

Online Christian Retreats via Zoom

Offering a space for Christians to explore and deepen faith...

Seek 'life in all its fullness'...

CREATED and led by DONNA WORTHINGTON, all retreats are an invitation to gently and creatively reflect, be affirmed in and deepen faith, to know Christ better and open up sacred space in order to listen to the Holy Spirit and experience a living spirituality that consoles, challenges and inspires. Varied methods enable Christians to deepen their own discipleship and travel on in their faith journeys (presentation, theological discussion, stillness, prayer, creative sessions, images, music etc).

All retreats cost £20, unless otherwise stated. For bookings, please see the website or contact Donna Worthington: drworthington@live.co.uk

<https://christianretreats.live>

The '**Soul-Journey**' retreat is based on a beautiful modern painting (it'll remain a surprise until the retreat!) which will act as a window into our own individual soul-journeys. The painting throws up compelling questions – What am I carrying? What do I need to let go of? How do I find my voice? What hinders it? etc. As colour can express aspects of who we are at certain moments, we will explore colour. The retreat begins with the ancient form of praying, lectio divina, in order to open up a space as we cross into the threshold of the retreat.

The next retreats are based on the sassy, deeply intelligent, profound Therese of Lisieux. This young woman, who has become a guide for so many, lived a deep Christian spirituality that can be helpful for Christians, whatever denomination.

People who would like to explore Contemplative Christian prayer, the events funded by WCCM, and free for participants.

The events include:

- a retreat based on the Christian meditation practices as passed on through the teaching of the Benedictine monk Fr John Main (OSB).
- John Main had his spiritual roots in the tradition of the Desert Fathers and Mothers, so there will also be a short storytelling / theatre performance entitled 'Desert Mother', based on this desert spirituality and set in a modern, contemporary setting.

There are 8 venues, all providing hot drinks and free parking – and all from 6.45 to 9pm. The events could also be a foundation to begin Christian meditation groups in churches, parishes.

Please pass on details about these events to others – you can book via the website (see 'Contemplative Christianity Events' under 'Online Retreats'), or just email me and I'll pass on your name to those overseeing bookings in the various venues:

6 December - St John The Evangelist's RC Church, Bromley Cross

7 December - St Mary's RC Church, Bamber Bridge, Preston

8 December - Thornton Methodist Church, Thornton-Cleveleys, near Blackpool

9 December - Cartmel Priory, Cartmel

10 December - The Xaverian Mission Spirituality Centre, Fulwood, Preston

13 December - Stircklandgate Methodist Church, Kendal

14 December - Glazebury Methodist Church, Glazebury, nr Warrington

15 December - Whalley Parish Church, Whalley

IGNATIAN TRAINING | For individuals and groups who want to train in Ignatian imaginative guided prayer. **Sun 7 November 2pm to 5pm**

SOUL-JOURNEY | Exploring an intriguing modern painting, we will delve into its treasures and journey with the soul questions it raises, for example: 'How do I find my voice? What am I carrying? What are the colours revealing to me about my soul at this moment?' **Wed 24 November 6.30pm to 9pm**

THE CLOUD OF UNKNOWING | Explore this incredible mystical text written in the C.14th, a profound guide on prayer. **Sat 27 November 2pm to 5pm OR Mon 29 November 10am to 1pm**

ADVENT RETREAT | Take time out of the business and attend to the beauty and wonder of this time of waiting for the Light of The World. **Fri 17 December 6.30pm to 9pm**