

Quiet Fridays

'Come away to some lonely place and rest for a while'

[Mark 6:31]

January 13th	2012	July 13th
February 10th		September 14th
March 9th		October 12th
April 13th		November 9th
May 11th		December 14th
June 8th		

Prior booking is essential, please contact the Bookings Secretary (overleaf)

We welcome men and women of all Christian denominations and none.

An opportunity for individuals* to encounter God through prayer and reflection in space and silence.

Take time for stillness and solitude; enjoy the attractive grounds and Quiet Garden.

Join the monastic Midday Prayer in the Abbey church.

A monk will be available to offer spiritual help and guidance to a limited number of individuals.

The Day: Arrivals from 10.00 for a 10:30 start, until 3.30 pm. The day is based in the Day Centre (Compass House)

Coffee, Tea provided, please bring your own packed lunch

Donation of £12 (£8 concessions) is requested on the day

Dona-

* Parishes or organisations wishing to bring a *group* of people will be asked to attend our other Day Retreats or arrange their own days; Quiet Fridays are exclusively for *individuals*.

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