

Anglican Diocese
of Cyprus
and the Gulf

[www.cypgulf.org/
retreats](http://www.cypgulf.org/retreats)

Maggie Le-Roy,
Retreats Facilitator

More Opportunities

Here is an invitation to
join in a
Retreat In Daily Life
by skype, whatsapp, or
phone.

This involves the
retreatant committing to
the following from
Monday to Friday:

- At least 30 minutes
of prayer each day
with suggested
ideas,
- Keeping a note of
what comes out of
that prayer time
(even if it is
'nothing!'),
- And chatting to the
Retreats Facilitator,
in confidence, for
up to 45 minutes
each day, about the
experience of
prayer.

Dates for RDLs:
30 March to 3 April
13 April to 17 April

Contact Maggie to join
in - details above.

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If you would like to
virtually retreat to join
a UK church for Sunday
worship, go to the fol-
lowing link for details:

[https://
www.achurchnearyou.com/live-stream/
tags=Live_stream](https://www.achurchnearyou.com/live-stream/?tags=Live_stream)

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Retreating with Purpose

Many of us have now been in physical distancing mode for a week now. I wonder how you are coping? I expect many of you have got yourselves into some sort of rhythm and routine, including building many social friendships at this time when we are supposed to be practicing social distancing! What a great plus in this crisis.

When Jesus was physically and socially isolated in the wilderness, I guess there was a real sense of him needing to settle into those 40 days of space. May be difficult at first coming from a full life of job, family and friends.

Some would call this a 'liminal space', the gap between what has been until now, before the new/different thing takes place. It's not a space of nothingness, emptiness, darkness, but a space of something, fullness and light, a time of purpose.

The liminal space is a time of leaving behind what was, and being prepared for what is to be.

This is a large component of what retreating is all about. Retreats give space between what has been and what will be. Often in the space we get a nudge, a hint or a sense of preparation for what is to come.

Jesus had 40 days of such preparation for his future ministry. May be the first week was unsettling, uneasy, hard for him to get into a routine or understand the purpose of it all.

But may be it then became easier to adapt to the different pace and be more aware of what this time was about. A preparation for the coming three years.

In the crisis and space we are now trying to learn to adapt to, may be there is a global purpose? But may be we also need to be listening in this enforced retreat time for the individual purpose which God is asking us to look out for.

How did Jesus spend those 40 days of liminal space in isolation? May be he started by getting himself into some sort of rhythm, doing certain things at certain times of the day in order to help that sense of purpose?

Having a rhythm on retreat aids listening. You may like to try and get into some sort of rhythm in this next week of isolation - set times for prayer, work, reading, recreation, eating, sleeping, and social coming together (even if at a physical distance!).

And may you go purposefully through it all.

An Exercise



Light a candle every day.
Look at it - and wait.
What does it symbolise for
you?

Possibly put it by your
window or outside for
others to see at this time.

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Read Ecclesiastes 3 below.
Allow a line, word or image
to stand out to you.

What is the **purpose** in
that for you today?

*To every thing there is a
season, and a time to every
purpose under heaven:*

*A time to be born,
and a time to die;
a time to plant,
and a time to pluck up;
A time to kill,
and a time to heal;
a time to break down,
and a time to build up;
A time to weep,
and a time to laugh;
a time to mourn,
and a time to dance;
A time to cast away stones,
and a time to gather stones;
a time to embrace,
and a time to refrain from
embracing;
A time to get,
and a time to lose;
a time to keep,
and a time to throw away;
..... and more*