

## INFORMATION



Exploring  
**The Lord's Prayer**

30 Sep - 3 Oct  
2021

**Kit & Ann Hum  
Magdalena &  
Björn Hedström**

**RETREAT  
TASTER**

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

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

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



**Kit & Ann Hum**

**Magdalena & Björn Hedström**



About us:

**Kit & Ann Hum**

Kit and Ann Hum are a retired English couple who celebrated their golden wedding last year.

Widely travelled, their past worship has included several Baptist churches, the Church of Scotland and the Missions to Seamen in Hong Kong, as well as teaching at a Sunday school in Germany. They value many different worship traditions.

Kit is a licensed Anglican lay service leader with twenty years experience. He regularly leads services at St George's church in Vernet-les-Bains.

Ann is a qualified teacher with a gift for listening and counselling. Having been a parent and foster-parent to eight children, she is calm, balanced and caring.

Kit and Ann have previously led two retreats at L'abri la Vall with Bjorn and Magdalena.

**Magdalena & Björn Hedström**

L'abri la Vall is owned and run by Magdalena and Björn Hedström. Both are anchored in the Saron congregation in Gothenburg, which is part of the Evangelical Free Church of Sweden.

Magdalena has been working as a teacher, with children as well as with adults. Since early days she had many responsibilities in the church she was a part of, such as choir director for the youth choir and Sunday school teacher. She values the personal connection when it comes to counselling in spiritual matters. She is a good listener and people easily feel confidence in her.

Björn has an education in spiritual counselling and even as a retreat holder. He as well has had many responsibilities in the church he was a part of and, as for his wife, music has always been a big part of his life.

He loves organizing and taking care of people, and has the gift of inspiring others.

Magdalena and Björn chose to leave a comfortable and safe life in Sweden to be able to offer a Christian environment in southern France where people might find a closer relationship with God.

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 € 95/person including:

- 3 breakfasts (Friday-Sunday)
- 3 lunches (Friday-Saturday including drinks and coffee)
- 5 tea/coffees with biscuits/cakes (Friday-Sunday)
- 3 dinners (Thursday-Saturday (main course and dessert including drinks and coffee))
- 3 evening drinks in the garden (Thursday-Saturday)

Registration:

Reservation is made via the website [www.labrilavall.com](http://www.labrilavall.com).  
Fill in the contact form at the bottom right of the page.  
Enter "Exploring The Lord's Prayer" as subject and fill in wishes for accommodation as message.  
Booking confirmation with additional information will be sent with the notification.

## Welcome!

## EXPLORING THE LORD'S PRAYER     30 SEPTEMBER – 3 OCTOBER 2021

### THURSDAY 30 SEPTEMBER

19.00	Retreat visitors arrive, checking in.
19.30	Dinner
20.30	Evening Worship
21.00	Gather in garden – what is planned for next few days?

### FRIDAY 01 OCTOBER

08.30	Morning Prayer
08.45	Breakfast (You may choose to eat in silence if you want)
10.00	First Session – Our Father in Heaven
10.30	Reflection on your own
11.15	Tea/Coffee and biscuits
11.45	Second Session – Hallowed be your Name
12.15	Reflection on your own
13.00	Lunch
14.00	Third Session – Your Kingdom Come
14.30	Reflection on your own
15.15	Tea/Coffee and cake
15.45	Fourth Session – Your will be done
16.15	Reflection on your own
17.00	Discussion – what have we discovered today?
17.45	Contemplative silence
19.00	Dinner
20.30	Evening Worship
21.00	Fellowship hour over drinks in garden

SATURDAY 02 OCTOBER

08.30	Morning Prayer
08.45	Breakfast (You may choose to eat in silence if you want)
10.00	Fifth Session – Give us Today our Daily Bread
10.30	Reflection on your own
11.15	Tea/Coffee and biscuits
11.45	Sixth Session – Forgive us our Sins
12.15	Reflection on your own
13.00	Lunch
14.00	Seventh Session –Lead us not into Temptation
14.30	Reflection on your own
15.15	Tea/Coffee and cake
15.45	Eighth Session – For Thine is the Glory
16.15	Reflection on your own
17.00	Discussion – what have we discovered today?
17.45	Contemplative silence
19.00	Dinner
20.30	Evening Worship
21.00	Fellowship hour over drinks in garden

SUNDAY 03 OCTOBER

08.45	Breakfast (You may choose to eat in silence if you want)
10.00	Morning Service – sharing bread and wine
10.45	Tea/Coffee while sharing experiences
12.00	Depart