



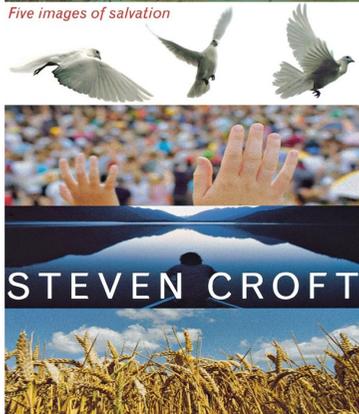
# Ladies at Launde... Exploring God's Mercy

A retreat is a chance to get away from the busy pace of life and take time and space to reflect. For many it is a time to go deeper with God. This retreat is open to women of all ages and stages.

We pray that it will be an opportunity to enjoy a variety of contemplative and creative ways of being with God. We will be exploring God's mercy using five images of salvation.



Five images of salvation



The programme will be relaxed, with worship and short talks followed by some shared activities and longer times of quietness with creative ideas for prayer and reflection.



Again this year we are offering a range of options to enable ladies to come for a longer or shorter time at Launde. This also will allow those working and/or with families to be involved if they wish. Places are limited so please do book early.

Deposits should be paid when booking overnight accommodation and full payment must be received by Friday 1st February 2019. When booking daytime only places payment must be made in full and this is non-returnable.

Bookings may be transferred but this is your responsibility; we will hold a reserve list if needed in the church office but otherwise cannot find alternative people to fill places if cancellations are made.

## Booking Form

Name: .....

Phone number: .....

Address: .....

Email: .....

- ◆ We will offer some places at a reduced cost. If you would like to take up this facility please contact Pat Dale.
- ◆ If you would like to contribute to these places please add to your payment/deposit and indicate the amount.

### Residential Bookings (includes day sessions)

- ◆ I wish to book for the full retreat Friday 10.00am – Saturday 4.00pm @ £128
- ◆ I wish to book for overnight on Friday evening 7.00pm to Saturday 4.00pm @£99
- ◆ I enclose £40 non-refundable deposit and understand balance is due by Friday 1<sup>st</sup> February 2019
- ◆ OR I enclose the full amount of \_\_\_\_\_

There is the option of extending your retreat at Launde Abbey with further overnight stays. Please book directly with Launde. [www.laundeabbey.org.uk](http://www.laundeabbey.org.uk) 01572 717254 E:info@launde.org.uk

**Please complete form overleaf**

# BOOKING FORM

*Continued*

## Non-Residential Bookings

- ◆ I wish to book for Friday only 10.00 am - 4.00 pm @ £29
- ◆ I wish to book for Saturday only 10.00 am - 4.00 pm @ £29
- ◆ I wish to book for the day time only on both Friday and Saturday @ £58
- ◆ I enclose £29/£58 (non-refundable)
- ◆ I enclose a donation of £\_\_\_\_\_ to help subsidise a place on the retreat

**Cheques to be made payable to  
PCC St George's Parish**

Any special dietary or other needs  
.....  
.....  
.....

**Please return completed  
booking form and payment to  
Pat Dale**

**via St George's Church Office,  
27-29 St George's Street,  
Stamford PE9 2BJ**

*Are you looking for a time apart.....  
Space to reflect and take stock.....  
A bit of time to spend with God?  
Would a retreat be the answer?*

The days will be led by Pat Dale, who has many years experience as a spiritual director, Rebecca Winfrey who has medical and theological training and Debs Jones, pastoral worker at St George's Stamford, who has extensive counselling experience. There will be times of shared worship, input and reflection as well as the chance to spend quiet time alone and to explore the beautiful surroundings of Launde Abbey.

Launde Abbey offers wonderful walks, time to rest and fantastic food, all in a very peaceful environment. It is about 40 minutes drive from Stamford. The accommodation will be en-suite in single occupancy rooms in the Stable Block; accessible rooms are available. Meals are mainly buffet style and special diets are well catered for.

For more information please contact:

Pat Dale tel: 01780 751184  
email: ppdale41@btinternet.com

Debs Jones and Rebecca Winfrey  
tel: 01780 481800  
email: debs.jones@stgeorgeschurch.net  
rebecca.winfrey@stgeorges.church.net



**Ladies @  
Launde**

***Exploring  
God's Mercy***

**St George's Church  
Ladies Retreat Days**

**Friday 15th—Saturday 16th  
March 2019**

**At Launde Abbey**

**Led by: Pat Dale, Debs Jones  
& Rebecca Winfrey**