



RETREAT IN DAILY LIFE 2025

BENEDICTUS CONTEMPLATIVE CHURCH SUNDAY 2 MARCH — SUNDAY 13 APRIL

ENRICH YOUR LENTEN EXPERIENCE
AND AWAKEN YOUR SOUL TO THE DIVINE
DEEP DOWN AND ALL AROUND
WITHIN THE ORDINARINESS OF LIFE.

Rather than taking you away from your usual environment and relationships, a retreat in daily life offers the opportunity for you to focus on finding God in the middle of the everyday. You might choose to weave new practices into your life or simply immerse yourself in what is already there. Many find a retreat in daily life brings significant growth to their life with God.

What does this retreat involve?

- Setting aside six weeks for soul care amidst your usual activities.
- Simplifying your life as much as possible to make space for your heart's desire.
- Participating in worship with the Benedictus community to receive inspiration and support for the journey.
- Receiving 5-6, half-hour to one-hour sessions with a trained spiritual companion.
- Gathering with other retreatants online or in person for sharing.

Spiritual Companionship is an ancient ministry of deep listening. Companions hold welcoming space for you to share what you wish of your experience. Through open-ended questions, they help you explore where the Spirit is moving in your life and how you might like to respond.

When?

- Online preliminary gathering 4:00 pm—5:30 pm (AEDT) Sunday 2 March, then time to touch base on 9 March, 23 March and 13 April.
- Face to face for those in or near Canberra on 16 & 30 March.
- Sessions with spiritual companions occur at a mutually agreed upon time and location.

Full cost is \$300

For bookings: <https://www.trybooking.com/CXUAW>

Scholarships are available. Please don't let money concerns stop you from being part of this experience. Contact Susanna Pain for information.

For more information or to express your interest, please contact Susanna Pain 0418 637 469 or susannapain63@gmail.com