

Autumn Seasonal Retreat Day

Praying with the Mystics:

JULIAN of NORWICH

Come away for one day of silence by the ocean. This is a one day silent Retreat that will include: two 30 minute input sessions, two periods of silent group prayer (morning and afternoon) and two long periods (up to two hours each) for private prayer and reflection. "Be still and know I am God" (Psalm 46:10). There are three opportunities for this one day retreat. Choose the date that suits you. You can choose from **Monday 15th March, or Tuesday 16th March or Wednesday 17th March.**



9.30am-4pm
St Martin's
Berwick Street
Pt Noarlunga
Cost: \$20
Please bring food to
share for lunch

Bookings essential:
Contact Roy's Retreat
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Roy's Retreat promotes contemplative practice in the Christian mystical and prophetic tradition.