

# Yorkshire Plus Regional Retreat

## For Presbyters, Deacons and Lay Employees

### 'Coming to Rest: Going in Peace' With Nick Helm

*In this retreat we'll take time to move from active ministry to a 'quiet place' to stop, rest, reflect. From this place we will reflect on our experience of ministry in the light of Luke 10 - Jesus' sending out of the seventy-two. Seeking in this to recognise the life-giving affirmations of Christ, draw upon his peace that we are able to go from the retreat with greater peace in our soul.*

*There will be within this silent retreat short talks to give some focus and suggestions for further prayer and reflection. There will be opportunity for resting, wandering the dales, praying and some times for sharing in small groups.*

**When:** 17-19 May 2020

**Where:** [Wydale Hall](#), Scarborough, North Yorkshire YO13 9DG

**Cost:** £220. Those in the Yorkshire Plus Region will receive a £110 subsidy from their District. You are also free to seek further funding locally from your Circuit or local church.

**To book:** <https://220517retreat.eventbrite.co.uk> Booking closes: 10 March

**For more information:** E-mail [Katrin Hackett](mailto:Katrin.Hackett@ymc.org.uk) or call 0114 2709990 or 07552 131455



*Nick is the Advisor in Spirituality in Hereford Diocese. He has held roles with responsibility for Spirituality and spiritual development in the Sheffield and Hereford Dioceses and is chair of the Spiritual Exercises Network. He is active as a spiritual director and giving retreats offering spiritual resourcing. He has recently co-authored the Grove Book: 'Seeking Spiritual Direction', and previously published 'Soul Spark' and 'Ignatius of Loyola', also with Grove.*

