

SPIRITUALITY

Retreats Information

There are now a wide variety of retreats available in centres nationwide and listed in 'Retreats', the annual journal of the Retreat Association (an umbrella group for all the Christian denominational retreat groups). Further information and links are at www.retreats.org.uk

All sorts of possibilities are now available to suit people's circumstances and needs: retreats of 1 day, a weekend, or up to 1 week. Some offer individual personal daily guidance, others may be for a group and/or with a particular theme, or addressing a particular need such as help with bereavement. The traditional 'preached' retreat is still available in some centres. In many retreats, silence is observed and information on this is readily available. All centres have lovely chapels and areas for prayer, including in the gardens. Some have facilities for art work.

Virtually all retreat centres now have a website. A selection of a few within easy reach of the Northwest are:

The Briery, Ilkley. www.briery.org.uk
St Beuno's, Tremeirchion, N Wales. www.beunos.com
Loyola Hall, Rainhill, Merseyside. www.loyolahall.co.uk
Noddfa, Penmaenmawr, N Wales. www.noddfa.org.uk
Wistaston Hall, Crewe. www.oblateretreatcentre.org.uk
Hawkestone Hall, Shrewsbury. www.hawkstone-hall.com

Two who mostly offer excellent one day programmes are:

Katherine House, Singleton Road, Prestwich. www.katherinehousefcj.org
Tabor, Fulwood, Preston. www.tabor-preston.org

Retreat Afternoons are available at:

The Evron Centre, Cale Green, Stockport. www.evron.org.uk

If you would like further information or help in choosing a retreat, you are welcome to contact Veronica Tarimo on 0161-485-1892, who is involved in the ministry of retreats and spiritual direction.