

Explore new ways of praying
Find help with any kind of decision

St. Antony's
Good Works



Retreat In The Park

St Antony's Centre,
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Trafford Park,
Manchester M17 1JF

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St. Antony's Centre for Church and Industry

Retreat in Daily Life



Opening meeting to be held on
Tuesday 24th September followed by
meetings on
Tuesdays 1st 8th 15th and 22nd October 2019

Perfect for busy people

Take some time out
Deepen your relationship with God

What is a retreat in daily life?

It can take a variety of forms but in essence involves a time of private daily prayer (aiming at 30 minutes) and one meeting a week for four weeks, with an experienced prayer guide. These individual meetings typically last up to 45 minutes. These meetings will take place on Tuesdays, starting on 1st October and each Tuesday thereafter, ending on 22nd October.

Who is it for?

Anyone who is already Christian and who wants to deepen their prayer life, or someone who is not sure what they believe but is willing to take a risk and seriously explore the reality of God. Either way, it is for any generous soul willing to commit to the elements of the retreat. Just come as you are.

How much does it cost?

There is no fixed cost but donations are appreciated for those who feel able to contribute.

How will the retreat fit in with the rest of life?

Keeping to the half hour meditation each day is not always easy, but the retreat aims at keeping the time commitment practical so as to run alongside your normal week.

How do I sign up?

As soon as you know you want to participate, please send in your completed form. It helps the organisers to know how many are taking part as soon as possible. Places are limited.



What is the programme?

The core elements of the week are prayer for half-an-hour each day, reviewing how that prayer time went, and meetings with your prayer guide four times. There are other components of the week. Introductory and closing meetings top and tail the week with helpful suggestions.

Why do the retreat?

When we are generous, God is more so. We encounter a God who loves and calls us. It can also be a great help in making or confirming decisions, big or small.

But I don't know how to pray?

Join the club! This is not a problem. In fact, such honesty is a good start.

Who organises the week?

The retreat will be led by Colette Burke who runs 'Retreat in the Park' and 'Life to the Full!' spirituality projects, based at St Antony's Centre. Colette is an experienced spiritual guide, trained in the Ignatian tradition. Other experienced prayer guides may join the team depending on the numbers involved.

Where is the venue?

Meetings for the retreat will take place at St Antony's Centre where there is free parking

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