



Does it matter if I don't speak French?

Although the monastic services are all in French, these can easily be followed with the help of an English bible. Mass will be offered each day in English and some of the monks speak English. Anyway, much of the time is spent in silence!

How much will it cost?

We are not using a travel agent and nobody will be seeking to make a profit. The following estimated costs are anticipated per person:

Flights* & Transfers**	£310
Full board	£120
Total	£430

*based on Jet2.com 15.01.16

**transfer to and from Leeds-Bradford Airport excluded

**If you are interested in joining us, please contact
Fr Robert or Hanna Hart (01977 610507)**

A Spiritual Retreat

Mon 30 May - Fri 3 June 2016



The Abbey of Our Lady of Lérins

**The Abbot and Brethren of the Abbey
welcome us to a few days retreat on the
beautiful island of St Honorat,
near Cannes, on the Côte D'Azur, France**

What's a spiritual retreat?

Quite simply: spending time with God. A retreat is a stepping out of our usual routine to spend more time in prayer, worship, silence, contemplation and rest. However, one Mirfield Father always used to say that it is no accident the word 'retreat' contained the word 'treat'!! Nevertheless; this isn't a holiday so there won't be much opportunity for sightseeing or shopping beyond the confines of the island.

The benefit of our retreat is the ability to break from the day-to-day grind of life and spend dedicated time listening to God. We can break away from the routine of noise and busy-ness and quiet our minds enough to hear God's 'still small voice' more clearly, hoping for deeper conversion, renewal, and spiritual growth.

As the gospels relate, even Jesus needed to break from his usual routine and spend time in prayer, thus showing us the way to greater peace and renewed vision.

Please, read more and consider this great and wonderful opportunity carefully !



What will we be doing all day?

We can take part in the many beautiful monastic services, enjoy the simple but delicious food and wine in the guest refectory, go for walks in the stunning surroundings, swim in the azure-blue sea, sit and read or reflect in the peaceful gardens, have inspiring encounters with the lovely brethren and enjoy the tranquillity of this holy place.

Where is the Abbey of Our Lady of Lérins?

Since the 4th Century the islands of Lérins, off the coast of Cannes, have been inhabited by monks. Currently the smaller island of St Honorat, is home to a Cistercian community of around 30 brothers who worship in the Abbey church and tend the vineyard which covers the island. It is also a nature reserve and a site of historical importance which attracts many visitors every day.

What is the accommodation like?

The rooms are simple but comfortable, either single or twin. Some are en-suite and some have shared facilities. All rooms are within a short distance of both church and refectory.

Have a look at some pictures of earlier retreats on:
<http://wp.me/pKuW8-7k>