

## The quest for peace

Suitable for those new to retreat days. We will be offering simple ways to begin using silence, stillness and solitude to enhance wellbeing in the midst of a busy life. Drawing on the spiritual disciplines of bible reading and prayer, the day will also include an opportunity for one-to-one conversation with a trained spiritual director. The day will begin with worship and includes a two course lunch. We will decide together if lunch will be silent.

Leaders: Mary Irish, Sam White and Sr Karen Knight



If you would like to stay overnight and take the whole weekend to enjoy Cambridge then please contact the College for rates.

£25 to include lunch, refreshments, event and resources.

To book, contact us:

Telephone 01223 330632

or

Email [admin@westminster.cam.ac.uk](mailto:admin@westminster.cam.ac.uk)