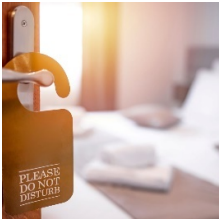


How to prepare for a retreat:



Where and for how long you retreat is entirely up to you. Get away from home if you can. This doesn't have to be costly. Drive to a peaceful place, find a quiet coffee shop or library. Borrow a caravan, summerhouse or a friend's home. If you physically can't get away, choose a quiet room and make sure everyone knows you are not to be disturbed.

We strongly recommend you to disconnect from your phone and technology and also encourage the practice of silence during your time on retreat. So you might need a little planning in advance, let people you are away on retreat. Set your emails to auto respond. If you normally use your phone to read bible or play music, find ways of not accessing all other apps that might distract you, eg. turn on airplane mode.



Don't bring too much to do or read. However do bring something enjoyable with you for times of rest, maybe a camera, paints, a book, sewing, a journal etc.

When you arrive:

Going into a retreat is a change of tempo, a slowing down. Give yourself an easy timetable. Include plenty of periods of rest, don't set an alarm and get some exercise. Enjoy creation, notice the light, embrace what you can see and smell. Consciously take longer breaths, savour your food, walk slower. Be Kind to yourself. Stillness takes a little time to embrace, be patient.

Don't be surprised if you find tiredness catches up with you and you fall asleep whilst trying to pray. This is very normal, as the body reaction to this change of tempo and a release from the stress of daily life. A sign you need this rest.



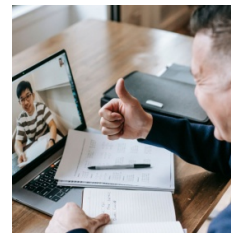
If you are retreating for 1 day, you might like to set the first couple of hours aside for rest and slowing down. If you are on retreat for 2 days or more, intentionally do a lot less on your first day.

What to expect from a Guided Retreat:

A guided retreat offers you accountability and support. As your guide, I will offer material to help direct your prayers. A variety of passages or types of prayer might be offered to you, look through them and then choose one. This is intended to give you choice, not for you to do everything! Choose what is most inviting to you in that moment. Let everything else go. If some other scripture has come to mind other than what has been offered, it is ok to follow that instead. Remember all the things offered to you are simply suggestions to help you connect with God better.



We will usually talk together once a day for about 45 minutes and depending on location this is likely to be online. Don't worry about what to say. I will ask you questions, listen to what you have been praying with and how you are finding it. There is no right or wrong answer, a retreat guide is simply there to help you notice where God is present with you. Retreat guides are a non-judgemental listening companion and will hold in confidence all that you share, with the



exception of any safeguarding issues. They may also offer suggestions of where to go next with your prayers based on your conversation or if you find yourself a little stuck.

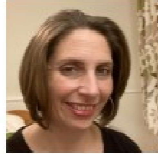
I will be in touch prior to your retreat to meet you, discuss briefly arrangements and provide you with some material to help you begin your retreat.

1 Day Retreat: Usually I recommend meeting with you part way through the day, giving you time to settle in, rest and to begin to pray first. Alternatively I can also meet for two shorter time periods if a more structured schedule to your day would suits you better. I will also offer material to help you reflect on your day as it draws to a close.

3 or 5 Day Retreat: Together we will establish a consistent time to meet once a day at a time that best suits you. I will also offer material to help you each day and on the final day to help reflect on your retreat as it draws to a close.

A little about me:

Trained as Spiritual Accompanier in the Ignatian Tradition, at the Ignatian Spirituality Centre, Glasgow (ISC). As an Associate of ISC, I follow the centre's Code of Practice (details can be provided). This code requires my ongoing supervision, training in the practice of Accompaniment, and that I also meet with my own Spiritual Director.



I am English and have been in Northern Ireland for 10 years. My faith background is Protestant, Evangelical and Charismatic. I run a prayer ministry called My Father's House, that teaches on prayer and leads retreats based in Coleraine. I love working cross-community in the area of prayer, meeting people from all church backgrounds or none. I'm passionate about unity in the Church and believe every Christian tradition has gifts to share if we take the time to talk and listen together.

Remunerations:

As your retreat guide I put in time to prayerfully considering the material offered to you to help you follow the threads of Divine leading.

I do not charge for my work as a Retreat Guide or Spiritual Accompanier, so please receive this as a gift and ministry from the Lord. But, on prayerful reflection, if you would like to give a donation to support my ministry, £30 per day can be used as a guide, but please give only what you can afford, any donation would be most welcome. (Bank Details - Miss Helen Hunter, Account No. 13790662 Sort Code:11-71-80).

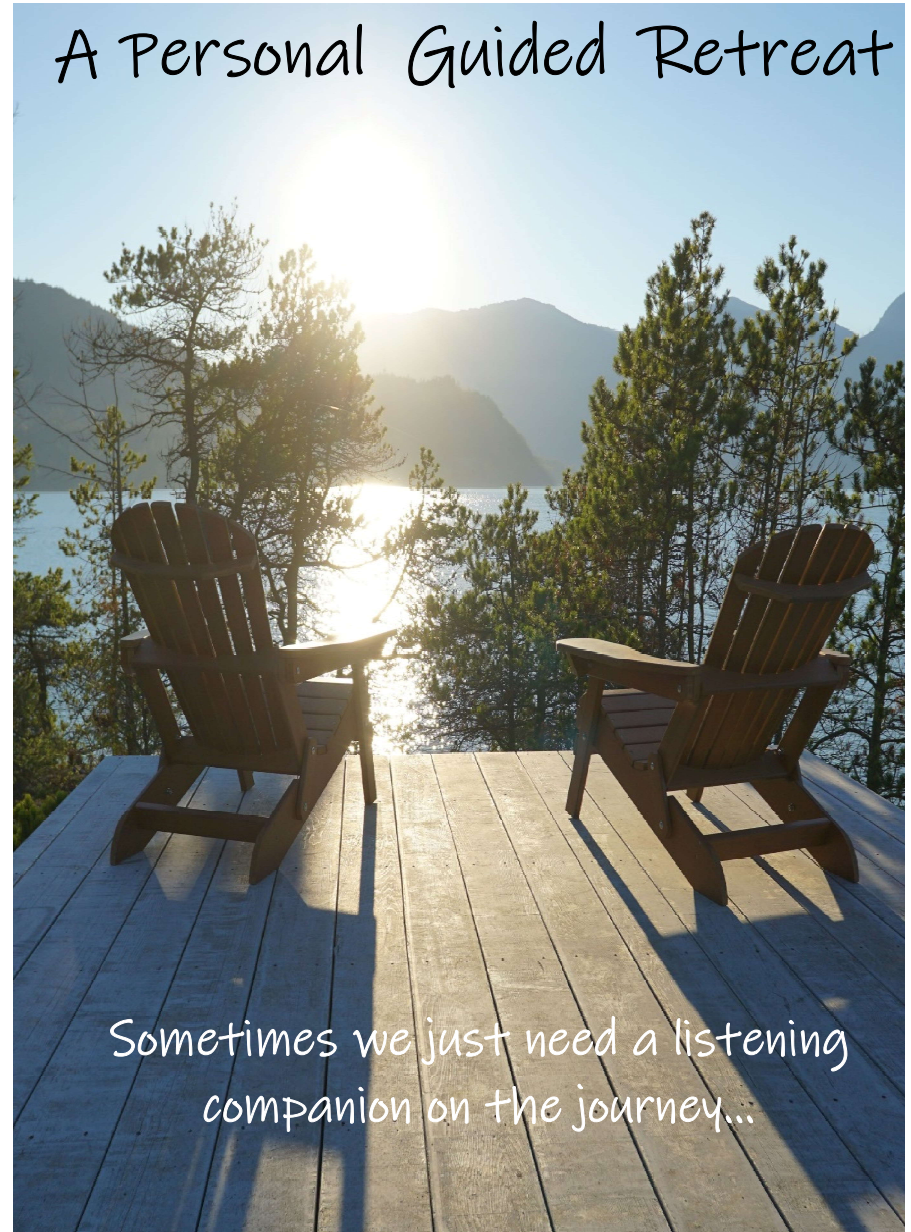
Spiritual Accompaniment Sessions:

You might be quite happy organising your own retreat time, but would find meeting with a Spiritual Director for a one off accompaniment session useful. This can be particular helpful if you are in a period of discernment around decisions, a time of personal changes or faith challenges that you need a little help processing. See my leaflet on Spiritual Accompaniment for further information.

Booking a Personal Retreat:

A retreat needs to be booked at least 1 month in advance. This gives you the time to arrange the space and for me to arrange to meet with you before hand and prepare materials. To arrange a Personal Guided Retreat, in person or online please contact 07714101596 or email myfathershouse.coleraine@gmail.com

A Personal Guided Retreat



Sometimes we just need a listening companion on the journey...