

Ten Tips for Making a Good Retreat

Being on retreat for the first time can be a bit daunting and disorientating, so here is some good advice on how to approach it.

1. Don't go into your retreat with too high expectations of what you might get out of it. Sometimes retreats aren't enjoyable or relaxing, and they may feel totally unfruitful. That doesn't mean the Spirit isn't at work...
2. Don't feel guilty about doing nothing. Try and embrace the silence, the stillness, and the solitude. They're the soul's best friends...
3. Allow the rhythm of the retreat programme and daily offices to carry you.
4. Choose a verse or short passage from scripture to meditate on throughout the day.
5. You may feel bored or at a loose end. That's OK!
6. Listen to your body. If you're tired and want to sleep or nap, then do so.
7. There are lots of books in the Llangasty library, which you are free to borrow. However, if you're used to living mostly in your head, then.....
8. Go on a walk. Trust in the restorative power of nature.
9. Try if you can to keep your phone/laptop switched off, or limit your use of it to specific times.
10. Whilst it's good to be disciplined, and it's worth facing the discomfort of any boredom or loneliness, it's not a test of endurance. If you feel you need to get away from the retreat house for a bit, then please feel free to do so.