



Epiphany House

Individually Guided Retreat

Friday 26th—Sunday 28th October 2018

Theme (optional): 'God in the shadow'



Retreat leaders: Revd. Bryan West and Revd. Mary West. Come as you are and set aside time to meet God, led by an experienced prayer guide. Follow the theme or choose your own pathway.

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About this retreat

During the retreat you meet with an experienced prayer guide on a daily, one to one, basis. You are welcome to follow the theme* if you wish, or choose your own pathway. The guide has no pre-set agenda but instead listens to your life and faith concerns, the joys, the sorrows, the hopes and the fears, and suggests ways you might be enabled to explore these concerns with God. To help with this, different passages of scripture will be offered for your time in private prayer. The guide will also help you to plan how you use the day ahead. Each meeting with your prayer-guide lasts between 40 and 50 minutes.

Apart from these meetings, each day of an IGR contains time for your individual reflection, time of prayer, and opportunities for walking or other relaxation. This retreat is in silence from evening prayer on the first night until after lunch on Sunday, apart from the daily Service and the meetings with your prayer guide. This is to minimise distractions and to enable you to get in touch with what is deepest in yourself. Above all, an IGR is a time to **“Be still and know that I am God”** - a God who waits for each one of us, individually, with love.

Retreat at Epiphany House

Smaller than some retreat centres with just 12 guest bedrooms, Epiphany House is an historic, comfortable and peaceful house set in lovely gardens. Each bedroom has a hand basin and is close to bathroom facilities (bathrobes are provided). Our catering team enjoy a well-deserved reputation for good food and all meals will be freshly prepared in-house.

Arrival & departure

The retreat begins at 4pm on the Friday (the evening meal will be at 6pm). The retreat will conclude on Sunday at 4pm. The house has plenty of free parking and is easily accessible from Truro city centre and the railway station.

Booking

The cost is £175 including accommodation and all meals. Please book by Friday 5th October to ensure your place. We have a bursary fund available for those in financial need who would otherwise not be able to attend this retreat. We cater for vegetarians and will do our best to cater for medically essential dietary requirements such as nut, dairy, wheat and gluten allergies. Please ensure that you inform us of special dietary or mobility needs when you book.

For more information or to book your place, please contact the office:
email info@epiphanyhouse.co.uk or tel. 01872 272249.

**The optional theme for this retreat: ‘God in the shadow’. From his work Carl Jung formed his archetypes of the psyche. His ideas related to ‘shadow’ have the potential to illumine ones thinking about oneself and God. This IGR offers an opportunity to examine ‘shadow’ and how the idea might assist one’s spiritual journey.*