DOWNSIDE ABBEY

EASTER RETREAT

Thursday 18th April– Sunday 21st April

The Monastic Community at Downside Abbey invite everyone to share with them in Holy Week at Stratton-on-the-Fosse for the Annual Easter Retreat. The theme will be "Lord, Teach Us To Pray"

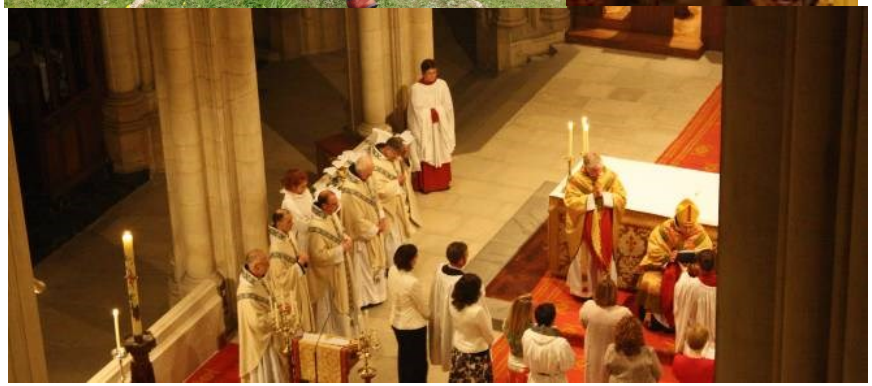
Whether you are a parishioner, have taken part in a retreat or pilgrimage or just want to explore your faith you are welcome to come along to share in the services, conference talks, stations of the cross, practise Lectio Divina and join in the lively discussions or simply take time out from this busy world to reflect.

Join the Community for the entire Retreat or as a Day Guest on Friday or Saturday. This is a wonderful opportunity to make new friends over lunch, tea and coffee in our cafeteria. On Easter Sunday join us for Mass followed by a celebration lunch.

Accommodation is available in our school's boarding houses. Rooms are mostly single with a few dormitories to accommodate families or couples and bathrooms are communal. (Please note that the few en-suite bathrooms and these are allocated where possible to the infirm). All bedding is provided however, you need to bring your own towels and toiletries. Alternatively, you can find your own local accommodation here.

Volunteers

If you wish to help with the running of the Retreat you can stay in our dedicated Volunteers boarding house at a reduced rate. Bedrooms are shared and bathrooms are communal. Please note that not all volunteer activities are in the Church and you may be asked to help out with any aspect of the weekend.



Outline Programme

All visitors are warmly invited to join the Monastic Community for their Daily Office, in addition to the Easter liturgies in the Abbey Church . The key events are listed below:

Maundy Thursday

3.45pm Arrival for residents - Downside School

5pm Welcome and Introductions from The Prior.

5.15pm First talk followed by an ice breaker session.

8pm Mass of the Lord's Supper

Good Friday

9.30am Lauds (Abbey Church)

10.00am - 12.30pm **Circular Cross Walk** will start from the Abbey church immediately after the office of Lauds and will walk to Holcombe Plague Church and back to St Benedict's Parish Church .The Cross walk will happen regardless of weather and general ground conditions so please bring boots, trousers and jackets suitable for walking across muddy fields in the rain.

10.30am Second talk for those not walking.

12 noon If you do not wish to join in the Cross Walk, stations of the Cross will be held at mid-day on Good Friday in St Benedicts Church, which is at the bottom of Abbey Road.

3pm Celebration of the Passion
Meditation on the Passion with the opportunity for Confession

5pm Reflections on the Liturgy

8pm Reconciliation Service

Holy Saturday

10.30am Third talk

11.30 am Lectio Divina workshop

2pm Healing Service

3.15pm Discussion Groups on understanding the Liturgy

5pm Fourth talk by a Monk on Prayer

9.30pm The Easter Vigil - Abbey Church
Followed by Hot Chocolate and a Resurrection Party

Easter Sunday

10.00am Mass in the Abbey Church

11.30am St Gregory's Society AGM (Butler Room)

Celebration Lunch in the Refectory and depart

Everyone must register at Reception in the Main Hall at Downside School on arrival. Day delegates should arrive by 10am.

Please feel free to dip in and out of the activities as you choose. Advanced booking online is advised at www.downside.co.uk/easter2019 or email easter@downside.co.uk

Children's activities for those over 5 will be available in parallel with the talks for parents taking part in the Retreat, but must be booked in advance. **Children under 5 must be accompanied by a parent at all times.**

Adults and older children can meet in the Weld Café which is the Social Hub of the Retreat. A detailed updated programme will be issued on arrival.

Facilities

Meals

All food is served in the Main Refectory in a self-service style. If you have any specific dietary issues please let us know as soon as possible so that we may endeavour to accommodate you.

Breakfast for Residents only	07.30	08.30
Lunch	12.45	13.30
Supper	18.00	18.45

The Weld Café

The Weld Cafe will be selling delicious tea and coffee, sandwiches and cakes as well as alcohol (during permitted hours) and is a lovely setting to relax in. Wifi is available here should you wish to check your messages or get online.

The Rutherford Lounge

The Rutherford Lounge is open to all throughout the Retreat and has a selection of newspapers and magazines available. Many post event conversations continue here and we encourage you all to discuss any issues which have been raised in the talks and workshops with your fellow visitors. Tea and coffee is available throughout the day.

The Visitors Centre

The Abbey Visitors centre is a wonderful place to buy all types of memorabilia and gifts as well as a variety of religious books.

Baby Room

We have a room available off the main hall for under 5's with games and toys suitable for them. NB This area is unstaffed and all children must be supervised by their parents at all times.

Dogs.

Dogs are not permitted inside school buildings at any time.

Children's Activities

Our retreat is designed for families and we welcome children of all ages. Children's activities take place in Powell House situated beside the Main Reception Hall.

Juniors (5-12 years)

In order for you to attend the discussions and services children's activities will be held in the Powell House for those taking part in the Retreat. If you have not already registered your child please be understanding if the session is full as we have to remain within the recommended ratios of qualified staff to children.

Please note that we cannot accommodate children under 5 years of age. This is due to the high ratio of qualified staff to children needed to comply with statutory standards when caring for infants.

Parents / Guardians must remain on site whilst their children are in activities.

Sessions

Thursday	5.00pm-6.30pm	Welcome (Powell Day Room)
	7.30pm	Prayers (Old Chapel)
Friday	9.00am	Prayers (Old Chapel)
	9.45am-12.30pm	Children's activities
	2.00pm-5.00pm	Children's activities including the Children's Cross Walk
	7.30pm	Prayers (Old Chapel)
Saturday	9.00am	Prayers (Old Chapel)
	10.00am-12.30pm	Children's activities
	3.00pm-5.30pm	Children's activities
	7.30pm	Prayers (Old Chapel)

Visit www.downside.co.uk/easter2019 for more information

To book accommodation contact Suzanne Faloon on 01761 235156 or email easter@downside.co.uk

To book online click here

Booking Deadline for residents: Friday 5th April 2019