

The St Andrews Diocesan Spirituality Group

Offers

Faith Accompaniment

Retreats in Daily Life

Quiet Days

2010 - 2011

Who are we?

Laity and clergy from all parts of the Diocese. We have already run several week and six-week retreats, and are accompanying people on an ongoing basis.

This work is being done as a result of experience gained by participation in a two year Faith Accompaniment Course and a nine month Retreat in Daily Life. Both were based on Ignatian principles and run by the Craighead Spirituality Centre.

For our own continued growth, and to further our work with the people we guide, we maintain a programme of supervision. We may from time to time bring in people of similar experience to help with our work.

Programme Dates

Quiet Days are usually on a Saturday and run from 10.00 am to 4.00 pm
Cost: £6

For this session, the subject of the days will be based on journeys - biblical journeys and our own journeys, actual and spiritual.

2011

Feb 19th 24 Barossa Place

March 19th Newport on Tay

April 2nd Pittenweem

April 16th 24 Barossa Place

May (date to be confirmed) Strathmiglo

June 4th Strathtay

Aug 19 -26th **Retreat** at St Drostan's, Glenesk



Casting the Net 5th Mark of Mission – Nurturing faith through lifelong learning and mutual support

Faith Accompaniment

What is it?

It is a way of

- exploring your prayer life
- deepening your relationship with God
- growing in spirituality through the experience of ongoing reflection with a trusted companion

Who is it for?

It is for anyone from any tradition at any

stage of their spiritual journey

- just interested
- just beginning
- wishing to go deeper

Because of its one-to-one nature Faith Accompaniment is very flexible, and can be tailored to meet individual needs and circumstances.

Faith Accompaniment meets you where *you* are and leads you forward

Retreats in Daily Life

The group also offers to run guided prayer weeks in congregations. The members of the group act as individual prayer guides to those who have chosen to take part.

Retreats take place over one or more weeks, for instance during Lent.

For a week's retreat there are daily meetings at a convenient time, and biblical material is offered as a basis for prayer.

For longer retreats there are weekly meetings.

This kind of retreat in daily life can take place with a varying number of people as the main aim is the spiritual growth of the individual.

A group from a congregation may number anything from 6 to 24.

Although work is done on a one-to-one basis, the result often deepens the ongoing spiritual life of the congregation as a whole.

Quiet Days

A programme of quiet days exploring different aspects of spirituality is also offered. These usually take place on Saturdays at 24 Barossa Place, from 10.00 am - 4.00 pm, with lunch provided. The Group is also happy to organise Quiet Days for individual congregations by arrangement.

Charges

Although no charges are made for either Faith Accompaniment or for the Retreats in Daily Life, we need to recover any expenses incurred.

The charges for Quiet Days are calculated to cover costs.

For more details and booking, please contact Rev. Celia Matthews c/o The Diocesan Office

Tel: 01738 – 443173

office@standrews.anglican.org