

Spring Retreat Day

“Lighting the Way”



Saturday 16th February, 10.30 - 15.30

St Michaels and All Angels, Helensburgh

Long before Christianity, welcoming the light of Spring has been honoured by many different cultures, religions and traditions. This inclusive retreat day is open to all who wish to explore the concepts of 'Light' at this time of year.

A retreat offers each one of us space and time to focus on the 'Light' that has accompanied us on our life journeys. There will be time to reflect on our own inner 'Light' and how we might wish to 'Light our way' in the future.

10.30-11.00 Gathering - tea/coffee

Our human need for light – an interfaith perspective - Lorna

11.00-12.30 Retreat time: The light around us - Monica

12.30-13.30 Lunch (bring a sandwich. Soup will be provided)

13.30-15.00 Retreat time: Guided Meditation – Lorna

Creative ways to explore our own inner light - Elspeth

15.00-15.30 Coming together to close

Candle light reflections

The day will be facilitated by Lorna, Elspeth and Monica who have experienced and valued taking part in a variety of retreats for the past 30 years. They are delighted to host this event in Helensburgh, offering people quiet space and time to explore their own inner journey. Their collective experience embraces interfaith and includes personal, spiritual and creative development.

Diocese of Glasgow & Galloway

A Diocese of the Scottish Episcopal Church

<https://glasgow.anglican.org>

Bring layers of clothing to ensure that you keep warm throughout the day.

To find out more or to book a place on this retreat, please call or text 07982 910507

by 9th February 2019.