

OUR VISION

Many of us today recognise the inner call to take time out, to review life, with the aim of discovering a deeper sense of living a fulfilled life. We wish to offer a place in Trafford Park ('The Park') for just that. An opportunity to step aside, from time to time, to reflect on life.

THE PROJECT

Retreat in the Park is a spiritual project that is rooted in Christian tradition, and the belief that retreating from life, now and then, provides an essential opportunity to discover and maintain a deep sense of how we are called to live a deeply meaningful life. It is open to people of all and no faith.

It is a new initiative within in our existing project 'Life to the Full!'

We believe that for many of us, attending retreat houses may not be practical. We seek to offer a place where this stepping aside to review life, is made available on our door step, in ways that are accessible to our daily lives.

'Retreat in the Park' seeks to offer a quiet space, and an opportunity to explore spiritual and reflective ways of living.

WHO WE ARE

The Project is led by Colette Burke who is trained in retreat giving and spiritual direction in the tradition of St. Ignatius of Loyola. She is a visiting spiritual director at St. Beuno's Ignatian Retreat House in North Wales. Colette's background is in family law, she is a retired solicitor and continues to practise as a family mediator. In addition she regularly volunteers with the Missionaries of Charity Brothers here in Manchester and in Peru, where the Brothers have a Home for 26 profoundly disabled, abandoned boys.

Colette's discovery of this way of spiritual awareness, arose as a result of her taking time out to review her life. This journey led her along an unexpected and exciting path, working as a volunteer with the Brothers and training as a spiritual guide ...and overall to a far deeper sense of living 'life to the full!'



THE INVITATION

We are looking to set up this new initiative which focuses on those living and working in and around the Trafford Park area, however all are welcome. We are inviting all who are interested to come along to an initial group meeting in which we will share what we can offer and listen to your thoughts on what may be of interest to you. This will help us to structure our project, accordingly.

It is anticipated that the project will centre on either private one to one meetings and/or group meetings, using spiritual meditative techniques, exercises and 'tools', that can help to set us on a daily journey of discovering how we are called by God to be our true and best selves.



THE DAILY EXAMEN

One key spiritual tool or exercise, is known as the 'Examen' whereby each day a little quiet time is set aside to reflect on two basic questions;

1. At what moment did I feel most alive today? What was the source of that feeling? Give thanks for it.
2. At what moment did I feel drained of life today? What or who gave rise to that feeling?

By keeping a note of these 'feelings' it will become evident where God may be calling us to make changes that are needed to live a fuller and healthier life. These changes may relate to day to day matters or to more fundamental issues in life.

SOME THOUGHTS TO PONDER

- How would I describe my mission in life?

Do I have a sense of being called to something 'more' in life?

- Do I take time out to reflect on what I want from life?
- When do I feel most alive?
- What or who drains me of life?

If we believe that God, our creator loved us into life and constantly calls us to live life to the full, then every moment is an opportunity to be treasured.

By taking a few quiet moments each day, we can become more aware of our feelings and emotions. This can lead us to discovering our unique pathway to living with a deep sense of fulfilment, joy and peace - whatever life holds for us.

If you are interested in discovering more, please contact us to discuss matters further.

St. Antony's
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Retreat

in the Park

*Peace of mind, body
and soul....*

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