



LLANGASTY

RETREAT HOUSE

Creative Prayer Retreat

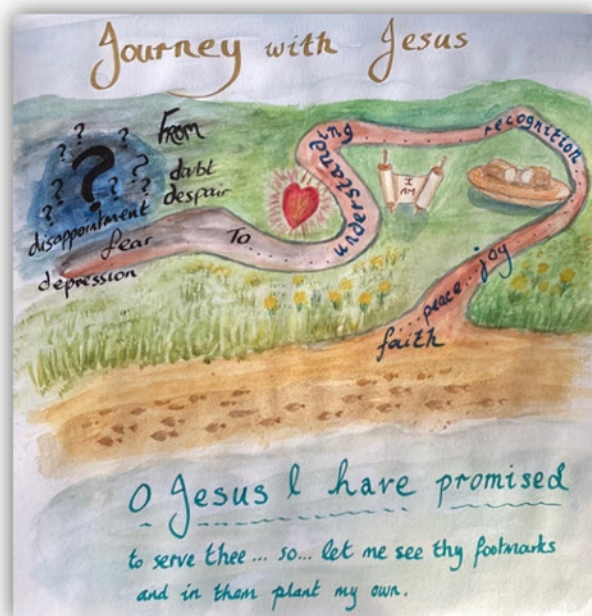
2 to 6 June 2025

'Journaling a Journey with Jesus'

Led by Revd Liz Jones and Caroline Dobrashian

Come on a journey with Jesus during this week and creatively record your thoughts and prayers in a personal journal.

We will be playing with very simple journaling techniques as we feast together on God's Word. There will also be opportunities to explore a variety of creative ways to enter more deeply into prayerful conversations with Jesus. No previous experience of art is needed - just a child-like openness to try something new. Spiritual accompaniment and a rhythm of daily worship will be offered to help you to reflect on your pilgrimage through the week, culminating in Holy Communion on the last day.



Liz Jones is a retired vicar in the Church of England and has been journaling using art and creativity for many years, regularly sharing the results on her blog www.elizabethjonesdiary.com. She is trained in giving spiritual direction and has led Creativity and Prayer quiet days.

Caroline Dobrashian is also trained in giving spiritual direction and has facilitated many quiet days. She has a special interest and training in praying with the expressive creative arts and Llyfasi Ignatian spirituality. In her church, Caroline is an intercessor, a Christian artist, the leader of 'Open The Book' storytelling in schools and an active member of the prayer ministry team.

Arrive Monday 4pm, depart after lunch Friday.

Cost: £450

Llangasty Retreat House, Llangasty, Brecon, Powys, LD3 7PX

Tel: 01874 658250

www.llangasty.com

email: enquiries@llangasty.com

Charity Number 1060743



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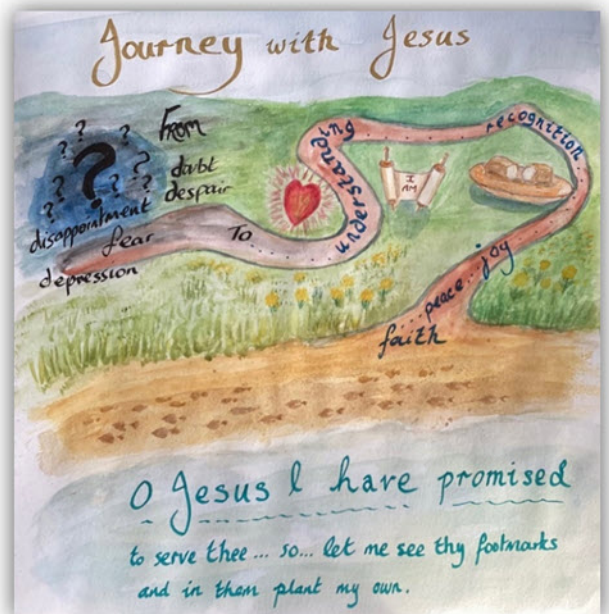
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