

## Registration/additional information

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- Elin Kyseth. Email: [elin.kyseth@frelsessaarnen.no](mailto:elin.kyseth@frelsessaarnen.no)

**On registration:** Please provide your phone number and email 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. We will continuously assess which physical meeting points we can have, so there may be changes to the program.

**Price:**

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

## Registration within 8th of March

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### More guidance?

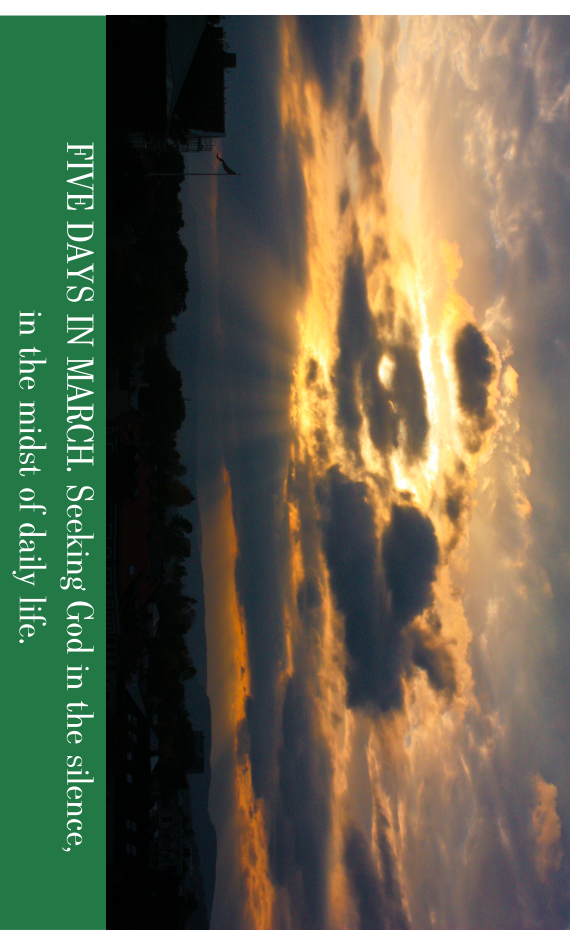
Spiritual directors are also available after the retreat is over. Contact persons from Retreat i Nidaros:

- Hilde-Anette Løvenskiold Gruner. Phone: 948 46 011.  
Email: [halgruner@gmail.com](mailto:halgruner@gmail.com).
- Ingrid Kunzendorf. Phone: 913 45 257.  
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ORGANIZER: RETREAT I NIDAROS

Read more about Retreat i Nidaros on [www.retreater.no](http://www.retreater.no)



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



## 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 Tempe church in Lerkendal. There is easy bus access and parking by the church for those who travel by car.

Opening meeting: Sunday 14th of March from 19.00 to 20.30.

Closing meeting: Thursday 18th of March from 19.00 to 20.30.

We will meet physically if possible and desired.

## Daily spiritual conversation

Every day during your retreat you meet your spiritual director for a 30 minute conversation, preferably in Tempe church. Direction can be given in English.

## 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 Tempe church, on Saturday 13th 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 Reatreat 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.