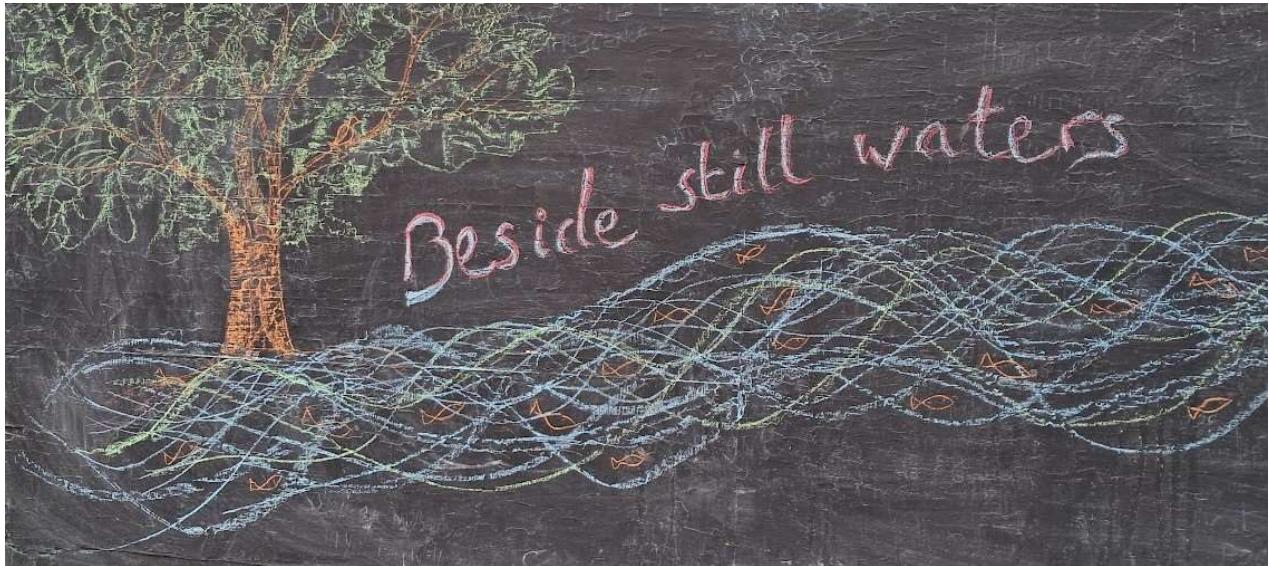


# Lent Retreat

## A Four Week Retreat in Daily Life

Sunday 22 February to Sunday 22 March 2026



**Beside fresh water you lead me.”**

Psalm 23:2

The retreat is an opportunity to deepen your prayer life during the season of Lent. Your daily prayer will be supported by a weekly personal meeting with a prayer companion.

### **Dates:**

**Start:** The retreat will begin on **Sunday 22nd February** in the afternoon (2.30pm to 4.30pm) at the Sisters of St Andrew, 99 Belmont Hill, London SE13 5DY.

**Close:** The retreat finishes on **Sunday 22nd March** (2.30pm to 4.30pm) at St Andrew. *If you are unable to come to St Andrew's for the opening and/or the closing of the retreat, there will be an online meeting with your prayer companion.*

### **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 (usually 30 minutes).
- time each week to meet your prayer companion (usually one hour).

## **What happens during the meeting with the prayer companion?**

The first meeting, gives an opportunity to share about yourself and what you expect from the retreat. The prayer companion listens and will make suggestions for your personal prayer, Bible passages or other material.

In subsequent meetings, you share about how you have lived the week since your last meeting.

The prayer companions are sisters of St Andrew and a group of their friends. All the companions are trained in spiritual accompaniment, attend supervision and are committed to good safeguarding practice.

## **When do I meet with my 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 can make the retreat?**

The retreat is open to people who seek to deepen their faith, whatever their experience in retreats or church background.

## **How much does it cost?**

The suggested donation is £40 - £70 for the four weeks of the retreat, covering expenses. Within the range given, each person chooses what contribution they make. Cost shouldn't be an obstacle, let us know if it is an issue for you.

We can provide a receipt for those who need one.

## **Contact us and book.**

If you are interested in the Lenten Retreat, please contact us by email at [welcome@sisters-of-st-andrew.com](mailto:welcome@sisters-of-st-andrew.com)

**Please book as early as you can, if possible before the 12th February 2026.**

## **Thank you.**

Sisters of St Andrew, 99 Belmont Hill, London SE13 5DY

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