

“Peaks, shallows and deeps”

Lakeside reflections on Christian Discipleship today

A guided holiday retreat
hosted by the Church of the Ascension,
Cadenabbia, Lake Como, Italy

7-12th October, 2018



Church of the Ascension,



Villa Collina

Why is the Church Community hosting a retreat?

Lake Como has always attracted visitors and was set up to serve them. We hope this retreat will provide visitors and church members alike a chance to slow down and reflect about our lives in these very special surroundings.

Retreat theme – what can you expect?

How can we refresh our discipleship and be willing to move forward on our journey of faith? How can we cope with changes in ourselves, our circumstances, the church and the world? These are some of the questions we hope to address through daily worship, bible study, spiritual exercises, discussion groups and times of meditation, as well as visits to sacred places. There will be free time each day for relaxation, walks and companionship and to enjoy the views.

Retreat conductor, the Revd Lyn Philips

Lyn is a retired Church of England priest originally from Cardiff. He served in parishes in the Welsh Valleys, Cardiff, London and Wolverhampton and also as a full time hospital chaplain. He is a trained spiritual director offering individual accompaniment as well as quiet days and retreats.

Yoga: there will also be optional yoga sessions with a qualified teacher, Mina Weight.

Accommodation

A number of rooms with half-board, have been reserved at Villa Collina, Cadenabbia. If you have local friends or wish to make your own arrangements, you may join as a day visitor. However the final night of the retreat will be spent at Piona Abbey, a Cistercian Monastery.

Complete package (full-board and programme): 695 Euros

Day Visitor (programme excluding accommodation): 395 Euros

For more information email Jeannie Willan (jeanniewillan@btinternet.com) or speak to