

# INDIVIDUALLY GUIDED RETREAT

Friday 14th -  
Sunday 16th  
February 2020

*My beloved speaks and says to me:  
"Arise, my love, my fair one, and  
come away; for now the winter is  
past, the rain is over and gone. The  
flowers appear on the earth; the time  
of singing has come, and the voice of  
the turtledove is heard in our land.*

Song of Songs 2:10-12

Leaders:

Revd Leslie Attwood

Revd Jane Horton

Epiphany House, Truro

[info@epiphanyhouse.co.uk](mailto:info@epiphanyhouse.co.uk)

01872 272249



## **About this retreat**

During the retreat you meet with an experienced prayer guide on a daily, one to one, basis. 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 24th January 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](mailto:info@epiphanyhouse.co.uk) or tel. 01872 272249.