

INDIVIDUALLY-GUIDED

SUMMER RETREAT

At Shallowford House, Stone, Staffordshire

Monday 10th – Monday 17th August 2008
(or Mon pm – Fri am/ Fri pm – Mon am)

TEAM

Rev'd Rob Hingley

Sr Clare Grimes

Rev'd Preb John Hall-Matthews

Mrs Christine Massey



ECUMENICAL

The retreat is based in the Christian scriptures and is open to all who are seeking God. The ecumenical team is composed of people with training and experience in individual guidance, according to the methods and spirituality of St. Ignatius of Loyola – a spirituality described as ‘finding God in all things’.

INDIVIDUALLY-GUIDED

Apart from the introductory sessions, the retreat is individually-guided. Scripture or other helps to prayer are suggested and each retreatant meets daily with his or her guide to reflect on the journey of the previous day's prayer. Together the retreatant and the person accompanying seek to discern the leading of God's Spirit, who enables ‘our hidden self to grow strong, and Christ to live in our hearts through faith’. [*Ephesians 3*]

NEWCOMERS to this kind of retreat are most welcome.

AN ATMOSPHERE OF SILENCE.

There is silence throughout the retreat, apart from acts of worship and meeting with the prayer guide. This silence helps us to grow in the kind of inner awareness that will sustain us later in the busyness of life. Retreatants are asked to respect each other's space and silence. Shallowford House is surrounded by quiet countryside. Although a railway line runs nearby, the neighbouring road receives little traffic, and the gardens overlook fields.

FACILITIES

Shallowford House has 27 individual rooms, including several on the ground floor. There are various lounges and meeting rooms and a chapel.

All meals are taken in the dining room; tea and coffee facilities are available in between times.

Holy Communion in the Anglican tradition is celebrated most days in the house chapel. Arrangements will be made for Roman Catholics to attend Mass at the neighbouring parish church. On certain days a non eucharistic form of worship is offered to the group as a whole. Clay and other art materials are available and an optional workshop, in which these can be explored as a help to expression and prayer, is offered at the start of the retreat.

The House has spacious grounds and there are good country walks round about.

LENGTH OF RETREAT

Three possibilities are available:

Full Retreat A:	Monday 10th August pm	-	Monday 17th August am
Retreat B:	Monday 10th August pm	-	Friday 14th August am
Retreat C:	Friday 14th August pm	-	Monday 17th August am

COSTS

The costs include full board and lodging at Shallowford House, retreat expenses and donations to the team.

Retreat A:	£ 315
Retreat B:	£ 180
Retreat C:	£ 135

DISCRETIONARY FUND

Your financial position may be such that you feel able to contribute towards enabling another person to make a retreat who would otherwise find it impossible. If you would like to do this, please send your donation to Rob Hingley [cheques to Rev R.C.Hingley Retreats].

CONCESSIONS AND GRANTS

Full-time students and those on unemployment benefit are offered these concessionary rates:

Retreat A:	£ 230
Retreat B:	£ 131
Retreat C:	£ 99

If you are eligible for this concession, please give details when applying.

Some **Grants** may be available from the Birmingham Diocesan Board of Lay Ministry, or our discretionary fund.

If you think you may be eligible for a grant, please write in with your application, giving details.

APPLICATIONS

- To apply for this retreat,
- a) Complete the enclosed **Shallowford House booking form**
Send it with a deposit of £40 to Shallowford House
 - b) Complete the Individually-Guide **Summer Retreat form**
Send it with a stamped addressed envelope to;
Rev. R.C. Hingley,
St Bernard's Vicarage,
147 Hamstead Road
Great Barr,
Birmingham, B43 5BB

INDIVIDUALLY-GUIDED SUMMER RETREAT

I would like to take part in the following retreat:

- RETREAT A:** Monday 10th August pm - Monday 17th August am [] Please tick
RETREAT B: Monday 10th August pm - Friday 14th August am [] appropriate
RETREAT C: Friday 14th August pm - Monday 17th August am [] box

Name:Ms/Mr/Mrs/Miss/Rev'd/Sr/Other.....

Address:
.....

Tel:

In deciding the best suitability for guides to retreatants, some further information would be helpful.

I have/have not made an individually guided retreat before

Christian denomination or other

Age

Occupation/s

Interests

Please add anything else you feel is relevant (overleaf if necessary)

.....
.....
.....

We assume you are willing to accept the retreat guide appointed, but if you wish to state a preference this will be taken into consideration.

Transport: If you could offer, or need a lift, to Shallowford House for arrival on Monday 10th August or Friday 14th August, please indicate this here:

Signed: **Date:**