

GOING ON RETREAT: BEING ALONE WITH GOD

SOME PLACES TO GO ON RETREAT

Current restrictions mean that retreat centres are either closed or offering limited facilities. But some are open and are worth pursuing.

For some reason there are three in reasonably close proximity to each other, all near Battle in East Sussex!

Penhurst Retreat Centre, near Battle, East Sussex

[Penhurst Retreat Centre](#)

Crowhurst Healing Centre, near Battle, East Sussex

[Crowhurst Christian Healing Centre - introduction \(crowhursthealing.co.uk\)](#)

Ashburnham Place, near Battle, East Sussex

[Christian Retreats, Prayer, Conferences, Volunteer, Sussex | Ashburnham Place](#)

OTHER LOCATIONS

Wisdom Centre, Romsey

[About Wisdom Centre - Wisdom Centre Romsey \(wisdomhouseromsey.org.uk\)](#)

St Columba's House, Woking

[St Columba's House | Christian Retreat & Conference Centre](#)

Worth Abbey, Worth, Turner's Hill, West Sussex

[Individual Retreats – Worth Abbey Projects](#)

Also:-

Hire a small, self-catering place where you can be quiet and undistracted

Sit in a church!

Sit in the car/outside in a quiet place where you won't be interrupted

BOOKS AND THINGS TO DO

See if you can discern what appeals to you – don't strive or "work" at anything; be led by the Spirit (I find that hard sometimes, but I persist)

BIBLE – especially Lectio Divina and Ignatian Spirituality – see those "Going Deeper" episodes

Take a notebook and journal any thoughts you may don't want to forget, verses that mean something, prayers, a letter to God, anything really.

Suggested books:

Invitation to Silence and Solitude, by Ruth Haley Barton

Invitation to Retreat, by Ruth Haley Barton

The True Vine, by Andrew Murray

Pursuing God, by A.W. Tozer

Listening to God, by Joyce Huggett

Music: bring your earphones and favourite music

Sleep! – often the first half day is spent asleep by people

Craft e.g. painting, sewing etc. Something to occupy your hands while your mind and soul are calming down.

Book an appointment with a Spiritual Director (a trained person who helps you encounter God) and/or prayer ministry.

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