

Advent Meditation Retreat

Frequently asked Questions.

1. I'm interested but have never meditated before. Is this retreat for me?

Yes, it is. Liz Watson the retreat leader has assured us that she will cater to experienced meditators as well as those who have never meditated before. There will be a talk on how to meditate and the needs of those new to the practice will be kept very much in mind during the retreat talks.

2. I've meditated before mostly in relation to my yoga practice. Is it the same thing?

For those who come with an existing practice of silent meditation, we encourage you to continue in your practice. For those who are new to meditation, we teach the method practiced by the World Community for Christian Meditation. This way of meditation was rediscovered in the 20th century by the Benedictine monk, Father John Main, and is based on the teaching of the early desert monks.

3. Will this be a silent retreat?

Silence will begin on Saturday morning and will continue for most of the retreat except for the evening meal and the session which follows it on Saturday evening. After Saturday evening meal there will be a session for sharing thoughts on the retreat so far and for questions. Silence will resume on Sunday until after the closing liturgy with meditation. Therefore, Sunday lunch after which the retreat ends, will not be in silence.

4. When does it start? When does it finish?

The retreat begins with supper at 6.00 pm on Friday. It would be good to arrive well before 6.00 pm in order to get settled into your room and explore the location. Lunch is at 12.30 on Sunday and the retreat finishes after that.

5. What about transport?

We are hoping car-pooling will be a possibility so please get in touch if transport is an issue for you. There is also the possibility of travelling by train, via Trier. Trains to the village of St. Thomas depart on an hourly basis to/from Trier and the retreat location is within walking distance.

<https://sankt-thomas-eifel.de/leben-wohnen/anfahrt/>

5. *What will the retreat talks be about?*

The theme of the retreat is *The Meaning of Love* and the talks will be about this with some connection also to Advent.

What should I bring with me on the retreat?

You should bring warm comfortable clothes and shoes. The grounds are beautiful and you may want to explore during your free time. If you have a bible, it would be good to bring that. To get the maximum benefit from the retreat it would also be best to put your phone on silent and refrain from looking at it as much possible. You might also want to bring a notepad/pen for taking notes.

6. *I've never been on a retreat before. I'm nervous and wonder if this is really for me?*

Going on retreat is an opportunity to take time out from everyday life. That is a very wise and sane thing to do. It is a balm for body and soul. You will be in a warm friendly accepting atmosphere and if you find anything is not to your liking, we will do our best to accommodate you.

10. *What are the food and accommodation like?*

Food and accommodation are of a high standard. The accommodation is en-suite and meals are prepared with locally sourced, healthy ingredients. We are in for a treat. In German style the main meal is at midday which is usually a three-course meal. Supper in the evening is a lighter meal.

11. *Will dietary requirements be accommodated?*

Yes. Please let us know in advance what your dietary requirements are.

12. *I'd love to go but can't afford it just now. Is a concession possible?*

Nobody will be turned away for lack of resources. If you need a concession, please get in touch either with the parish office or with Kay or Marcella. See details in the retreat flyer.