

The retreat in daily life through reflection, group work, one-to-one spiritual direction, journalling, prayer and meditation offers people the opportunity over a number of weeks to begin to play/pray with these.

We have an ecumenical team of qualified, experienced Spiritual Directors/Companions to accompany us.



Further Information:

Susanna Pain
 Chaplain and Spiritual Companion for the Arts,
 Australian Centre for Christianity and Culture
 0418 637 469
 Email: susanna.pain@gmail.com



Registration:

Name:

Address:

Phone Nos.

Email:

If you wish to do so, write briefly on what moves you to make this Retreat.

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Please register me for the Retreat in Daily Life:

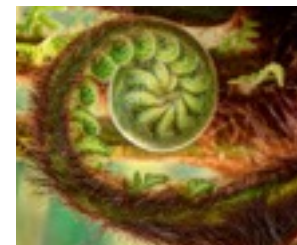
- Early Bird Cost \$200 (by 14/01/16)
- Full Cost \$250 (by 10/2/16)

Payment can be made by:
 EFT to S L Pain:
 BSB 702389 A/c 0520940 (please quote RIDL and your name as the reference).

Australian Centre for Christianity and Culture

INTEGRITY FOR LIVING

A Retreat In Daily Life



Lent 2016

Identify and trust your own experiences of God

Integrate spirituality into your daily life

Discern and make difficult choices

Share your hopes, struggles and losses

Develop a sensitivity for justice and concern for the poor

What does it involve?

- Weekly Sunday afternoon gatherings during February/ March for reflection, prayer, meditation, and listening.
- Retreatants meet with a spiritual companion for a half to one hour about four times during the retreat.
- During the week, retreatants are expected to continue their normal daily activities, keeping the time as free as possible from unnecessary distractions, to listen, to notice, to reflect and to pray.



Why?

The retreat in daily life allows busy people the opportunity to focus on God in the middle of the everyday, and the challenge to integrate prayer, faith and work.

Those who have participated in these retreats in the past were all busy people: students, professionals, people involved in voluntary work and several mothers of young children. The ages of participants ranged from early twenties to mid eighties, both men and women.

For many it was impossible to retreat away, so this provided a unique opportunity for them to *'get in touch with their life force and still live'*, as one participant put it.

'It was a profound life changing experience', said one person.

'It was really valuable and I learnt a lot', said another.

Where?

Australian Centre for Christianity and Culture, Chapel
1 Blackall Street, Barton

When?

six Sundays
14 February-20 March 2016
3.30 pm-5.00 pm

About four meetings with a spiritual director/companion are arranged at mutually convenient times.

Cost?

Full cost \$250 payable by 10 February 2016 [Concessions available]

Early bird \$200
(payable in full by 14 January 2016)