

# Take time out with us

Join us on an **Individually Guided -  
Retreat by the Sea.**

*Where can I flee from your presence  
if I ascend to the heavens you are there,  
if I descend to the depths you are there..  
(Psalm 139:7)*

Friday 12<sup>th</sup> – Sunday 14<sup>th</sup>  
November 2021  
at  
The Pleasaunce,  
Overstrand  
On the beautiful North  
Norfolk Coast

*Great food and  
fellowship, walking,  
reading and writing,  
wrapped up in a monastic  
rhythm of prayer with  
the opportunity for  
group and one to one  
sessions of holy listening.*

**Cost includes: full board, accommodation and retreat  
programme around a monastic rhythm of prayer.**

**To book online visit our website [www.guidedretreats.org.uk](http://www.guidedretreats.org.uk)**

**For all enquiries**

**email: [rev@guidedretreats.org.uk](mailto:rev@guidedretreats.org.uk)**

**tel: 07896658373 (Revd. D Hamilton-Grey)**

**50% bursaries available for NHS staff & Care-workers, courtesy of  
Association for the Promotion of Retreats**

**Standard room £220.00 - Ensuite room £240.00**

**[www.guidedretreats.org.uk](http://www.guidedretreats.org.uk)**

