

## Retreat in Daily Life: An opportunity to pray together

During the Coronavirus lockdown, and while our church building is closed, we're finding ways to build our faith lives and community together even if we can't meet in person.

### ***Retreat in Daily Life is part of doing this. This is how it works:***

The retreat runs for 4 weeks from Mon 31<sup>st</sup> May. This is the week following Pentecost and three weeks after and our theme will be **"God's Gifts To Us"** encouraging us to reflect what gifts God gives us each day of our lives, as individuals and a parish community, especially at this difficult time.

Any member of our parish is welcome to join in.

If you'd like to be involved contact Miriam through WhatsApp, you'll find her number on the WhatsApp chat. Alternatively email: [miriam@mmchardy.org.uk](mailto:miriam@mmchardy.org.uk) by Wednesday 27<sup>th</sup> May.

By joining the retreat you are invited to pray at least once a day.

You can pray anyway that suits you, from saying the rosary to Lectio Divino. Miriam will send out scripture readings every week for anyone interested in using them, and we'll also make prayer ideas available through email, WhatsApp and the website.

You can keep notes on the prayer experience or try to remember it because you're invited to share it.

Before the retreat starts you'll be paired up with a prayer partner, another parishioner. You will be asked for your phone number and permission to share this with them.

If there is someone you would be uncomfortable being paired with please let us know. This will be kept confidential.

With your prayer partner arrange a time once a week to speak to each other by phone about your prayer experience. You could also share by video call if you would both be happy with that.

The following questions might guide you in your conversation.

- How easy did you find it to make time for prayer this week?
- Did anything surprise you during your praying time?
- Where did you notice God in your life this week?
- Have you tried anything new in your prayer? This might include new things in familiar prayer.

Only share what you are comfortable with and please don't share what has been shared with you during your conversations. Sharing our reflections on prayer can encourage us to notice where God is working in our lives, even in the smallest moments of a bird's song, or a message from a friend.

Our formal retreat will finish on Sunday 22<sup>nd</sup> June but don't feel you have to stop praying, or being in touch with your prayer partner if you want to carry on!

Please let us know how you get on too through WhatsApp, email or Facebook.