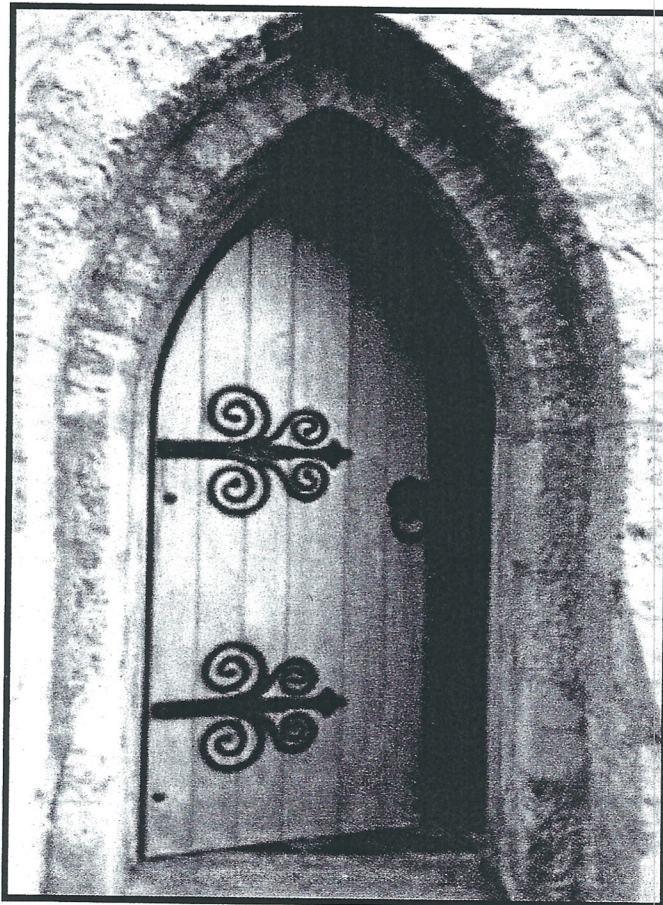


# Open Door Retreat (ODR)

**Starting October 2023  
Nine sessions**



***"Listen! I am standing at the door  
knocking. If you hear my voice and  
open the door, I will come in and eat  
with you, and you with me."***

Revelation Ch 2 V 20:

**The Open Door Retreat** was designed in 1980 by two sisters of the Cenacle Community. Based on the **Spiritual Exercises of St Ignatius of Loyola** it is a creative, flexible, prayer journey centred on the life of Jesus Christ.

An ODR is a wonderful way of making space for reflection 'in daily life'. This reflection can be on one's relationship with and response to God, to circumstances, to ourselves and to others.

It is gentle and non-threatening, and suitable for all who want to enhance and deepen their relationship with God. You don't need to be 'good' at praying (who is?) or even used to praying regularly (though you might be). Whatever you're at with God, there's a great deal to be gained from an Open Door Retreat.

### **What's involved in an ODR?**

A two-hour (max) weekly session for nine weeks.

Sessions are experiential in nature and include music, art, poetry, reflection, and some sharing from the 'team' (Julia and Sarah) on their personal experience of prayer and life.

An ODR isn't a discussion group, though some sharing from participants is gradually hoped for - to the extent that each individual feels comfortable.

Between sessions a daily commitment to about 15 minutes of quiet time/reflection/prayer will be what makes the retreat fruitful, and a variety of materials will be offered for this.

The group will comprise up to **8** participants, plus Julia and Sarah. It's really important to attend each session (unless absolutely unavoidable).



## **Who are the team?**

Sarah and Julia are trained in and have several years' experience leading Open Door Retreats. They commit to leading sensitively, and will be available between sessions (by phone/zoom/email), to help, listen and encourage as and if needed.

## **Is an ODR for me?**

Session One is introductory - to try to give a genuine feel for what the retreat will be like. During the days that follow, you'll reflect on whether the ODR feels right for you at the time.

## **Some comments from previous ODR participants:**

*The ODR was a wonderful experience and helped me to get into a pattern of praying each day. Liz H*

*An amazing retreat! It was so inspiring and helpful – as well as enjoyable and challenging! Sue S*

*With the sensitive help of the ODR group my prayer life has come alive enabling me to finally open the door and invite God in. I have become excited by Scripture and now look forward to my daily quiet time. Bernie A.*

*Sharing the ODR journey with the group was a great privilege and joy. It helped me see that for a real and ongoing relationship with Jesus I need to spend quality time each day. I strongly recommend it! Pam C*

*The ODR helped immensely - the daily prayer enabled me to take a deep look at my faith. Faris B*

## **Is there a charge?**

A voluntary contribution of **£20** is requested, to help towards the cost of accompanying resources. If this isn't possible, it doesn't preclude participation.

**When are the sessions?**  
**Monday afternoons 2.30-4.30**

**Crookham Village**

**On the following dates:**

**Monday October 9**

**Monday October 16**

**(no session the following week)**

**Monday October 30**

**Monday November 6**

**Monday November 13**

**Monday November 20**

**Monday November 27**

**Monday December 4**

**Monday December 11**

**Early contact is strongly recommended.**

**To reserve your place, please email [sarahvanwely@gmail.com](mailto:sarahvanwely@gmail.com) with your:**

Name

Postal address

Email address

Phone number

**Thank you.**

**Any questions?**

Please email Julia or Sarah if you have any questions -  
[julia.williamson3@ntlworld.com](mailto:julia.williamson3@ntlworld.com) or [sarahvanwely@gmail.com](mailto:sarahvanwely@gmail.com)