***The Launde Abbey 900 Prayer***

*Eternal God,*

*who calls us to draw water*

*from the ancient wells of salvation,*

*and whose Son is the living water*

*from whom we can drink*

*and never be thirsty:*

*resource, renew and refresh us,*

*as with gratitude for the past,*

*we step out with confidence*

*into your future,*

*through Jesus Christ our Lord.*

*Amen*

**Friends’ Retreat 2024:**

**Wells of Salvation**



A retreat for our Friends led by Revd Rhona Knight who is one of Launde Abbey’s College of Chaplains. Rhona is also a theological educator, pastoral supervisor, spiritual director and a regular leader of retreats at Launde Abbey.

Our annual retreat is entitled Wells of Salvation and is based upon the Launde Prayer. We will reflect and pray with four main themes taken from the prayer: drawing water; Jesus the living water; thankful hearts and stepping out. Approaching scripture through word, music, image and other creative approaches we will be encouraged to meet with God in the beauty of Launde Abbey, its community and its surroundings.

Arrival is from 3pm on Wednesday 6th November and finishes at noon, after morning coffee, on Friday 8th November. There is also the option to book lunch in the Dairy at the end of the retreat. Each evening will finish with a service of Compline. The retreat is open to all members of the Friends and we especially welcome first-time retreatants.

Single Occupancy (full board) £230 per person.

Double Occupancy (Full board) £180 per person.

Premium Room + £20 per person.

Day Rate: Thursday (9.30am – 4.30pm) inc. morning coffee, biscuits, lunch and tea with cake: £45

Thursday retreatant + services and evening meal @ £63

***We are extremely grateful to Launde Abbey for their generosity in offering us these special reduced rates.***

**The Friends of Launde Abbey**

**ANNUAL RETREAT Booking Form  6th – 8th November 2024**

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

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

…………………………………………………………………………………………………………………………

Phone………………………………………………………………..

Email…………………………………………………………………

I am a single occupant YES / NO

We are a couple for double occupancy YES / NO

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

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

I would like a premium room (+ £20) YES / NO

I have the following special dietary request .. .. .. .. .. .. .. .. .. ..

.. .. .. .. .. .. .. .. .. .. .. .. .. .. .. .. .. .. .. .. .. .. ..

I would like to attend:

As a day retreatant Thursday 7th November @ £45 YES / NO

Thursday retreatant + services and evening meal @ £63 YES / NO

I would like to book on this retreat and now pay the YES / NO

deposit of £50 per person or the full amount.

Please email the completed form to j.zientek12@btinternet.com and pay the deposit, full amount or the day retreatant rate to The Friends of Launde Sort Code 40:28:06 Account No: 21302132. Please use the reference FR and then your initial and surname.

Completed forms and cheques for the £50 deposit or full amount payable to Friends of Launde to be sent to Jan Zientek, 48 Peters Drive, Humberstone, Leicester, LE5 2AP.

**The full amount is payable by 4th October 2024.**