



# Approaching EASTER

Christian retreat  
for English speaking people  
18-21 March 2021  
at L'abri la Vall

For anyone who wants to spend a few days in Lent seeking God  
in stillness and in fellowship with others

- \* Tasty meals
- \* Morning, and evening prayers
- \* Exploring together the mystery of Easter
- \* Time to enjoy the nature surrounding Lavail

Ann & Kit Hum  
Magdalena & Björn Hedström

More information and reservations at  
[www.labrilavall.com](http://www.labrilavall.com)

*Places are limited to 10*



**Kit & Ann Hum**

**Magdalena & Björn Hedström**



## **INFORMATION**

Accommodation:  
(3 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 € 89 / person including:

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

Registration:

Booking is done via the website [www.labrilavall.com](http://www.labrilavall.com).  
Fill in the contact form at the bottom right of the page.  
Enter "Approaching Easter" as subject and fill in wishes for accommodation as message.  
Booking confirmation with additional information will be sent with the notification.

# "APPROACHING EASTER" 18-21 March 2021

TIME	ACTIVITY
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## THURSDAY 18 MARCH

19.00	Retreat visitors arrive, checking in
19.30	Dinner
20.30	Evening Worship including Reflection on Theme followed by Contemplative silence

## FRIDAY 19 MARCH

08.30	Morning Prayer
08.45	Breakfast
10.00	Introduction - What is planned for the next few days? Discussion - <i>"How to get the best out of silence"</i>
10.45	Tea/Coffee
11.00	Contemplative Silence
12.30	Guidance - <i>"Looking back on Lent"</i>
13.00	Lunch
14.00	Discussion - <i>"How to get the best out of Prayer"</i>
14.30	Contemplative Silence
15.30	Guidance - <i>"Focus on Sacrifice"</i>
16.00	Tea/Coffee
16.30	Contemplative Silence
19.00	Dinner
20.30	Evening Worship including Reflection on Theme followed by Contemplative silence

## SATURDAY 20 MARCH

08.30	Morning Prayer
08.45	Breakfast
10.00	Guidance - Approaching Easter: <i>"Love poured out"</i>
10.30	Contemplative Silence
12.30	Discussion - <i>"How to get the best out of the bible"</i>
13.00	Lunch
14.00	Contemplative silence
15.30	Guidance - Approaching Easter: "In His Image - our response to sacrificial love"
16.00	Tea/Coffee
16.30	Contemplative Silence
19.00	Dinner
20.30	Evening Worship including Reflection on Theme followed by Contemplative silence

## SUNDAY 21 MARCH

08.45	Breakfast
10.00	Morning Service including sharing bread and wine - Approaching Easter: <i>"The triumph of love"</i>
10.45	Tea/Coffee while sharing experiences of our time on retreat
12.00	Depart