

Directions to Buckfast Abbey

By road;

Buckfast is only half a mile from the A38 Devon Expressway, midway between Exeter and Plymouth. Turn onto A384, signposted Buckfast Abbey. As you enter the Abbey car park take 1st right, then immediately right again into the Southgate Centre.

By rail;

The nearest station is Newton Abbot

By bus;

Buses to Buckfast operate from Newton Abbot, Exeter and Plymouth. The Abbey is a half mile walk from bus stop.

Address:

Buckfast Abbey,
Southgate Centre,
Buckfastleigh
Devon
TQ11 0EE

Further information on this retreat contact

Mrs Chris Redman

chris@redman.org.uk

Tel 01935 424778

‘Stepping out’ a weekend Individually Guided Retreat



**at
Southgate Retreat Centre,
Buckfast Abbey,
Devon
Friday 27 – Sunday 29 April
2012
led by Revd. Jane Eastell
and
Mrs Chris Redman**

The invitation

'Come with me by yourselves to a quiet place and get some rest," words from Jesus to his disciples (Mk 6.31) and an invitation to us to step out from the routines of our lives for a short while, in the knowledge that God has personally invited you to come.

Hospitality

The Southgate Retreat centre is situated in a quiet corner of Buckfast Abbey grounds. As part of a living and working Benedictine community, Southgate provides a perfect environment for a retreat. The retreat centre has its own private gardens, including a walled water garden, in addition to the wonderful public Abbey gardens. Southgate has its own chapel, lounge areas and dining room, but please note that lunch is taken at the public Grange Restaurant approx 200metres walk away where there is a selection of meal options on offer. Accommodation will be in your own private room, some rooms are suitable for those with limited mobility. The rooms are not en-suite. Towels are provided but bring your own toiletries. Each room has tea and coffee making facilities.

Bring a Bible and a notebook with you. You may like to bring suitable outdoor clothing to explore the grounds of Buckfast Abbey and perhaps hobby materials. It is not recommended to bring books to read or a radio to listen to, let this time be a precious time to rest in the peaceful surroundings that this retreat centre offers.

Your hosts for this Individually Guided Retreat are Revd Jane Eastell, Advisor in Spirituality for Diocese of Bath & Wells and Mrs Chris Redman.

Both are experienced Spiritual Directors and offer Individually Guided Retreats as part of their ministry.

'Stepping out'

This retreat has been arranged for those who desire to experience a retreat in silence as an Individually Guided retreat, perhaps for the first time, in the safe and beautiful surroundings of Buckfast Abbey.

An invitation

to step out of the every day
the known way
to the new
to paths less trodden

to listen

for the still small voice

and discover

that Christ was here before you
and welcomes you as a friend.

An individually guided retreat is personally guided to meet you just where you are in your life journey. As you settle in on the first evening so we enter into silence for the weekend to seek God and come to know his love afresh. Each day there will be the opportunity to meet with your prayer guide for half an hour, when together you can explore how best to use the silence, how to pray using scripture and other material and become more aware of God in the natural world. There will also be optional times of gathering together as a group.

Try to plan your arrival between 4.30pm and 6.00pm so that you can settle into your room before our first introductory meeting at 6.15pm before Supper at 7.00pm

The retreat will end at 3.00pm on Sunday.

Cost

The cost for the weekend, inclusive of full board accommodation is **£99**, a deposit of £25 required with booking form

Booking Form

27-29 April 2012

Title _____

Name _____

Address _____

Postcode _____

Tel. _____

E mail _____

Full cost of the Retreat is £99

Deposit required £25

Balance payable on arrival
at Southgate Retreat Centre

Cheques made payable to

Return this form with deposit to
Mrs C Redman
23 College Green
Yeovil
BA21 4JR