

## Retreat in Daily Working Life for those working in the Birmingham Business Community

You are invited to take part in a six week Ignatian individually guided retreat in daily working life. The retreat is flexible, to fit around the demands of working life.

### What does the Retreat in Daily Working Life involve?

- **Daily private prayer:** The heart of the retreat is private individual prayer. You are invited to make a commitment to pray privately, daily, over the six weeks, for whatever period you can manage each day, but we recommend at least 30 minutes a day.
- **Weekly individual meeting with your prayer guide:** Once a week, you will meet with your allocated prayer guide for about 30 minutes, at a time and place in the city centre that works for you, fitting around your work commitments – or even at the home of the individual or the prayer guide, if this works for you both. You will arrange the details together with your prayer guide.
- **Group meetings to begin and end the retreat:** Although this is not a group retreat or prayer group, there is a sense in which everyone making the retreat is journeying together. They will be travelling in different directions depending on where God calls them, but towards the same goal – a deepening of their relationship with God. So the retreat starts with a group meeting where there will be further explanation and prayer for a fruitful time for everyone as we set out on our individual journeys. There is then a second meeting at the end where we can give thanks to God for all we have received. Both these meetings are at the ChaplaincyPlus office, Floor 8, One Colmore Row, Birmingham, B3 2BJ – in the building with the Little Waitrose just to the right of the entrance to Snow Hill station.

### What kind of retreat is this?

It is called an Ignatian retreat because during your daily prayer time you are encouraged to use prayer styles that were developed by Ignatius of Loyola in the sixteenth century. These styles are Bible-based and Christ-centered, and help you to explore how God is speaking to YOU through Scripture. Everyone is given the same part of Scripture to focus on for the first week.

The weekly conversations with your prayer guide focus on what you have felt and experienced during your daily prayer and afterwards. The prayer guide may then suggest another Scripture passage for the coming week that links to what you have shared, or they may check with you whether you feel called towards another passage yourself.

### Why make this kind of retreat?

Yes, you could just decide to spend 6 weeks praying by yourself. Or you could go on a retreat that has a set theme. Both of these would be great!

But this retreat involves meeting with a prayer guide, and the theme is your individual journey. Having a listener helps you to recognize how and where God is present in your life and where you are being led.

### Who are the prayer guides and what is their role?

The prayer guides are volunteers from different Christian traditions who have themselves experienced these kinds of retreats and who have trained to accompany others on their prayer journey. They do not advise, persuade, judge, assess, approve or disapprove of those who are making the retreat; rather, they are there to help you to become more perceptive and more responsive to the Spirit of God at work within you and around you.

### Can anyone make this retreat?

Yes, the retreat is open to Christians and to anyone who is searching or curious about God.

### What does the retreat cost?

There is no charge as such for the retreat, but we do ask for a contribution of £25. This contributes towards the expenses of the prayer guides and ChaplaincyPlus in offering the retreat. However, if this would be a problem for you, please come anyway.

### How do I find out more information or book a place?

Places are limited – first come, first served. For more information or to book a place, contact Sarah Thorpe at ChaplaincyPlus, on [sarah.thorpe@chaplaincyplus.org.uk](mailto:sarah.thorpe@chaplaincyplus.org.uk) or 0121 236 9472 or 0798 224 8949.