

## FORMATION DEPARTMENT

### SPIRITUALITY - RETREAT PROGRAMME 2022-23

We are pleased to offer the following monthly retreat programme led by Donna Worthington.

The day retreats are hosted at the new centre at

Our Lady of Lourdes and St Gerard Majella, Brownedge Rd, Lostock Hall

**Saturday 10th September 2022: - JOHN OF THE CROSS' SPIRITUAL CANTICLE** | *Explore this exquisite poem, wrought from his own personal darkness.*

**Tuesday 4th October 2022: - THE WATER INTO WINE** (John 2:1-11)| *The symbol of empty water jars and new wine: emptying ourselves, to offer a space for life lived in all its fullness.*

**Thursday 8th December 2022: - ADVENT MYSTERY** | *A Journey with Mary who gives birth to the Word.*

**Friday 10th February 2023: - INTRO TO IGNATIAN PRAYER** | *Using our imagination to open up a space to be attentive to God.*

**Saturday 11th March 2023: - LENTEN JOURNEY**| *Into the Wilderness, Jesus' final words in his Farewell Discourses, waiting with him in Gethsemane.*

**Saturday 13th May 2023: - PENTECOST** | *The divine fire and the call to go forth into a life based on freedom and hope.*

**Wednesday 7th June 2023: - THE PRACTICE OF THE PRESENCE OF GOD** | *Br Lawrence's wisdom on prayer as part of our daily lives.*

**Monday 3rd July 2023: LECTIO DIVINA** | *An ancient monastic approach, being led by the Holy Spirit through Scripture.*

**The Retreats: 11.30am-3pm  
(including 30 mins lunch – please bring a packed lunch)**

**Cost £20 (per retreat)**

**To register an initial interest for a particular retreat(s) by**

**MONDAY 29<sup>th</sup> AUGUST 2022**

**Please contact the Parish office on  
01772 335387**

**Or**

**Email – [office@saintgerards.org.uk](mailto:office@saintgerards.org.uk)**

**Please include your name and contact details and the retreat(s) you are interested in.**

**Please note – a MINIMUM of 15 people are required for a retreat to be offered.**

