

**Retreat In Daily Life**  
**A transformation journey**  
1st August-1st September 2024  
Benedictus Contemplative Church



- Identify and trust your own experiences of God
- Integrate spirituality into your daily life
- Discern and make difficult choices
- Share your hopes, struggles and losses
- Develop a sensitivity for justice and concern for the poor

The retreat in daily life through reflection, group work, one-to-one spiritual direction, journalling, prayer and meditation offers people the opportunity over a number of weeks to begin to play/ pray with these.

We have an ecumenical team of qualified, experienced Spiritual Directors/Companions to accompany us.

**What does it involve?**

- Four Sunday morning Zoom gatherings with Mark Burrows for his series 'Deep Simplicity with Meister Eckhart', 10-11.30am AEST (see flyer for information)
- Gatherings with other retreatants either online or in person
- Retreatants meet with a spiritual companion for a half to one hour about four times during the retreat.
- During the week, retreatants are expected to continue their normal daily activities, keeping the time as free as possible from unnecessary distractions, to listen, to notice, to reflect and to pray.

**Why?**

The retreat in daily life allows busy people the opportunity to focus on God in the middle of the everyday, and engage with the challenge to integrate prayer, faith and work. Those who have participated in these retreats in the past were all busy people: professionals, students, grandparents, people involved in voluntary work and several mothers of young children. The ages of participants ranged from early twenties to mid-eighties, all genders.

For many it was impossible to retreat away, so this provided a unique opportunity for them to 'get in touch with their life force and still live', as one participant put it.

**When?**

1st August to 1st September

About four to five meetings with a spiritual director/companion are arranged at mutually convenient times.

**Cost?**

Full cost \$250 payable by 15 July. Registration for Retreat in Daily Life includes participation in Mark Burrows' series (no need to register or pay separately) Scholarships available. Please don't let money concerns stop you from being part of this experience.

To register click [here](#)



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