

# Living Hope Retreats

*A time to relax and engage with the presence of God*

## One-day retreats at Holy Trinity Church

### Programme for 2022:

- 29 Jan The hope of healing revealed by Jesus
- 14 Apr The hope found in the journey to the cross
- 4 Jun The hope of hearing God speak in daily life
- 23 Jul The hope of God's restoration through grief and loss
- 24 Sep The hope of God's peace found in anxiety
- 3 Dec The hope found in the journey of Advent

Retreats led by Rev Laura Hewitt (Priest in Charge) and team

Each retreat is 10am-5pm

£25 for the day (includes lunch)

**To book** email [holytrinitychurchlyonsdown@gmail.com](mailto:holytrinitychurchlyonsdown@gmail.com) or if you do not have access to email please ring 07530 188773. Please indicate the retreat you wish to attend, along with any dietary requirements. Numbers are limited. Payment details will be sent to you on booking

**For more details** visit [www.holytrinitylyonsdown.org.uk](http://www.holytrinitylyonsdown.org.uk)

*What to expect throughout the day*

**Reflections** on the topic from the leader, that will hopefully direct your thoughts and prayers during the day

**Times of corporate worship**

**Quiet times** to pray, relax, rest, journal, engage with Scripture, do art and craft, explore the garden (this time is your own to decide)

**Different areas** will be available including prayer stations, sitting areas, art/craft, our garden (weather permitting)

**Refreshments:** good food for lunch, with tea and coffee available throughout the day

Mostly this is a space for you to spend time with Jesus (Father, Son and Holy Spirit) and be directed by the Spirit and refreshed!