

The Living Christ Retreat

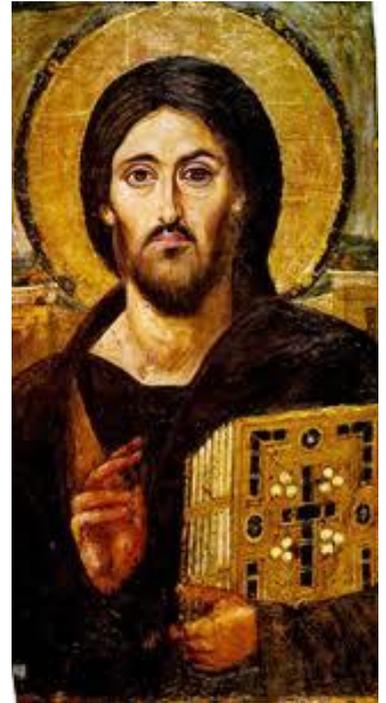


*"Parish retreats will light a fire in the parish
that will last for years to come.
When you light this fire,
it heats the entire parish community.
Do not be afraid of this work.
God is in it."
Bill Huebsch*

Available in your Parish or Pastoral Area

The aim of the retreat

The Living Christ Retreat is not a one-off experience but a seed that will grow. The first Living Christ Retreat in a parish or pastoral area will be led by a small team from the diocese. They will work with a planning group from the parish or pastoral area who will help in delivering the first retreat and then be enabled to offer it again and again to more and more of the parishioners.



The long term aim is to offer the retreat to any parishioners who want to grow in their relationship with Christ. It can be especially helpful at key times in life, like getting married or becoming parents, moving through adolescence or facing old age, joining the church, taking up a new ministry or renewing enthusiasm for a long lasting commitment.

When will the retreat take place?

The retreat usually begins on Friday evening and continues all day on Saturday, but the timing may be adapted to suit local needs.

Where will the retreat take place?

The venue can be anywhere that is comfortable and inviting, with facilities for refreshments, like a parish hall or club, a local school or a retreat centre.

What does it cost?

There is no set fee for the diocesan team coming to lead the first retreat but a donation to help defer their costs would be welcome. The parish or pastoral area planning team will need to consider how the costs of continuing to offer the retreat can be met.

What is the content of the retreat?

SESSION ONE: Journey in Faith

- Growing in faith is a lifelong journey begun at baptism and continuing down through the years.

SESSION TWO: Dying in Christ

- To live in the light of Christ there are certain things in our life that we have to die to.
- All through life we have opportunities to live as Christ teaches or to turn to other things.

SESSION THREE: Healing in the Community

- The Church offers ways for people to experience the healing power of Christ, like the Sacrament of Reconciliation and the Anointing of the Sick.

SESSION FOUR: Living Christ

- How does the journey continue into our everyday lives?
- What will help us most to live with Christ more closely.

SESSION FIVE: A Plan for Daily Life with Christ

- Making a concrete plan which will help us to continue to live with Christ.



WHAT TO DO NEXT

If you are interested in having the Living Christ Retreat or you just want to make more enquiries then please contact:

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Comments from people on past retreats

"If I had to sum up our experience in one word it would be 'hope'."

"It was a deeply spiritual experience which helped me to reinvigorate my faith journey."

"It was a very precious weekend for me, both in terms of my own faith and as special time shared with other parishioners who, as a result, became close friends."

"The 'Dying in Christ' session clearly showed us that we need to empty ourselves of our worries and give them to Christ. Our old ways of thinking need to die because, despite any fears we might have about the future, Christ has not abandoned us - he is clearly still very much alive in our parish."

"I am more at peace with myself and others."