

18
56

17



20
26

JOIN US FOR A
**Guided Prayer Week
Retreat**

AT
ST. EDWARD'S CATHOLIC CHURCH,
ROMFORD

10th-16th MAY 2026



Ask Yourself.

Do you...

- ✚ Do you sometimes find it difficult to pray?
 - ✚ Would you like a deeper personal relationship with God?
 - ✚ Would you welcome some personal prayer guidance?
 - ✚ Would you like to know more about different ways of praying?
-

If your answer to any of the above is YES but going away to a retreat house for a few days of peace and silence is an impossible dream, then this retreat is for you.

A wonderful opportunity to make a retreat in our own parish right in the middle of your everyday life.

May
10th–16th

**A Week of
Accompanied Prayer**

In this Retreat, you will:

- Meet with your personal Prayer Guide for about **30mins each day**, Monday to Friday, at a time of your choice for private conversation. They will propose material for your prayer each day.
- Find about 30 minutes to pray each day for the week.
- Choose to meet **In-Person** or **Remotely on Zoom**.

The Week Explained

An experienced team of **Prayer Companions** will be guiding the retreat. And as we are all so different and we each come to God in our unique and personal way, you would be allocated your own personal prayer guide who you would meet **Monday to Friday at a time of your choice**, from early morning to late evening, for about 30 mins.

There is no set format, the emphasis is on accompanying and **supporting each individual**.

The week begins with a group session of all participants together on **Sunday 10th May at 12.30pm** with a guided period of prayer followed by meeting your prayer guide to fix a time for your daily session, and ends with a group session on **Saturday 16th May at 5.15pm**.

Daily Prayer & Guidance

You would be asked to give about 30 minutes a day for prayer and reflection, but remember prayer is a lifting of our minds and hearts to God and this can take place anywhere as God who is everywhere meets us where we are in many different ways – **in other people, in nature, in scripture, in art...** it is all prayer.

God knows you and will lead you to those places and spaces where God can speak to you and listen to you.

Your daily meeting with your prayer guide is your opportunity to share something of the experience of your prayer and to be offered guidance on how you might pray the following day.

Comments from Previous Participants

“

I was apprehensive about joining the week, but it turned out to be so helpful ... I've never been listened to in this way before and **I felt so encouraged in my relationship with God.**

”

“

Life is very busy so I wasn't sure about committing the time. **It's the best thing I've done in a long time** – listening to myself, to God, and slowing down ... I intend to make some changes!

”

To book your place, fill in the form included in this flyer and put it in the envelope at the back of the Church or give it in at the Presbytery.



**ST. EDWARD
THE CONFESSOR**
CATHOLIC PARISH, ROMFORD

5 Park End Road, Romford
Essex, RM1 4AT

T: 01708 740 308
E: romford@brcdt.org