

## **What people have said**

**‘The combination of serious work on our own and a profound openness in the group is very powerful.’**

**‘An Open Door Retreat is like an iceberg; most of it is unseen’**

**‘It has been a profound experience for me. No matter what your background is, you are accepted unconditionally....There is a strong sense of belonging, as the members of the group support and uphold each other in prayer, both in the sessions and during the period in between.’**

**\* \* \* \* \***

**‘May God give you the power through his spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith’  
Ephesians 3, 16-17.**

**How about an**

# **Open Door Retreat**

**in your area?**

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**A way of following a retreat in daily life, with a group, over a 9-week period**

## **What is an Open Door Retreat?**

**Open Door Retreats are a way of deepening the spiritual life of members of a congregation or of a group of local churches, within the context of a group that journeys together.**

**The group (maximum 10 people), meets weekly for 9 2-hour sessions.**

**Individuals commit themselves to spending a minimum of 15 minutes a day in prayer and reflection, and to sharing what they choose to with the group.**

**The material used follows an Ignatian pattern, looking at God's love for us, our call and the way we follow Christ. Suggestions are given each week for participants to reflect on.**

## **Who would lead the sessions?**

**The group sessions are led by 2 trained co-leaders. They gently guide the participants through the programme, using a mixture of prayer, music, silence and their own experience.**

**They also participate themselves in the retreat, using the same material as everyone else.**

**A number of people in the Bristol area have been trained in leading these retreats by the Cenacle Community, who first devised them.**

## **How to find out more**

**Please contact Catherine Richards, of Bristol Spirituality Network. (0117 974 4062)**

**She is in touch with leaders who may be available to come to your area.**