

# Themed Retreats 2009

Retreats start at 5pm and finish at 10.am.



## God mends broken things 16 –18 January 2009

Weekend retreat led by Phillip John Attwood - Brokenness can come about because of a literal loss of a loved one or of a job, or income, or relationship. Sometimes it might be more subtle and grow from the loss of a reputation, or social position in a group, or control. Phillip is particularly interested in conflict resolution and has found through some of his own painful experiences the healing and release into new life which can result.

No of nights	Std room	Ensuite	Std room shared	Ensuite shared
2	£155	£180	£280	£325



## Finding my Identity in God 3-6 February 2009

David Huggett will help you to discover who God intended you to be when he created you This is something most of us continue to do throughout our lives. Together we shall seek to understand God is to be loved and is a loving person and our identity in God in this retreat, which will be a rich mix of worship, teaching, learning and reflection. There will be generous space for quiet and stillness and the pace will be leisurely with time for relaxation.

No of nights	Std room	Ensuite	Std room shared	Ensuite shared
4	£260	£310	£470	£560



## Knowing Me, Knowing You 9-13 February 2009

Sheila Smith who teaches at Spurgeons College is leading the first of four residential events aimed at providing a combination of refreshment, knowledge and reflection. Each main theme will be self-contained, but also relate to the whole year's programme. The retreat is designed to help us understand the way people 'tick'. Considering some of our own pressures and lightening the load of them. Looking No of nights

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## Fearfully & Wonderfully Made 20-22 February 2009

Led by Audri, weekend starts with being shown how to do hand massage - receive and give massage in pairs. Colour consultation to ascertain which colours are most flattering. On Sunday award-winning London stylist Martin will give advice and is offering appointments for anyone wanting a restyle (price for restyle and blow dry approx £30) The weekend includes a free back massage.

No of nights	Std room	Ensuite	Std room shared	Ensuite shared
2	£155	£180	£280	£325



## Easter Encounter 9-14 April 2009

We are pleased to announce that Shiela Smith from Spurgeons College has agreed to lead this the most important event in the Christian calendar for us this year. It promises to be a very special time of worship and reflection. Early booking is recommended.

No of nights	Std room	Ensuite	Std room shared	Ensuite shared
5	£290	£360	£520	£650

## Song of the Shepherd 21-23 April 2009

Led by Tony Horsfall.

No of nights	Std room	Ensuite	Std room shared	Ensuite shared
2	£155	£180	£280	£325

## Beauty from Ashes 29-1 June 2009

Led by Jennifer Rees Larcombe

No of nights	Std room	Ensuite	Std room shared	Ensuite shared
3	£190	£230	£340	£415



## Grief & Loss Issues 8-12 June 2009

Sheila Smith lead the second of her retreats. Many pastoral situations incorporate these experiences. We shall think about spiritual and marital transitions as well as other implications of this topic. Is it possible that any of our unresolved loss experiences may impinge on our pastoral work?

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4	£260	£310	£470	£560



## Health & Wholeness 22-26 June 2009

A week of low calorie meals, pool aerobics, walking in the forest and by the sea and we are including in the price a back massage. We will also spend time in chapel, looking at how a God-centred life can help us to organise our priorities to lead a fuller life.

No of nights	Std room	Ensuite	Std room shared	Ensuite shared
4	£260	£310	£470	£560



## Walking with Jesus 6-10 July 2009

Debbie Hawker and David Huggett lead a quiet retreat with an important emphasis on personal reflection and processing. Personal spiritual accompaniment will be available in addition to the daily teaching sessions.

Methods of using silence to reflect on scripture will be taught and practised.

No of nights	Std room	Ensuite	Std room shared	Ensuite shared
4	£260	£310	£470	£560



## Combating a stress-filled Culture 17-20 July 2009

Led by Pamela Howarth.

No of nights	Std room	Ensuite	Std room shared	Ensuite shared
3	£190	£230	£340	£415



## What do we mean by Healing & Wholeness? 14-18 September 2009

Led by Sheila Smith

What are we doing when we are praying for others? Are there situations in which to exercise care? How significant can the matter of forgiveness be?

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