

## 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](mailto:drworthington@live.co.uk)

<https://christianretreats.live>

Hi All,

I'm here at St Oswald's Whitby for Easter and have decided to lead new residential retreats here, starting in 2023. It is so lovely!

The 2023 retreats will be based on the wonderful St Hilda and Celtic Christianity. See further information below and the website link is:

[Residential Retreats St Oswald's Whitby \(christianretreats.live\)](https://christianretreats.live)

There is more information about May and June 2022 retreats including retreats on Silence, Pentecost, The Aramaic Lord's Prayer and Pentecost.

### ONLINE RETREATS:

#### MAY 2022

**(REPEAT) THE PRACTICE OF THE PRESENCE OF GOD** | Br Lawrence's wisdom on prayer as part of our daily lives.

**(3 Weeks) Thursday evenings: May 12, 19, 26 6.30-9pm £60**

**SILENCE** | Starting with Jesus' approach to silence, we explore silence in various aspects of the Christian tradition and practise the art of silent Christian prayer along the way...

**Sat 14 May 2-5pm OR Mon 16 May 10am-1pm**

#### JUNE 2022

**PENTECOST** | *The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. (Romans 8:26)*

On the beautiful feast of Pentecost, this retreat is an invitation to let go and open our eyes to the creative Spirit of Christ praying within us, in ways beyond words; in the depths of our needs... we attend to Scripture and through creative prayer, attend to the symbols that the Spirit may offer us in our prayer-dream worlds... We also ponder our gifts and the concept of virtues.

**Sun 5 June 2-5pm**

**JOHN OF THE CROSS' SPIRITUAL CANTICLE** | Explore this exquisite poem, wrought from his own personal darkness.

**Sat 18 June 10am-1pm**

**THE ARAMAIC LORD'S PRAYER** | Discovering Jesus' profound and beautiful prayer in its original language.

**Wed 22 June 6.30-9pm**

**RESIDENTIAL RETREATS, ST OSWALD'S, WHITBY:**

**About a 10 minute drive from Whitby is St Oswald's...** a beautiful place to retreat, amidst gentle countryside where you may well spot the odd deer, owl, rabbit... It's a place of real welcome, a comfortable and homely place to relax and just 'be'. The main house has a lounge (home to a log fire), a library, a prayerful chapel with images of Saints Oswald, Hilda, Aidan and Cuthbert gracing the space. In the grounds there is a summer house, the Hild Room and an art room. Our time of retreat will include a rhythm of prayer, retreat sessions, spiritual reflection, time to be creative, relax (afternoons are free and retreatants may wish to stay in the quiet of St Oswald's and enjoy afternoon tea and cake, or possibly visit Whitby, the picturesque fishing villages of Robin Hood's Bay, Staithes, the lovely beaches of Sandsend, Runswick) - all of which are not far away. Retreats will reflect on the wonderful Saint Hilda of Whitby and Celtic Christianity, including reflection on the rich symbolism of St Hilda as a 'necklace of light', her name which means 'struggle' or 'battle' and her healing well which was seen as a place for the healing of the eyes. All this symbolism is an opportunity to explore Christian spirituality in a creative and prayerful way. On the final evening, through the Celtic imagination, we will encounter the cowherd Caedmon, who Hilda encouraged so much that he became one of England's most famous poets!

The cost (on request) includes all retreat sessions, an optional spiritual direction session, accommodation and 3 meals a day (vegetarian food / fish requested). There are 7 available places and all stay in the main house (retreat leader and 7 retreatants, so a group of 8). The lovely 8 rooms each have keys to the doors and a key for the main house door. Each room also has a sink. Bedding, towels and hand soap are provided. There are no ensembles, however there are 4 toilets, 2 showers and a bath with a shower over it, close to the rooms. Retreatants must arrange their own transport to and from St Oswald's. This is what they say on their website:

*We offer a space for you to come and just 'be': a place to come home to God, ourselves, others and creation.*

See the following link to St Oswald's website:

[St. Oswald's Community – Welcome home... \(stoswalds.community\)](https://stoswalds.community)

*Address: St Oswald's Community, Woodlands Drive, Sleights, Whitby YO21 1RY*

**DATES:**

2023 Monday 12 June leaving Friday 16 June (4 nights)

2023 Monday 6 November leaving Friday 10 November (4 nights)

2024 Monday 17 June leaving Friday 21 June (4 nights)

2024 Monday 11 November leaving Friday 15 November (4 nights)

To express an interest in attending and for further information, please contact the retreat leader: Donna Worthington - [drworthington@live.co.uk](mailto:drworthington@live.co.uk) M 07770719198