



a week of guided prayer

# **RETREAT**

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2/9 - 8/9

*a chance to go deeper with God*

**What is it for?** An opportunity to spend a week alongside a Prayer Guide intentionally deepening and enriching your relationship with God. You can talk confidentially and explore different ways of praying. The week is set aside for you and God.

**Who is it for?** All of us, you! – wherever ‘you’re at’.

**How does it happen?** It’s hosted at Ascension and takes place alongside your daily life. The guides, led by Revd Joanna Percival, are experienced, independent of the Ascension Team and from the Winchester Spiritual Director’s list.

**What does it involve?** We will all gather at 3pm on Sunday 2nd September. You will meet your Prayer Guide and we will begin in worship together. Every day you will spend up to half an hour with your Guide who will listen, help you reflect on your walk with God and give you suggestions to meditate on, during another 30 minutes of quiet time at home before you meet up again. We will end with a celebration on Saturday at 10.30am in the Church.

**Cost:** to help cover costs we ask for a donation of £40. Bursaries are available so don’t be put off by cost, such requests will be treated in the strictest confidence.

“This week gave me a huge sense of peace and a real closeness to God” Linda

“It was great to make time for ourselves and being with God” Christine

“I’d recommend it to anyone wanting to go deeper in their faith. A great opportunity to be challenged to go deeper with God in a new way.” Will

“We come with our own agenda but God always surprises us and brings us healing” Jenny

**Book:** For more information or to book please fill in the form attached and hand it to Jenny Hewett or online at [ascensionsouthampton.co.uk/retreat](http://ascensionsouthampton.co.uk/retreat)

**Note to self:**

I requested afternoons / evenings

# Application Form

I wish to take part in the Week of Guided Prayer  
in the Church of the Ascension  
Sunday 2<sup>nd</sup> September to Saturday 8<sup>th</sup> September

Your name: .....

Contact details:

Address .....

Phone No. ....

Email: .....

**I would prefer to meet with my Prayer Guide**

**In the afternoon**

**In the evening**

*If you would like to be a part but are only available in the mornings, please let Jenny know.*

**Signed** .....

**Please return this form to Jenny Hewett, by 30<sup>th</sup> June**

**reader@ascensionsouthampton.co.uk**

**or online at ascensionsouthampton.co.uk/retreat**

**The contact details included on this form will be kept by Jenny Hewett and passed to your Prayer Guide. They will be used only for communicating information about this week.**