

What do I need for the retreat?

An open heart!

A desire to commit for the duration of four weeks in Lent.

A Bible and a note book.

How much time will I need?

Apart from the opening and closing meeting at St Andrew's, you will need:

- time each day for personal prayer (approximately 30 minutes).
- time each week to meet your prayer companion. Preferably this would be on the same day and time each week, this can be arranged together according to availability. In most cases, the meeting will be at St Andrew's, but there are also possibilities to meet a prayer companion in South London or **online**.

We will do our best to suit everybody.

Who are the prayer companions?

The prayer companions are trained in spiritual accompaniment. They belong to different Christian denominations. The prayer companions include several Sisters of St Andrew.

How much does it cost?

The suggested donation is £40 - £60 for the four weeks of the retreat. Cost shouldn't be an obstacle. The donation goes towards covering expenses for the prayer material, the venue and preparation of the two afternoons as well as the cost of transport for the prayer companions when needed. Within the range given, each person chooses what contribution they make. If you need a receipt, please let us know.

If you are interested in the Lenten Retreat, please contact us by email (welcome@sisters-of-st-andrew.com) or via the 'Contact us' page on the website.

Please book before the 13th February 2023. Thank you.

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