

Journeying with Jesus

God never promised an easy journey, just a safe arrival

Bring your partner, a friend, or come alone to L'abri la Vall
- a Christian retreat centre in Lavail, Sorède!

- * Tasty meals
- * Morning prayer and evening worship
- * Talk and walk in the nature surrounding Lavail
- * Time for contemplative silence

Come and be inspired to a life of pilgrimage!
11-13 October 2019

Ann & Kit Hum
Magdalena & Björn Hedström

More information and reservations at
www.labrilavall.com

Places are limited to 10

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Kit & Ann Hum

Magdalena & Björn Hedström



Accommodation:
(2 nights)

Choose between

- * Double room de Luxe 89 € / night with double bed (160x200), private shower and toilet.
- * Premium double room 79 € / night with double bed (180x200) or single beds (90x200), private shower and toilet.
- * Standard Double Room € 69 / night with double bed (160x200) or single beds (90x190), shared shower and toilet.

Let us know if you might wish to share a room with another of the participants if you come alone.

Food and beverages:

Full board € 76 / person including:

Breakfast Saturday-Sunday
Lunch including drinks and coffee Friday-Sunday
Afternoon Tea / Coffee Friday-Sunday
Dinner (main course and dessert) including drinks and coffee Friday-Saturday

Registration:

Booking is done via the website www.labrilavall.com.
Fill in the contact form at the bottom right of the page.
Enter "Journeying with Jesus" as subject and fill in wishes for accommodation as message.
Booking confirmation with additional information will be sent with the notification.

TWO - NIGHT DRAFT RETREAT PROGRAMME

FRIDAY 11 OCTOBER

TIME	ACTIVITY
12.00	Retreat Visitors Arrive
12.30	Lunch
14.00	Information: What is planned for the next few days? Our theme
14.30	Talk – <i>How to get the best out of silence</i>
15.00	Tea / Coffee
15.30	Contemplative silence
17.00	Talk – <i>How to get the best out of prayer</i>
17.30	Contemplative silence
19.00	Dinner
20.30	Evening Worship + Theme
21.00	Contemplative silence and bedtime

SATURDAY 12 OCTOBER

08.30	Morning Prayer
08.45	Breakfast
09.30	Contemplative silence
11.30	Gentle walk up the valley, during which we will stop for:
	Talk – <i>How to get the best out of the bible</i>
	Picnic Lunch + Contemplation of nature
	Reflection on Theme
15.00	Tea / Coffee
15.30	Talk – <i>Introduction to the Enneagram</i>
16.30	Contemplative silence
19.00	Dinner
20.30	Evening Worship + Theme
21.30	Contemplative silence and bedtime

SUNDAY 13 OCTOBER

08.45	Breakfast
10.00	Morning Service + Theme + Sharing bread and wine
10.45	Contemplative silence
12.30	Lunch
13.30	Talk – <i>The Enneagram and me</i>
14.00	Contemplative silence
15.00	Tea / Coffee with discussion of what we have experienced/learned
16.00	Depart