

Silent Retreat Days

In 2011 we are introducing 4 one day Retreats at St Martin's, Pt Noarlunga which are an opportunity for you to spend the whole day alone with your God. There is no input at these days, however there will be some prayer exercises and material available for those who wish to use these. At each day there will be a Spiritual Director available to meet with for those who wish to talk with someone privately about their prayer. Each day will begin at 9.30am with half an hour of Lectio Divina and conclude at 4pm following 30 minutes of Christian meditation. The time in between Lectio Divina and Christian Meditation are yours to prayerfully enjoy as you wish. The whole day will be conducted in silence. Lunch will be 12.30pm and participants are asked to bring their own lunch. Food heating facilities and coffee/tea will be available all day. Each participant will have a private bedroom to use as a prayer space.

The dates for these Silent Retreat days are: **Friday 4th March, Friday 17th June, Thursday 15th September, Friday 9th December, 2011**



9.30am-4pm

St Martin's

Berwick Street

Pt Noarlunga

Cost: \$20

Bookings essential: Contact Roy's Retreat

Phone: (08) 8556 4686

Email: roysretreat@gmail.com

Website: www.roysretreat.com

Roy's Retreat promotes contemplative practice in the Christian mystical and contemplative tradition.