



ST SAVIOUR'S CHURCH

PLESHEY SUMMER RETREAT

Christian Life as Eucharist

TAKE - BLESS - BREAK - GIVE

FRIDAY 29 - SUNDAY 31 AUGUST
2025

“The House of Retreat is a place where people from all walks of life come to seek God & to search for a fuller life”



The House of Retreat is a place where people from all walks of life come to seek God and to search for a fuller life. Choosing to go on retreat, or attend a quiet day is our response to God's call - God's invitation. The House of Retreat embodies God's love and generosity received day by day, expressed in the carefully tended garden, the worship, the hospitality and care of the house staff, grounded in waiting on God in prayer over many years.

The Diocesan House of Retreat at Pleshey continues the vision of those who established this House of Prayer in 1909 as a place of peace and stillness where we can come into the presence of God and rediscover the power of his love. Guests come to a place many have called a 'thin place between heaven and earth'.

Welcomed into a safe environment, visitors are enabled to explore their relationship with God and deepen their prayer. Taking time to abide in prayer, was not an escape for Jesus but rather a drinking deep from the living water, the well - the source of his dynamic ministry which then overflowed into a way of life that was deeply attentive to all who sought him out. The simple and beautiful Chapel at Pleshey provides a focus for individuals and groups to be still. It is a Sabbath space, where God invites us to be with him; where we can begin to see the creation, other people and even ourselves, with God's eyes of love.

You can find out more about the House of Retreat at retreathousepleshey.com

St Saviour's Parish Retreat has a long association with Pleshey

often taking place every other year in late spring. Since 2018 the format has been re-shaped to make it more suitable for 'first-timers' for whom total silence throughout the whole weekend might be more than a little scary! The new format has meant we can make the weekend accessible to more people, and also make it an *annual* opportunity for prayer & spiritual reflection alternating the venue between Pleshey and Walsingham in Norfolk.

So if you have never experienced a retreat before then please think about coming along and giving it a try! The programme is entirely optional for you to come and go as you please. The gardens are beautiful and the picturesque village offers plenty of gentle space for walking. After Compline each evening some will opt for an early night and others will head for the pub - neither being a more 'holy' pursuit than the other. Having a chance to chat and get to know each other better is an important part of the experience as well!

THEME

The optional retreat addresses will explore the link between our experience of Christian discipleship and the four-fold action we share in at every Eucharist when bread is taken, blessed, broken and given. Our reflections should help us to 'find ourselves' and our own lives and personalities at the very heart of our worship week by week, and deepen our sense of each individual being part of the Body of Christ.

COST

Accommodation for the weekend is 2 nights full board, with *en suite* facilities costing £252 per person. Transport will be in private cars, so a contribution to petrol costs will be extra and by arrangement with the driver.



BOOKING FORM

NAME:

TELEPHONE:

EMAIL:

DIETRY REQUIREMENTS:

RELEVANT MEDICAL INFORMATION:

EMERGENCY CONTACT
(Name & Phone)

Please enclose full payment of **£252** (cash or cheque) or bank transfer with the reference/note 'Pleshey' to:

St Saviour's Parochial Church Council
Account No: 80779075
Sort Code: 20-74-09

Please tick as applicable:

I enclose payment with this form

I have paid by bank transfer



DRAFT PROGRAMME

Friday 29 August

Travel to Pleshey, about an hours drive from St Albans. Rooms will be available from 2pm but you are welcome to arrive earlier to enjoy the garden and facilities.

- 6.30pm House meeting
- 7.00pm Dinner
- 8.15pm Welcome & Introduction
- 8.25pm First Address: **TAKE**
- 8.40pm *Silence*
- 9.15pm Compline

Saturday 30 August

- 8.00am Morning Prayer
- 8.30am Breakfast
- 9.30am Second Address: **BLESS**
- 9.45am *Silence*
- 11.30am Third Address: **BREAK**
- 11.45am *Silence*
- 12noon Mass
- 12.30pm Lunch followed by free time
- 4.30pm Afternoon Tea in the Garden
- 6.00pm Evening Prayer
- 6.30pm Dinner
- 8.00pm Fourth Address: **GIVE**
- 8.45pm *Silence with exposition of the Sacrament in the Chapel*
- 9.00pm Benediction & Compline

Sunday 31 August

- 8.00am Morning Prayer
- 8.30am Breakfast
- 10.00am Fifth Address: **EUCHARIST**
- 10.15am *Silence*
- 11.00am Mass with Anointing
- 11.45am Free Time
- 12.30pm Lunch
- 2.00pm Depart