co.uk

<https://www.rochester.anglican.org/ministry/religious-communities/companions-of-christ/>

Attic Retreats is a peaceful and calming environment in the midst of the busy town of Chatham. The retreat space has two bedrooms, a prayer room, a bathroom and a small kitchenette for self-catering, and access to the peaceful garden at the back of the house. Only **10** minutes walk from Chatham station and with good parking facilities, it is easy to access. We welcome people for come for: space, time to reflect and pray, a retreat with spiritual accompaniment, Ignatian retreats and the full Spiritual Exercises.

The Friars (Aylesford, Kent)

01622 717272

<http://www.thefriars.org.uk/>

The Friars - Aylesford Priory - is an ancient religious house of the Order of Carmelites dating back to the 13th Century. Members of the community at Aylesford Priory are involved in working with many groups that come to The Friars during the course of the year. Groups are able to ask for a Friar to work alongside them. Guests can make their own private retreat or alternatively there is a full programme of retreats throughout the year which are open to anyone who wishes to participate. An organised retreat will take the form of talk/discussion periods, quiet time and joining the community services. Pilgrimages, Days of Prayer and All Night Vigils are also a regular feature of life at The Friars. The Guesthouse can sleep up to 100 and visitors are welcome to stay from one day up to two weeks as individuals or as part of a group. There is a range of single, double, twin and family rooms available, however there are few en-suite facilities. Disabled access.

Stacklands Cottage (West Kingsdown, Kent)

07979 157 603

<http://thesrc.org.uk/index.php/stacklands-cottage/>

1 Stacklands Cottage is a self-catered home situated in beautiful gardens and provides an idyllic place for those who want a quiet retreat in beautiful surroundings. Accommodation for up to 3 people (one double bed and one single) and also a small prayer room for quietness or silence. The cottage is well equipped for a comfortable stay. Welcome small groups from any Christian denominations and also welcome enquiries from those who wish to hire on a daily basis for quiet days and reflections.

The Living Well (Nonington, Kent)

01304 842847

<http://www.the-living-well.org.uk/>

The Living Well, based in a large house in peaceful grounds, is a resource for the healing ministry which aims to provide a safe place where people can come to learn more about the healing love of Christ. The house can be used by those who wish to make a day's retreat on their own but is also possible for parish groups to use the house for a Quiet Day or for a Healing Day. It may be possible for a Living Well team member to facilitate/lead a day if it is appropriate or for the group to make their own arrangements. There is a programme of Healing Days and Quiet Days throughout the year but no residential programme.

Creative Retreats and Holidays (Chilham, Kent)

01227730598

www.creativeretreatsandholidays.co.uk

Creative Retreats and Holidays offer Christian retreats combining prayer with the opportunity to learn the crafts of stained glass or glass applique. No accommodation available but B&Bs within walking distance. Good access to walking. Welcomes individuals or couples or two friends. No disabled access.

The Quiet View (Canterbury, Kent)

01227830070

www.quietview.co.uk

The Quiet View is a centre for contemplative spirituality set in two acres of lovely gardens and surrounded by countryside. Spiritual accompaniment available. Groups or individuals welcome. A

number of spaces available to hire for groups including a 50-seating yurt. Programme of prayers, workshops, and activities. Non-residential.

Retreat Centres: WEST SUSSEX

Monastery of the Holy Trinity (Crawley, West Sussex)

01342712074

<https://servants-of-the-will-of-god-cswg-monastery-of-the.business.site>

This monastery is set in woodland and houses a community of men and women living a contemplative life, uniting silence, work and prayer in a simple life-style based on the Rule of St Benedict. The Community is especially concerned with uniting the traditions of East and West, and has developed the Liturgy, Divine Office and use of the Jesus Prayer accordingly. Available for up to six individuals to stay accommodated in single rooms.

TS Resolute (Chichester, West Sussex)

01243573375

www.cye.org.uk

TS Resolute is a converted ship in Chichester Harbour which offers a programme of silent and self-guided retreats and quiet days with resources and spiritual direction available. There is a labyrinth on site and offer options include guided pilgrimages or (weather permitting) a time of reflection on the water. The ship can sleep 56 in 14 en suite cabins which sleep four in bunk-beds but are usually single occupancy for retreats unless otherwise requested. There is one limited-mobility cabin with wheelchair access.

Chemin Neuf Community (Pulborough, West Sussex)

01903742150

<http://www.chemin-neuf.org.uk/>

The Chemin Neuf community at in Sussex offers a programme of retreats which individuals and groups welcome to join and are all led by member of the Chemin Neuf community. Individually guided retreats are available on request. Spiritual direction is also available. The Priory and Chapel are available for days for groups of up to 30 people. Good access to walks in beautiful surrounding countryside. Accommodation for 36 people in shared rooms. No disabled access.

George Bell House (Chichester, West Sussex)

01243 813586

www.chichestercathedral.org.uk

The George Bell House, situated in Chichester Cathedral Close, is perfect for away days, retreats, meetings, quiet days, residential weekends and conferences for up to 40 people and suits parish or deanery groups. Also welcomes individuals. There is a walled garden and an oratory for individual prayer. The house sleeps 15 with singles, doubles, and twins on offer. Disabled access.

Worth Abbey Crawley, West Sussex

01342710318

www.worthabbey.net

Worth Abbey is a Benedictine monastery which offers retreats and quiet days for individuals or groups for up to 36 people including options for creative retreats or silent retreats. Spiritual direction is available. Also offers year-long courses in spiritual growth. Good opportunities for walking in surrounding countryside. Worth Abbey welcomes youth and families. There is a variety of options for accommodation including camping, or a good number of rooms for single, twin or family occupancy (some en-suite). Disabled access.

Retreat Centres: EAST SUSSEX

Penhurst Retreat Centre (Penhurst, East Sussex)

01424 892088

<http://www.penhurst-retreat-centre.org.uk/>

Penhurst offers a programme of led and accompanied retreats including creative retreats, an Easter retreat programme, and mission-focused retreats. The centre is also available for individuals (including beginners), small group retreats, and catered quiet days. Spiritual direction available. Good access to walks in beautiful surrounding countryside. Accommodation includes single, twin, double, *en-suite* and wheelchair access options.

Crowhurst Christian Healing Centre (Crowhurst, East Sussex)

01424 830033

<http://crowhursthealing.co.uk/index.php>

Guests can stay at Crowhurst for a few days or up to two weeks for rest, retreat, healing prayer and ministry. Welcomes individuals, families, or groups. The daily programme revolves around worship, Holy Communion and twice-weekly healing services which are also open to the public. Each day concludes with the service of Night Prayer, at 8.00pm. Prayer ministry is available to guests. The Centre offers Healing Weekends, Quiet days, training, conferences and a programme of themed retreats. The Centre features an Art Room where guests are encouraged to be creative under the encouraging and prayerful guidance of a resident artist. A library and two chapels are also available for use by guests. Meeting rooms available to hire. There is a prayer walk featured in the gardens. There are 19 bedrooms, six of which are twin-bedded, most with en-suite facilities. All accommodation is full board.

The Oast Houses Christian Retreat Centre (Northiam, East Sussex)

01797 253311

<http://www.theoasts.co.uk/>

The Oast Houses has no programme of retreats but welcomes church groups of all Christian denominations and provide accommodation and facilities for up to 50 guests for catered stays. The six converted Oast Houses together with ancillary buildings feature a variety of accommodation of 15 rooms, 13 of which are en-suite, including singles, twins, triples and a quadruple. A total of 41 guests can be accommodated. One meeting room for hire seating up to 50 people. Swimming pool, sauna and tennis court on site as well as gardens and surrounding countryside which are good for walking. Further accommodation for up to 9 people is available at Old Oak Cottage. This detached 15th century property is just up the lane from The Oast Houses. It can be booked for private retreats on a self-catering basis by those involved in a Christian ministry.

St Mary's Retreat House (Hartfield, East Sussex)

01892 770305

Very small, private retreat house near the Ashdown Forest which aims to restore the body, soul and spirit of each guest in the peaceful setting near the Ashdown Forest. Vegetarian home cooking with organic produce.

Ashburnham Place, East Sussex

01424 892244

<http://www.ashburnham.org.uk/>

Ashburnham provides a place for retreat, rest, refreshment and connection for people from all walks of life. Ashburnham Place is stewarded by the Ashburnham Christian Trust and is home to a serving community of Christians from many traditions. Set in 220 acres of stunning grounds and gardens with three lakes. Offers a programme from one day to week-long retreats. Welcomes individuals or

groups with a variety of rooms available to book. Offers 271 beds in 121 bedrooms to suit different budgets and needs. Disabled access.

Retreat Centres: LONDON

DeMazenod House (East London)

0207 7023544

www.orc-london.org

In the heart of the City of London, the DeMazenod Retreat Centre provides a programme of retreats, meeting rooms to hire, Spiritual Direction, as well as retreat facilitation for groups. Individually guided retreats available, city retreats for individuals or groups of up to six people for one to six days duration, one day retreats for individuals or small groups, Christian meditation retreats, and more. Single rooms with or without en suite available.

Guild of Health - St Marylebone Parish Church (North West London) (26)

01303 277399

www.stmarylebone.org

The Guild of Health holds teaching Days and seminars on healing, wholeness, prayer and spirituality, Quiet Days and Retreats, and regular Healing Services. Days Of Prayer and Quiet Days are an opportunity to reflect on where God is for you. Styles and themes will vary, but there will usually be some input made to the whole group, time for individual reflection and a chance to meet one-to-one with a prayer guide / spiritual adviser. Always ample space to relax, explore and to be silent. Holy Communion and the Laying on of Hands and / or the Anointing with Oil is sometimes offered at these events. No facilities for group bookings. No accommodation available.

Kairos Centre (Roehampton, London)

(020) 8788 4188

www.thekairoscentre.co.uk

The Kairos Retreat Centre is an urban oasis situated within three acres of gardens and overlooking Richmond Park. Kairos offer a programme of organised retreats including preached retreats, silent retreats, individually guided retreats, as well as other events. Spiritual direction, aromatherapy and reflexology are available on request. Kairos welcomes all people, either individuals or groups, especially from parishes, deaneries or diocese. There are private meeting rooms available to hire for the day or longer. Accommodation in single or twin rooms, some en-suite. There is also a modern bungalow in the grounds with three en-suite bedrooms and conservatory ideal for meetings. The bungalow is also suitable for hire for small groups and as a self-catering facility. Main building has good disabled access, bungalow does not.

London Center for Spirituality Direction (Central London)

020 7621 1391

www.lcsd.org.uk

The London Centre for Spiritual Direction offers training and development opportunities for individuals and groups including two formation courses for spiritual directors, supervision groups and a wide variety of workshops. The Centre comprises a suite of training and meeting rooms available to hire set in the historic Church of St Edmund the King and its Vestry Hall. Rooms suitable for spiritual direction and therapy may be hired by the hour. There is a small churchyard garden. The centre has good disabled access and is non-residential.

Milleret House (West London) (29)

020 7361 4756

<http://www.assumptionreligious.org/>

The mission of Milleret House, inspired by St Marie Eugenie who founded the Religious of the Assumption to bring the world to Christ through the work of education, is passionate about the Christian education of young people in the Church. There is a programme of events, including retreat and study days for both children and adults. Groups can also hire a variety of meeting spaces to suit groups of 5-50 and facilitate retreats or meetings themselves or alternatively input and facilitation can be provided and tailored to the needs of each group. Accommodation for 12 people, with 6 single rooms, 2 ensuite and 2 twin/bunk-bedded rooms. Access to the [Maria Assumpta chapel](#) available as well as to peaceful and private gardens.

Royal Foundation of St Katharine (East London)

0300 111 1147

<http://www.rfsk.org.uk/>

A place to stay, meet or retreat, the Foundation is used by groups and individuals on quiet days or retreats, as an alternative to London hotels, attending conferences or workshops, or hiring the meeting room facilities. The Foundation offers a programme of led or unled reflection days as well as offering a variety of private rooms that can be used for retreats by groups or individuals. Access to the St Katharine's chapel which is open for use at all times. Services are held daily. A large amount of accommodation available either doubles, singles, twin or family rooms all en suite from £70 a night up to £150. Good disabled access.

The Welcome: Sisters of St Andrew (Lewisham, London)

0208 852 1662

www.sisters-of-st-andrew.com

The Welcome is the home of an ignatian community set in a large garden in close proximity to Blackheath Common, and Greenwich Park. Offers a programme of Quiet Days, Workshops, Individually guided retreats, events and training. Spiritual accompaniment with a Sister of the community on request. Offers 7 single rooms and 2 en-suite rooms. Guests are all self-catering but the house has fully equipped kitchenettes. Access to the 'Oast House Chapel' which is used for both personal and group prayer. The community holds prayers there daily. There are spaces for hire for small and larger groups (max. 25). Groups have use of a kitchen. Access to a small 'creative space' with art materials as well as good selection of Spiritual books, music and other resources. Good disabled access.

Retreat Centres: SURREY

House of Prayer (Moseley, Surrey)

020 8941 2313

<http://www.christian-retreat.org/index.html#.VV9GfMtwblU>

The House of Prayer is run by the Sisters of the Christian Retreat and a programme of retreats, courses and regular groups to help people on their spiritual journey. A variety of retreats available, from one to seven days long, on different themes throughout the year. Also welcomes those looking for private retreat or quiet day. The House of Prayer can accommodate day groups up to a maximum of 30 people and can provide a facilitator, if required. Spiritual accompaniment available on request. There are seven bedrooms (three en-suite) but these are reserved for individuals on residential retreats.

Claridge House (Lingfield, Surrey)

01342 832150

<http://www.claridgehousequaker.org.uk/index.php>

Claridge House is a Quaker centre for healing situated in rural Surrey in two acres of gardens. Available as a place to stay to find rest and renewal or as a residential centre for those enrolled on retreats, courses or workshops offered at Claridge including healing with music, painting, crafts, yoga, and circle dancing. Also offers led day retreats. Varied programme of retreats on offer. The House is also available for Group Stays over a weekend or midweek and is sometimes available for hire by a group for exclusive use. The stays are full board, with vegetarian food. The house can accommodate 12 people in individual bedrooms, four of which are on the ground floor, two being in a purpose built annex with facilities for disabled people. A maximum of 16 guests can be accommodated.

St Columba's House (Woking, Surrey)

(0)1483 766498

<http://www.stcolumbushouse.org.uk/>

Saint Columba's House is open to residential and day groups as well as individuals. Offers a varied programme of retreats and quiet days on topics such as theology, Christian meditation and creative prayer. Has a variety of rooms available to hire for groups which can accommodate 3 to 80 people. Also a reading room with Christian library available for guests to use. Alongside the varied programme of retreats, St Columba is very happy to arrange bespoke events for a group. The House has one twin and twenty one single en-suite bedrooms in the main house. Two of these have disability access and an alarm. Redwood House (in the grounds) has four twin bedrooms, three of which are en-suite and the fourth has a separate shower room.

Wychcroft (Blethchingley, Surrey)

01883 743041

<https://www.wychcroft.org>

Wychcroft, the Southwark Diocesan Training Centre, was first used by the Diocese as the home of the Southwark Ordination Course and other training in the Diocese. The house is now available to hire to groups who wish to use the house for appropriate group training activities and who value the peace and quiet of its location. When the house is not being used residentially, it can be used for day conference groups. The facilities include meeting rooms, library, lounge, dining room and a chapel. The house has 23 bedrooms and can accommodate up to 36 guests.

Retreat Centres: NORTHERN FRANCE (ARRAS DIOCESE)

Prieuré Saint-Thomas (Epernon, France)

(+33) 02378 36001

<http://www.prieure-saint-thomas.fr/>

Located 30 miles from Paris, The Priory of St. Thomas is an Ignation retreat centre set in four acres of parkland. The Priory welcomes groups, families and individuals as a place to find peace and serenity. Runs a varied programme of retreats, some aimed at young people, some led by members of the Priory community. The Priory can sleep 66 people in single, double or family rooms. It also has several functional meeting rooms available to hire to groups.

Le Hautmont (Lille, France)

(+33) 03202 60961

www.hautmont.org

60 miles from Calais, close to the Belgian border, Le Hautmont Ignation Spirituality Centre, set in eight acres of beautiful countryside, offers a programme of retreats, courses and workshops.

Individually guided retreats available if advised in advance. Individuals or groups welcome, meeting spaces to hire privately for groups. 45 single bedrooms available which can be made into doubles. No en-suites.

Centre Spirituel Manrèse (Clamart, France)

(+33) 01452 99860

www.manrese.com

Just five miles outside of Paris, bordering the forest of Meudon, Le Centre Spirituel Manrèse welcomes any person onto its programme of retreats featuring themed quiet days, 2-3 praying days, 2-8 day theological educational retreats, 5, 8 or 30 day group retreats with guide, or individual retreats for 3-8 days. Welcomes individuals or groups who can either join in the programme of activities or can make their own arrangements. Spiritual accompaniment available on request.

Centre spirituel du Cénacle (Versailles, France)

(+33) 01395 02156

www.ndcenacle.org

The Centre is located near Paris, 800 meters from the Castle and the Park of Versailles. The centre offers 6 meeting rooms, 2 conference rooms, and a lounge for hire, 19 double rooms, 6 single rooms, most with shower and toilet, with disabled access and parking. Annual programme of retreats, reflection, and training. Groups and individuals can book onto organised retreat or can lead their own. Groups can request a member of the community team to work with them, and spiritual accompaniment is available on request to individuals.

Le Centre des Tourelles (Condette, France)

(+33) 03218 37142

<http://www.les-tourelles-de-condette.fr/>

The Arras Diocese centre of spiritual formation – just 30 miles from Calais - welcomes individuals, families, groups, clergy or laity. Daily prayer and Eucharist available for participation. A team consisting of clergy and laity offers healing times, retreats, spiritual direction, reflection time, preparations for marriage, lectures on various topics. A program of activities is available. The House welcomes groups to stay for a day, a weekend, or a week and has a number of rooms available for use. Has 48 rooms with 1 or 2 beds, including 31 with showers and toilets. Good disabled access.

The House Saint Vaast (Arras, France)

(+33) 03212 14038

<http://arras.catholique.fr/page-15065.html>

Near the city center, so good transport links, but also a place for quiet in the middle of a large park. Chapel on site as well as 2 conference rooms (120 and 200 seats) and 11 meeting rooms available to hire. Catering for up to 200 people at one time. Variety of accommodation, some rooms with en suite and single or double beds, some shared bathrooms with bunk beds. Good disabled access.

The Mill Retreat Centre (Breteuil, France)

0845 310 8063

<http://www.millretreatcentre.com/>

Half way between Paris and Calais, The Mill Retreat Centre is located in 30 acres of grounds, perfect for relaxing walks and wildlife spotting. Meeting/Yoga rooms for up to 100 people to hire. Coach can be booked from London to The Mill. This is not a Christian retreat centre but is available to book for large groups to use as your own retreat space. Bedrooms to sleep 40 comfortably or up to 50 people max. Disabled access.

Other places to be used for Parish Retreats

- Hartlip Methodist Retreat Centre
Set in the Kent countryside, Hartlip offers a quiet and peaceful venue for hire for individuals or groups to use for meetings, away days, quiet days or retreats. Gardens and chapel available for use and good walking opportunities in surrounding area. Contact Dr Derek Gallagher on 01634 360106.
- West Moreline Retreat Centre
- Goodnestone Park Gardens
Suitable for groups to hire on Monday and Tuesdays when not open to the public. Refreshments and lecture rooms available. www.goodnestoneparkgardens.co.uk

For more info about retreat places in the UK see the **Retreat Association's** website:

<http://www.retreats.org.uk/findaretreat.php>