**Friends Retreat 2023**



A retreat for the Friends led by The Revd Canon Brian Davis Chair of the Friends of Launde Abbey. Brian is an experienced priest and former Leicester Diocesan Director of Wholeness and Healing and has led retreats at Launde in the past. At St. Dionysius Church, Market Harborough Canon Davis leads ‘Peace Seekers’ a meditation/mindfulness session each Friday from noon-12:30pm and those attending have found it very moving, meaningful and helpful.

The theme of the retreat will be ‘Seeking Peace and Finding Inner Strength for Living and Loving’. It is about learning to relax, breathing deeply and finding stillness and peace with the help of words, music and shared silence. Canon Davis believes it would be good to spend this weekend concentrating on seeking peace, and so discovering a few new ways of praying.

At each session Canon Davis will speak for a few minutes on various themes relating to finding inner strength and peace in the present moment. Then there will be twenty minutes of shared silence, interspersed with music and a few words. There will be plenty of time to walk around the grounds, read a book or quietly talk with a friend, Canon Davis will produce a programme nearer the time.

The retreat runs from dinner time (6:30pm) on Friday December 8th till afternoon tea on Sunday December 10th 2023. The retreat is open to all members of the Friends and we especially welcome first-time retreatants. It will be a gentle, relaxing weekend. Perhaps with a social on the Saturday evening for those who wish to participate, ending the evening with the service of Compline in the Chapel.

**(Below is the booking form which continues overleaf)**

**The Friends of Launde Abbey**

**RETREAT**

 8th – 10th December 2023

Name(s)……………………………………………………………………………………………………

Address………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

Phone………………………………………………………………..

Email…………………………………………………………………

I am willing to share a room if necessary   YES / NO

I have the following special dietary request………………………………………………………………………

I would like a disability accessible room…… YES / NO

I would like a larger room (additional cost) YES / NO

I enclose deposit of £50.00 p.p. / full amount of £198.60

I would just like to attend on Saturday 9:30-4:30pm (cost £34.00 p.p.)

All these prices are specially reduced rates for Friends of Launde Abbey. *Please send completed form, together with deposit or full payment (cheques made out to Friends of Launde Abbey) to Mr Jan Zientek, 48 Peters Drive, Humberstone, Leicester, LE5 2AP.*

***LAUNDE FRIENDS’ RETREAT 2023***

Our annual retreat will this year be held, at Launde Abbey, from dinner time (6:30pm) on Friday 8th December till afternoon tea on Sunday 10th December, when the retreat leader will be the Revd Canon Brian Davis. (Sign in at Launde before 5:00pm on the Friday, the dinner being at 6:30pm). This is a weekend for anyone who wants to find inner strength for living and loving. It is open to all members of the Friends, for those who have been in retreats and especially for first-time retreatants. It will be a gentle, relaxing weekend that Canon Davis hopes will help people to grow in the only things in the end that really matter: faith, hope and love. “And the greatest of the three is love”.

The cost will be £198.60 per person. For couple’s £168.60 per person. Bookings may be made by returning the booking form together with either a deposit of £50.00 pp or the full amount. Cheques, made out to Friends of Launde Abbey, are to be sent to Mr Jan Zientek 48 Peters Drive, Humberstone, Leicester, LE5 2AP. Deposits may be made as soon as possible, and full payment is required by 18th November.

A number of Premium (larger) rooms are available at an additional cost of £15.00.

For those who would just like to join us for Saturday (9:30am-4:30pm) inc., morning coffee, biscuits, lunch and tea with cake £34.00

For further information please contact Jan by post, email or phone: [j.zientek12@btinternet.com](mailto:j.zientek12@btinternet.com) / 0116 2760360