

Membership

Of reflect is open to individuals, churches and retreat centres. Members are encouraged to make contact and share experiences with others in their locality or region, in addition to participating in the activities set out above.

Join Today:

If you are looking for space and time in your busy life for reflection and stillness, why not become a member of reflect?

For an application form and further information contact

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reflect

Methodists supporting spirituality and retreats

“What is **reflect**?”

Methodists supporting spirituality and retreats

reflect, is a founder member of The Retreat Association.

“What are its aims?”

To encourage a deeper relationship with God, to organise retreats, promote the retreat movement, offer training and support for members and provide a network for people to keep in touch.

“Why would I want to go on a retreat?”

Life, including church, can be very busy and stressful. A retreat enables you to listen, reflect and find space to meet God.

“My Church would like to hold a quiet day. Can **reflect** help us to do this?”

Yes. We are in touch with people who regularly lead quiet days.

“Do you have a list of books or publications that would help me to understand and develop my spirituality?”

We have a list of books and publications e.g. *Silence in Worship* and *Contemplating Worship*; *A New Look at the Covenant Service*; a handout on small groups; and a *Discovering Prayer* course.

“How can I find out where the retreat centres are?”

‘Retreats’ is published annually by The Retreat Association and contains this information and much more.

See also www.retreats.org.uk

“Does **reflect** arrange residential retreats during the year?”

Yes, and there are also ‘taster days’ which give people the opportunity to experience different ways of praying and learning to be quiet before God.

“If I want to speak with someone about my spiritual life journey can **reflect** help to arrange this on a one to one basis?”

If there is a contact near you we can put you in touch or we can liaise with the Retreat Association.

“Are there any ecumenical links?”

Yes, through the Retreat Association. Also, **reflect** retreats and workshops are open to non-Methodists.



Read more at: www.methodistretreatgroup.co.uk