

Travelling Light Christian Retreat Days 2025

Travelling Light retreats are for individuals and small groups. They are for a single day and are an opportunity to take time away from everyday pressures and to spend time with God. Travelling Light started running Day Retreats in 2008 and the Ministry is run by Robin and Carole Moulton and a small Team.

The Retreat Day is divided into a morning session of approximately two and a half hours. It includes a time of teaching and sharing followed by a time of Quiet for personal reflection.

Lunch follows this session. The afternoon session then follows with a session similar to the Morning. The Retreat concludes with a session where we share together and conclude with Prayer. Each year the Retreat Programme is based on a Theme. The themes and the Teaching stands separately for each Retreat but it is also linked. So, if you cannot come to a whole retreat programme you will have material which 'stands alone'.

Help Me Lean On You

Lord, help me lean on You,
When I am fearful for myself,
Or for others;
Help me to live deep in my heart
The trust I know, in theory, in my head;
Grow patience in me, Lord,
In the painful times of waiting,
In the hopeful times of watching,
Help me lean on You, Lord;
Draw me closer to You,
Keep me open to Your love,
You will never leave me.
Even in my pain;
Walk beside me, Lord,
However hard the path,
However dark or stony,
Lord, help me lean on You.

Provision for the Journey Light for the Path

Freedom To Move Forward

Travelling Light Retreats 2025

**This year's Main Retreat Theme for 2025 is
Growing Closer To God**

The Retreat dates and individual Retreat themes for 2025, are as follows.

Saturday 22 March Through Creation

Saturday 10 May Through Our Senses

Saturday 5 July In Challenging Times

Saturday 27 September In the Everyday

All the retreats are held at St. Dubricius, Church, Whitchurch, HR9 6BZ. 10am to 4pm.

There is no fixed charge, but a donation is appreciated.

There is a carpark adjacent to the Church with ample parking. Early pre-booking helps us greatly and is advisable as there is a limit on the Retreat places available, particularly if there is a number of you coming together. The retreats are for individuals and small groups. We do limit numbers so that there is sufficient personal space is for everyone. Please book by email as early as you can, so we can email you, to confirm your place and send you the Retreat information in plenty of time.

Drinks are provided but not food, so please bring a packed lunch.

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We also produce Booklets with most having a Reflective theme. We will inform you via an article in the Travelling Light Newsletter, when we publish a new Title.

