

Individually Guided Retreats (IGRs)

Individually Guided Retreats here may be for 8 days (9 nights), or for shorter periods (2 days minimum). They are very adaptable to individual needs and capacities. You meet for about 45 minutes daily with your retreat guide, with whom you are invited to share significant aspects of your prayer and other experience of the previous day. The guide's role is to help you to reflect on your experience, discern how the Holy Spirit is leading you, and help you to co-operate with that leading by suggesting passages of Scripture or other appropriate prayer exercises for the next day.

The retreats are normally silent with silent meals. You make a commitment to several specific periods of prayer daily and are usually advised not to read other books, but only the suggested Bible passages. This is to facilitate your openness to God, in Scripture and in your own experience.

Everyone is different, and you and your guide decide together what is best suited to assist you in retreat.

Items to bring with you on retreat

Guest rooms have *bibles* and some *prayer stools* are available, though you may prefer to use your own. Most people need *paper or a loose leaf book* for personal notes/drawings. Many find it relaxing to have some quiet handwork or creative craft to which they can turn. Do bring with you *materials for any appropriate hobby*. If you wish to listen to music please bring *tapes/CDs and walkman or other player with headphones*. Walking in the rural lanes and on footpaths requires *boots or sensible shoes*, and a *torch* after dusk. Linen & towels are provided.

The Community of St. Francis, Metheringham

R E T R E A T S

In a retreat the main purpose is to be available to God. Several types of retreat are available at Metheringham. If you arrange to meet with a Sister for pastoral support or retreat guidance we ask you to consider an appropriate financial contribution for this, as well as for accommodation.

Options for your retreat

Silence: Alongside periods of quiet and solitude some people value opportunities for ordinary conversation at meal times. Others find it important to be in silence throughout their retreat. We usually talk at meals, but are happy to arrange for you to eat in silence if you so choose.

Work: For some people periods of manual work are helpful. If you wish to do some manual work (eg gardening, cleaning) during your stay please ask one of the Sisters.

Private Retreats

In a private retreat you decide how to spend the time, and bring any materials or aids to prayer that you may want to use. You would not normally meet with a Sister for personal conversation or spiritual guidance during your stay. You may wish to discuss your retreat with your spiritual director or soul friend, if you have one, beforehand and/or afterwards.

Private Retreats with Pastoral Support

If you do not wish to be quite so independent you may value an opportunity, once or twice during your stay, to meet with a Sister who could offer a listening ear and pastoral support. If a retreat is a new experience for you, a Sister could help by offering suggestions as to how you might use your time in retreat.