



Tuesday 22 - Friday 25  
November 2022

Christian retreat for  
English speaking people  
at L'abri la Vall

*Retreat Taster*  
- For anyone who wants to  
spend a few days in November  
seeking God in stillness  
and in fellowship with others

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

Ann & Kit Hum  
Magdalena & Björn Hedström

More information and reservations at  
[www.labrilavall.com](http://www.labrilavall.com)  
*Places are limited to 10*

Bring your partner, a friend, or come by yourself to L'abri la Vall,  
- a Christian retreat center 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 two years ago.

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 has led services in Anglican churches for over twenty years. 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.

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### **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.

**Food and beverages:** 3 breakfasts (Wednesday-Friday)  
2 lunches (Wednesday-Thursday, including drinks and coffee)  
3 tea/coffees with cakes (Wednesday-Friday)  
3 dinners (Tuesday-Thursday, main course, and dessert,  
including drinks and coffee)

**Accommodation (3 nights) including full board:**

Choose between...

- \* **Double room de Luxe** with double bed (160x200),  
private shower and toilet.  

**392 €**  
(Shared room: **243,50 €/person**)
- \* **Premium Double room** with double bed (180x200) or single beds (90x200),  
private shower and toilet.  

**362 €**  
(Shared room: **228,50 €/person**)
- \* **Standard Double Room** with double bed (160x200) or single beds (90x190),  
shared shower and toilet.  

**332 €**  
(Shared room: **213,50 €/person**)

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

**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 "Approaching Advent" as subject and fill in wishes for  
accommodation as message.  
Booking confirmation with additional information will be sent with  
the notification.

Welcome!

# APPROACHING ADVENT TUE 22 – FRI 22 NOVEMBER 2022

## TUESDAY 22 NOVEMBER

|       |   |
|-------|---|
| 18.00 | Retreat visitors arrive, checking in        |
| 18.30 | Dinner – what is planned for next few days? |
| 20.00 | Evening Worship in the chapel               |
| 20.30 | Fellowship by the fire in the lounge        |

## WEDNESDAY 23 NOVEMBER

## THURSDAY 24 NOVEMBER

|       |  |
|-------|--|
| 08.30 | Morning Prayer in the chapel   |
| 08.45 | Breakfast (We eat together in silence with instrumental music playing) |
| 10.00 | First (Fourth) session   |
| 10.30 | We collect material in the nature to make our own Advent Wreath        |
|       | Reflection on your own – Contemplative silence – Talk and walk         |
| 11.45 | Second (Fifth) session   |
| 12.15 | Reflection on your own – Contemplative silence – Talk and walk         |
| 13.30 | Lunch  |
| 14.30 | Time to create our Advent Wreath                                       |
|       | Reflection on your own – Contemplative silence – Talk and walk         |
| 16.15 | Tea/Coffee and cake  |
| 16.45 | Third (Sixth) session  |
| 17.15 | Reflection on your own – Contemplative silence – Talk and walk         |
| 18.30 | Dinner – what have we discovered today?                                |
| 20.00 | Evening Worship in the chapel  |
| 20.30 | Fellowship by the fire in the lounge                                   |

## FRIDAY 25 NOVEMBER

|       |  |
|-------|--|
| 08.45 | Breakfast (We eat together in silence with instrumental music playing) |
| 10.00 | Morning Service in the chapel – sharing bread and wine                 |
| 10.45 | Tea/Coffee while sharing experiences                                   |
| 13.00 | Depart   |