



NIDAROS PILEGRIMSGÅRD is situated by the banks of Nidelva.

Registration/additional information:

Hilde-Anette Løvenskiold Grüner (priest)

Phone: 948 46 011. E-mail: hg255@kirken.no

Hilde Rosenkrantz (priest)

Phone: 926 85 263. E-mail: hr544@kirken.no

On registration: Please provide your phone-number and e-mail-address. Specify your preferred time for spiritual guidance: morning, daytime (09-16) or evening. Specify also whether your registration is for the introductory Saturday or Retreat in daily life or both. All registrants will receive a welcome letter.

Price. Introductory Saturday: kr. 50. Retreat in daily life: kr. 350.

Registration within 18th of March.

More guidance? Spiritual directors are also available after the retreat is over. Contact Hilde-Anette Løvenskiold Grüner at Retreat i Nidaros for further information.

ORGANIZER: RETREAT I NIDAROS

Read more about Retreat i Nidaros on www.retreater.no



FIVE DAYS IN MARCH. Seeking God in the silence, in the midst of daily life.

Retreat in daily life

Trondheim, 24th – 28th
of March, 2019

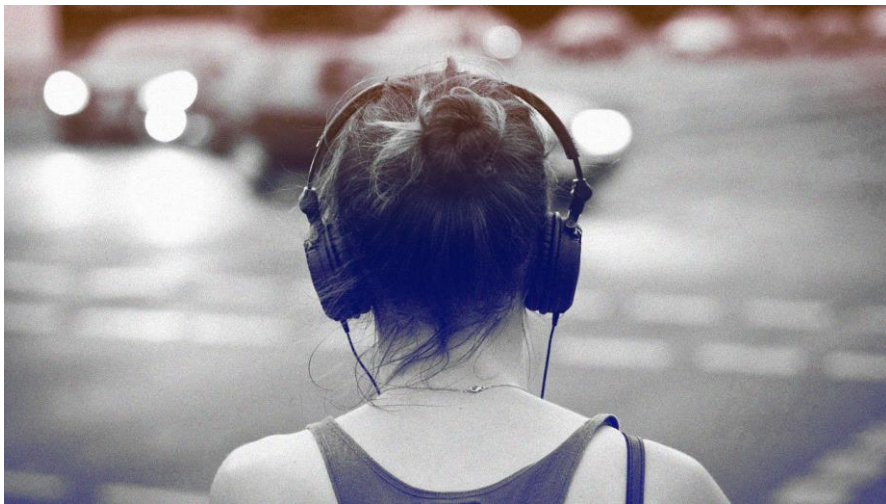
What is retreat in daily life?

Retreat means «to draw back.» During the week of retreat you carry on with your normal commitments, but set aside 30 minutes for silence and meditation in the course of the day.

To accompany you on your silent journey you will have a spiritual director, who you will meet with for a 30 minute conversation each day. The spiritual director is a man or a woman who has personal and professional experience with spiritual guidance. It goes without saying that he or she is subject to confidentiality.

We do sometimes experience that participants in a retreat in daily life are taken by surprise by God. In almost the same manner as one of the old boys of the Bible, who once exclaimed in amazement: «How awesome is this place! This is none other than the house of God; this is the gate of heaven.»

Welcome to being taken by surprise by God!



The retreat is an exercise in becoming more aware of God's presence in everyday life.

Who can participate?

Anyone! You are welcome at whatever stage you may be on your spiritual journey, regardless of how you or others might categorize that position. If you are curious about God, or just long to deepen your spiritual life, this may be something for you.

Shared opening and closing meetings

At the beginning and the end of the retreat we all meet together in Nidaros Pilegrimsgård (Nidaros Pilgrim Centre, behind the Nidaros Cathedral, by the banks of the river Nidelva).

Opening meeting: Sunday 24th of March from 19.00 to 20.30

Closing meeting: Thursday 28th of March from 19.00 to 20.30.

Daily spiritual conversation

Every day during your retreat you meet your spiritual director for a 30 minute conversation, preferably in Pilegrimsgården. Direction can be given in English. If you live outside Trondheim, you can book accommodation at Pilegrimsgården (www.pilegrimsgarden.no)

New this year: Introductory Saturday

Some people want to know more about what Retreat in daily life is, or may be, before they register. We therefore invite you to an introductory gathering in Pilegrimsgården, on Saturday 23rd of March, from 10.00 to 14.00. Here you will learn more about spiritual guidance, and get the opportunity to try out some practical exercises in Bible meditation and silence. It is possible to attend the introductory Saturday without joining Retreat in daily life.

Expectations

This is what is expected of you as a retreatant:

That you are willing to set aside 30 minutes for silence and meditation/prayer every day during the retreat. That you meet your spiritual director for a 30 minute conversation every day. That you participate in the opening and closing gatherings.