

Guernsey Retreat Association

Established in 1983



Programme for 2011 / 2012



Jesus at the well with a Samaritan woman.

Jesus said to the woman 'The water I give you will become in you a spring of water welling up to eternal life' John 4: 14

The Lord Jesus Christ is calling us to come unto Him to receive His healing love and peace for He said - 'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

St Matthew 11: 28 – 30 N.I.V

A Retreat or a Quiet Day is a time to relax and reflect; to discover an oasis of inner peace and stillness, to become immersed in the love of God through Christ Jesus; a time to drink from the well of life, to become empowered by the Holy Spirit; to refresh body soul, mind and spirit.

**BOOKING FOR A QUIET DAY OR RETREAT
IS ESSENTIAL PLEASE CONTACT THE RETREAT
COORDINATOR REV'D JAN LE BILLON.**

STEPS TO BOOK A RETREAT OR QUIET DAY

BOOKING AND PAYMENT FOR QUIET DAYS

1. To book a Quiet day please contact Rev'd Jan Le Billon
2. To reserve your place on the Quiet Day please send the cost of the Quiet Day i.e. £30.00 (Inclusive of meal) to Jan. Please make cheques payable to the Guernsey Retreat Association.

BOOKING PAYMENT FOR RETREATS

1. To book a Retreat please contact Rev'd Jan Le Billon
2. To reserve your place on the Retreat please send the cost of the Retreat to Jan i.e. £35.00 for the three days
3. Please send a deposit of £25.00 per person to Les Cotils to reserve your accommodation.

Balance of your Retreat Accommodation and meals are to be paid direct to Les Cotils Reception.

Retreat Coordinator
Reverend Jan Le Billon
Tranquillite,
Clos Des Quatre Vents,
St Martin
GY4 6SU.
Tel No: 01481 234283 Email revjanlebillon@newtelsurf.com



All about the Retreats

Our lives are often too busy and a Retreat helps us to catch those breathtaking moments of drawing close to God – after all He is always near to us but we often rush on into the fast lane of our lives not giving him a second glance. A Retreat helps us to stop and embrace the Lord with our whole being.

The Autumn November Retreat with Andrew and Jasmine Sharp
Partial Silence

The theme is 'A Heart for Healing'.

Andrew will take us on a journey to discover the depth of God's healing love for us in Christ and discover that we can receive the healing touch of Christ for our bodies, minds, emotions and spirit.

During the Retreat you may experience the laying on of hands, anointing with oil and prayer during the times of worship and during a private session with Andrew and Jasmine. The Retreat will give you space to reflect on the teaching from the Word of God.

There will be ample opportunity to be still and know that God is near and is speaking into your heart; this Retreat will help you to embrace new ideas and receive healing for your soul.

January 11TH–13TH 2012 Retreat Spiritually Inspiring Arts and Crafts
Partial Silence

Annie Winch and others will be helping Jan Le Billon conduct this Retreat Full details and the programme of this Retreat will be out in the summer however for a taster – on the Retreat there will be opportunities for you to consider writing and decorating a Spiritual Journal, Paint Inspiring Scripture, Scrapbooking your favourite passages of Scripture and much more. I hope that this has wetted your appetite and you will wish to join me with Annie and friends.

Spring Retreat March 21st – 23rd 2012 Rev'd Dr David Hart TSSF
Silence throughout the Retreat

This Retreat will be a Silent Retreat during Lent, it will give us an opportunity to contemplate the full meaning of Good Friday and the Resurrection – giving us hope and a deeper understanding of what the Lord has done for us in Christ Jesus.



All about Quiet Days

A Retreat gives you space and time for yourself and for God

Taking a Retreat gives you time to reflect on your life and draw closer to the Lord, gives you space and time to become immersed in the love God has for you, to listen to God through the sessions led by the Retreat Conductor and through your own quiet times. In today's busy life there is not enough time to stop, take stock and reflect on our life and inner well being; there is so much clamour and noise in the world today and many demands on ones life that a retreat enables one to search for an inner stillness and peace through silence, God's Word, prayer, nature, and reflection.

For those who live busy lives a retreat empowers you to let go and let God take over. However letting go and becoming still instead of being busy can often make one feel guilty – this is because we have so many expectations placed upon us, and most of all by our selves. A retreat enables us to calm down, centre inwardly on our Heavenly Father and His Holy Word, find that inner space of peace and quiet in order to become and immersed in His loving and healing presence.

My prayer is that the Retreat Association will attract those of you who are old hands at taking a Retreat and encourage newcomers to join us on the journey of discovery for stillness, peace and quiet and together search for a deeper spiritual meaning to life and knowledge of the Kingdom of God. On leaving a Retreat or a Quiet Day I hope we will take the stillness we have discovered into our busy lives and share our experiences with others to encourage them in their faith.

The Aims of the Guernsey Retreat Association

- We aim to foster the growth of spiritual life by the practice of Retreats and Quiet Days and to introduce Retreats and Quiet Days to those who have not experienced them.
- We aim to create space and time for discovering peace and quiet for the soul, rest for the body and mind, and an opportunity to rediscover the peace and love of Christ in our inner being through His Holy Spirit.
- We aim to draw closer to God the Father through His Son the Lord Jesus Christ, through teaching from the Holy Bible, prayer and reflection and from fellowship with one another.
- The Guernsey Retreat Association welcomes all to its membership who are in sympathy with these aims.



Those who wish to be a member of the Retreat Association are asked to:-

- ❖ Accept the above aims
- ❖ Do their best to attend a Retreat and or Quiet Days.
- ❖ Pray regularly for the work of the Retreat Association
- ❖ Pay a yearly subscription of £10.00, to be used to assist with the Retreat and Quiet Day general expenses, Retreat Leaders travel and accommodation expenses, advertising and postage and the publication of the Bulletin and Programme of events.

Quiet Days will vary between being in complete silence to partial silence – depending on the type of Quiet Day – however, if you wish it is possible for you to remain silent throughout all of the Quiet Days.

During the course of the Quiet Day there will be set times for Bible Reflections to help us understand the love God has for us through His Son the Lord Jesus Christ and help us apply the Gospel to our own individual lives. These days enable us to let go and let God do the talking, time for relaxation and becoming immersed in love, joy, peace and quiet.

Inspiring Scriptures that can lead us into our creative side:

These special Quiet Days will be similar to the above with the addition of opportunity to delve into your artistic side and to receive many beautiful Blessings. Jan will lead you through verses of the Inspiring Scriptures with reflections on the passages and give you some ideas as to how you can use these passages to inspire your own life and awaken your artistic side.

Sometimes all it needs is a little unblocking and self belief along with prayer – after all God is The Creator and we are made in His image therefore He desires us to be creative.

There will be opportunity to drink in the breathtaking views from the gardens or to sit quietly contemplating the wonder of God's creation.

You may wish to paint, draw or write or bring your own craft, or just sit still and be quiet this is your day – do what you want to do and enjoy – there will be no pressure to join in.

Ideas will be given for you to explore your artistic side as we join together on this journey of letting God speak through us.

Jan, Jean and friends do not profess to be professional artists and have little artistic training however they both have discovered the joy that is to be found through writing, painting and crafting and wish to share their experiences and joy with you.

Both Jan and Jean have discovered that through prayer all things are possible with God and that we often have gifts buried within us that are waiting to be awakened, explored and used, given the opportunity.

With this in mind there is no need to think that you cannot join us because you have not held a paint brush since your school days, or written how God makes you feel – come and enjoy the wonderfully inspiring reflections on Scripture and have a go.

As we embark on these special days we will be travelling on a spiritual and artistic journey together and our hope is that we will learn from the Lord and each other, draw closer to each other and to a deeper self knowledge and self belief.

There will be ample time for you to relax and do nothing if you wish or to paint or write.

Some painting equipment will be provided for the day however if you wish to write please bring along your own pen and paper for those shimmering transforming moments



Quiet Days will take place at
Les Cotils Christian Centre Guernsey.

QUIET DAYS

HOLY WEEK 'PREPARING FOR GOOD FRIDAY & BEYOND'

An hour of silence with Bible Readings, Reflections and Prayers followed by a Soup Lunch

Mon 18th April – Rev'd Phil Baskerville of St Sampson Church

Tues 19th April – Rev'd David Hinchliffe Methodist Superintendent

Wed 20th April – Rev'd Graeme Beebee – Church of Scotland

Thur 21st April – Rev'd Philip Carrington of St Stephens Church & Senior Hospital Chaplain

Donations toward the Soup Lunch will be greatly received

JUNE 9th 2011 Summer Quiet Day 9.30am to 5pm

'Painting the Psalms' Led by Rev'd Jan Le Billon and Jean Palin

Cost: £35.00 Includes Lunch, Teas, Coffees & Hire of the Reading Room

Inspiring reflections on Psalm 23 led by Jan Le Billon & Jean Palin.

A time to reflect – paint – draw - write or sit and meditate on the Psalm.

If you wish Jean and Jan will help you to tap into the artistic side of you.

You do not need any previous experience – come and immerse yourself in the loving presence of the Lord, His love, peace and joy

WEDNESDAY AUGUST 10th Summer Quiet Day 9.30am to 5pm

'Scripture Inspirations' Led by Rev'd Jan Le Billon and Jean Palin

Inspiring reflections on Scripture led by Jan

Cost: £30.00 Includes Lunch, teas and Coffees & Hire of Room

A time to reflect – paint – draw - write or sit and meditate on the Psalm.

If you wish Jean and Jan will help you to tap into the artistic side of you.

You do not need any previous experience – come and immerse yourself in the loving presence of the Lord, His love, peace and joy

WEDNESDAY OCTOBER 12th Autumn Quiet Day 9.30 to 5pm

'A Harvest of Refreshment'

A time to reflect on Scripture, draw closer to the Lord and become immersed in His healing love and peace.

Details to be published in the summer

WEDNESDAY DECEMBER 7th Advent Quiet Time 12pm to 1pm

Preparing for the Birth of the Saviour of the World

An hour of silence with Bible Readings, Reflections and Prayers followed by a Soup Lunch

Details to be published in the summer

THURSDAY DECEMBER 15th Christmas Lunch & Annual Meeting of the G.R.A. Meeting 12.00pm Lunch 12.45

£12.00 for Turkey Dinner & Christmas Pudding or Fruit Salad.



Retreats take place at Les Cotils Christian Centre

COSTS FOR RETREATS

BOOKING for Quiet Days and Retreats is essential through Rev'd Jan Le Billon please see details overleaf

It is possible for you to attend a retreat on a daily basis or become resident in Les Cotils; however bedroom bookings are on a first come basis; please book through Rev'd Jan.

NOVEMBER 2nd to 4th AUTUMN RETREAT

From 9.30 on the Wednesday to 4.30pm on the Friday

'A HEART FOR HEALING'

3 Day/2 Night Retreat with

Rev'd Canon Andrew and Jasmine Sharp

Andrew is the Vicar of St John's Church and the Chapel of Christ the Healer and holds weekly Healing Services. Andrew will be teaching on healing as well as praying with those who wish for prayer.

COST OF RETREAT

Accommodation and Food paid direct to Les Cotils

Accommodation and Full Board (Bed, Breakfast, Lunch and Evening Dinner) for 2 Nights -

£49.00 per person per night = £97.00 per person

Lunch on the Friday £6.00 per person

Cost of the Retreat to cover Andrew and Jasmine's accommodation and

Retreat expenses - £35.00 per person Paid to Jan

Total cost for the Residential Retreat £138.00

Cost of Attendance on a Daily Basis

Retreat £35.00 for the three days paid to Jan

Lunch £6.00 per day = £18.00 paid to Les Cotils

Dinner £15.00 per day (optional however has to be pre booked through Jan)

It is essential that when booking you let Jan know the number of days you wish to attend for catering purposes

WINTER RETREAT JANUARY 11th – 13th 2012

Spiritually Inspiring Arts and Crafts

Details and costs to be published in the Autumn

There will be further charges for the Winter Crafting and Painting Retreat for the cost of the equipment and Room hire charges.

SILENT SPRING RETREAT March 2012 With Rev'd Dr David Hart TSSF

Details and costs to be published in the Autumn



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APPLICATION FOR MEMBERSHIP TO THE GUERNSEY RETREAT ASSOCIATION

I agree with the aims of the Guernsey Retreat Association and desire to be a member.

I enclose _____ as my annual subscription (minimum £10.00)

Title

Christian name

Surname

Address

Tel. No: -

Email: -

Church normally attended

Date

Comments

Please return this form to :

The Guernsey Retreat Association Coordinator and Promoter

Reverend Jan Le Billon, Tranquillite, Clos Des Quatre Vents,

St Martin, Guernsey. GY4 6SU.

Tel. No:- 01481 234283.

revjanlebillon@newtelsurf.com



Guernsey Retreat Association



BOOKING FORM

Date of Retreat* / Quiet Day

* Do you require Full Board / Breakfast / Lunch / Supper?
(Delete as appropriate)

Any special dietary requirements, e.g. diabetic or vegetarian, non dairy /
bran/ wheat etc
(Please state)

I enclose a deposit of £35.00 for Retreat expenses _____ yes/no

I agree to book my accommodation for the Retreat through Les Cotils and
send them a Deposit of £25.00 to secure my booking _____ yes/no

Name

Address

Tel. No:

Email:

Cheques made payable to 'The Guernsey Retreat Association'

Send to:

Reverend Jan Le Billon

Tranquillite

Clos Des Quatre Vents

St Martin

Guernsey GY4 6SU

Email revjanlebillon@newtelsurf.com Tel No: 01481 234283

Deposit for Accommodation

Manager Ms Nicky Terry

Les Cotils Christian Centre

Cambridge Park

St Peter Port

Guernsey GY1 1UU nicky@lescotils.com Tel No: 727793 Fax 701062

Retreats take place at Les Cotils Christian Centre

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