

Retreat in Daily Life

17th January (4-5pm) and
14th February (4-5pm) and for
4 1-1 sessions in between

You are welcome to this retreat regardless of whether you have been on many retreats or this is your first one.

No particular knowledge of prayer practises or qualifications are expected, just a desire to know God more and to reflect on your own prayer experience.

Format

Start and finish with a group session. In between, weekly one-to-one meetings with a guide.



Time

Morning, afternoon or evening for 1-1 sessions.



Place

By mutual agreement with your guide for 1-1 sessions. Space in the King's Hall will be available. Group sessions will be at the Kings Hall.



God comes disguised as your life.
Joan Chittister

In him we live and move and have our being.
Acts 17:28

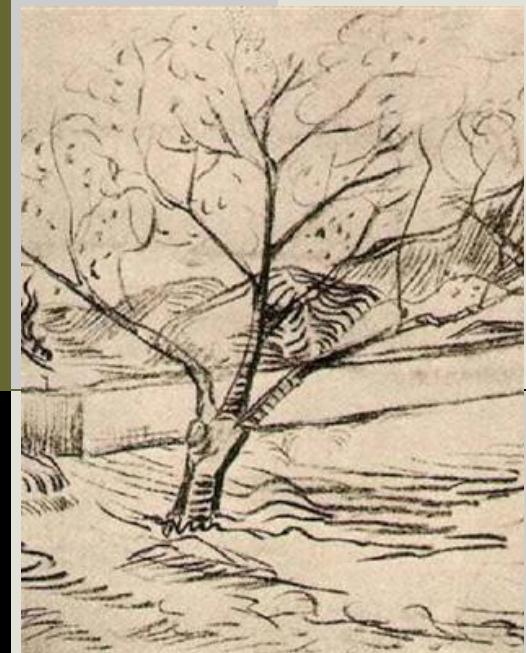


He (Jacob) had a dream in which he saw a stairway resting on the earth, with its top reaching to heaven, and the angels of God were ascending and descending on it...When Jacob awoke from his sleep, he thought, "Surely the Lord is in this place, and I was not aware of it." (*Genesis 28:12,16*)

I choose to risk my significance; to live
So that which came to me as seed
Goes to the next as blossom
And that which came to me as a blossom
Goes on as fruit.
I will not die an unlived life, Dawna Markova*

Retreat in Daily Life

A Self-inventory



Sunday 17th January 2016

Sunday 14th February 2016

and 4 1-1 sessions in between

King's Hall

41 South Clerk Street

Edinburgh, EH8 9NZ

Retreat in Daily Life

The Coracle Trust in association
with the Epiphany Group

www.coracletrust.org.uk

www.epiphanygroup.org.uk



Retreat Booking Form

Retreat in Daily Life

This is an opportunity to take regular time to reflect upon, and share with an experienced guide, your daily life; to explore awareness of the presence of God and consider suitable ways of receiving God's life in your day through prayer.

In the deep of winter the idea of 'hunkering down', with its imagery of sitting before a roaring fire, of hibernating even can lead us subtly into a more interior place. Whilst the earth appears silent, dark and unchanging we look inwards for (signs of) life. Life has become a blur. Now we stop. We enquire and we search, asking ourselves 'life-exposing questions'.

Am I generally happy or sad? Do I feel trapped or free?

Format

The arrangement will be spiritual accompaniment in four weekly sessions with the same individual lasting c. 45 minutes at a mutually agreed time and location.

The retreat will start and end with a gathering of the retreatants and guides in the King's Hall.

The opening session will include introductions and guidance for the retreat plus material for initial consideration, eg handouts comprising scriptures, poems, prayers, images.

If you would like to take part but can't be at the opening or closing gatherings please let us know.

The cost is £30 (£20 for concessions). No-one need feel excluded because of cost. Contact us if funds are an issue.

Do I appreciate what is around me or take it for granted? God comes disguised as our life, says the writer Joan Chittister, whilst Jacob in Genesis exclaims as he sees in a dream angels ascending and descending a ladder between earth and heaven. (28:12) "Surely the Lord is in this place, and I was not aware of it." (v.16) The apostle Paul adds, 'In him we live and move and have our being.' (Acts 17:28)

We take stock then of our life and its context, and we allow our living to open us: 'To make me less afraid/more accessible,/ To loosen my heart/ Until it becomes a wing,/ A torch, a promise.*'



*Sleeping on the hearth of the living world
yawning at home before the fire of life
feeling the presence of the living God
like a great reassurance
a deep calm in the heart*

Please tick the boxes to indicate when you would like to meet up with a guide and any other preferences.

Sunday

- Morning
- Afternoon
- Evening

Monday

- Morning
- Afternoon
- Evening

Tuesday

- Morning
- Afternoon
- Evening

Wednesday

- Morning
- Afternoon
- Evening

Thursday

- Morning
- Afternoon
- Evening

Friday

- Morning
- Afternoon
- Evening

Saturday

- Morning
- Afternoon
- Evening

Guide:

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Male | <input type="checkbox"/> Known to you |
| <input type="checkbox"/> Female | <input type="checkbox"/> Unknown to you |
| <input type="checkbox"/> Don't mind | <input type="checkbox"/> Don't mind |

Full rate (£30) Concession rate (£20)

Any other factors: (eg wheelchair access needed, no stairs...)

Name

Address

Phone

E-mail

Return this form with a cheque made out to 'The Coracle Trust' to Kirsty Hook, 16 East Preston Street, EH8 9QB.

For more information contact Andrew Hook (0798 9927906), coracletrust@gmail.com or or www.coracletrust.org.uk