



This six-day Retreat in Daily Life is an invitation to pray, read, reflect, contemplate and deepen your spiritual-faith life at a time that suits your daily rhythm.

RETREAT PROCESS

There are three opportunities to join with other retreatants for a short conversation:

- *Conversation 1: Following 9.00am Mass and morning tea, Holy Family Church Ulladulla, on Sunday 11 October.*
- *Conversation 2: Following 10.00am LoWaC, Holy Family Church Ulladulla on Tuesday 13 October. A time for checking-in and faith-sharing with fellow retreatants.*
- *Conversation 3: following the Holy Hour, Mass, morning tea, Friday 16 October. Reflecting on and celebrating the retreat experience.*

There is also an opportunity for an 30 minute meeting with Fr Michael for a conversation and/or for the Sacrament of Reconciliation during this time (by appointment).

Please note that attendance at Mass etc may not be relevant to you in your situation eg if you are participating in the retreat from a distance or are house-bound. These times of getting together are not an essential part of the retreat which is designed for participation no matter what your circumstances.

Individually and in their own time retreatants may daily engage in the following suggested optional activities:

- pray for 30-60 minutes
- read, study, ponder and pray using a selection of the Biblical texts proclaimed at the daily Mass
A format with daily ideas for readings, reflection is provided (either hard copy or, preferably, via email as links for appropriate hymns are included).
- participate in one or more weekday Eucharistic celebration
- engage in spiritual reading
- spend time in nature
- keep a spiritual journal
- explore the spiritual richness of the Liturgy of the Hours (appropriate resources can be provided)
- take part in a social-eco justice spiritual practice (suggestions will be provided)

Retreat Dates: Sunday 11 October to Friday 16 October inclusive

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Jesus said to them, "Come away to a quiet place all by yourselves and rest a while."

