



### How long is a retreat?

A retreat varies in length but is usually between two and 30 days, depending on the programme. If you prefer not to join a particular programme of events, many places offer people the opportunity to just relax in peaceful surroundings.

### Are there any one-day retreats?

Yes. Quiet Days are another way of going on retreat but are just for the day. Like retreats, they are held across the UK and are open to all. They are particularly helpful for those who have never been on retreat before.

### What happens after a retreat?

After your retreat you might want to continue your reflections at home.

You might also like to find someone to meet with regularly with whom to share your experiences – often called a ‘spiritual director’. The **Retreat Association** can put you in touch with someone in your local area to help you find a spiritual director.



### What is the Retreat Association?

**The Retreat Association is a national Christian organisation set up to help people find ways to explore and deepen their journey with God through retreats and prayer.**

We support people in this journey, whatever their background or experience and our membership includes Anglicans, Baptists, Catholics, Methodists, Quakers and United Reformed Church members.



### How the Retreat Association can help you:

For many years, the Retreat Association has helped people to find wholeness through reflective prayer.

### We provide:

- a wide range of resources for prayer and reflection
- *Retreats* – an annual journal listing over 140 retreat houses across the UK and beyond
- personal advice on choosing a retreat or spiritual director by phone or email.

*Please contact us for further information:*

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your journey with God



## Who goes on retreat?

Retreats are for ordinary people at any time in their lives. There are no expectations on anyone going on retreat.

## Do you

- wish for some quiet time?
- want a weekend to develop your interests?
- long to know more about prayer?
- need some time for reflection away from work or family?
- want to deepen your spiritual life?

# Then a retreat might be for you

## What is a retreat?

A retreat is exactly what it sounds like – an opportunity to take time out of your everyday routine to find rest and the chance to just ‘be’ in a welcoming, peaceful place.

## What happens on retreat?

All retreats provide the opportunity to find space, to reflect, to pray and to worship.

There are a wide variety of retreats to choose from including:

- Retreats**
- **for the beginner**
  - **with a theme, including** painting, music, poetry, photography, gardening, cookery
  - **without a programme** for the individual, group or family.

## Can I speak to someone about my experiences on retreat?

**Yes** most retreat houses offer the opportunity to talk to someone in complete confidence. This means someone to listen and share with you in your experiences on retreat.

## Where can I go on retreat?

Retreats are held in a wide variety of locations – often called Retreat Houses – across and beyond the UK.

**Retreat Houses** vary in size from large centres that can take over 100 people to small houses with one or two rooms.

Most are in beautiful buildings with gardens.

Some have additional facilities such as libraries, art rooms and special rooms for prayer or reflection.

They each share a belief in the importance of providing a warm welcome and hospitality to all.

