

Spring Seasonal Retreat Day

Praying with the Mystics:

IGNATIUS of LOYOLA

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 **Wednesday 1st September, or Thursday 2nd September or Friday 3rd September.**



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

Phone: (08) 8556 4686

Email: roysretreat@gmail.com

www.roysretreat.com

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