

Sisters of Bethany Moulton St Mary, Norwich.



Retreat Programme
January - June 2026

*Jesus said to his disciples
'Come away all of you to a quiet place and rest awhile'*

A time of retreat, even for an hour or two can help us to feel restored.
We are offering a variety of daytime retreats led by the Sisters.

There will be maximum of 6 people per session so if you are interested
please book in advance. Booking details on the back page.

Wednesday 14th January - 10am - 12.30pm

A Morning Retreat - Epiphany

This retreat will be led by the Sisters with an Epiphany theme. During the morning in between reflections, there will be times of silence where you can find a place to sit and be. The morning will conclude with a time of worship.

Refreshments will be available throughout the morning.

Saturday 17th January - 1pm - 3.30pm

An Afternoon Retreat - The house at Bethany

This afternoon retreat will explore aspects of the spirituality of Bethany. The Sisters will offer reflections during the afternoon and in between you can find a place to sit and be.

The afternoon will conclude with a time of gathering and refreshments.

Thursday 29th January - 10am - 12.30pm

A Morning Retreat

The Presentation of Christ through the eyes of Simeon & Anna

This morning retreat will be led by the Sisters where you will have an opportunity to reflect on how Christ was revealed to the world by Simeon and Anna. There will be times of silence in between addresses and the morning will conclude in worship.

Tea, coffee and refreshments will be provided during the morning.

Lenten Retreats

Praying with.....

This Lent we will be offering retreat sessions which will explore six different spiritualities where there will be an opportunity to learn about, reflect and pray in that particular style. The retreats will be led by the Sisters and refreshments will be available throughout the sessions.

The same retreat will be run twice each week. You can attend all six or just the ones you're interested in, as each one is a standalone retreat

Praying with St Ignatius of Loyola

Friday 20th February - 10am - 12.30pm

Saturday 21st February - 1pm - 3.30pm

Praying with St Francis of Assisi

Wednesday 25th February - 10am - 12.30pm

Saturday 28th February - 1pm - 3.30pm

Praying with Julian of Norwich

Friday 6th March - 10am - 12.30pm

Saturday 7th March - 1pm - 3.30pm

Praying with St Teresa of Avila

Wednesday 11th March - 10am - 12.30pm

Saturday 14th March - 1pm - 3.30pm

Praying with Mary & Martha of Bethany

Friday 20th March - 10am - 12.30pm

Saturday 21st March - 1pm - 3.30pm

Praying with the Desert Mothers & Fathers

Wednesday 25th March - 10am - 12.30pm

Saturday 28th March - 1pm - 3.30pm



Saturday 18th April - 1pm - 3.30pm

An Afternoon Retreat

The Risen Life

This Easter retreat will explore what it means to live the Risen Life with Christ.

The Sisters will give two addresses throughout the afternoon and in between there will be time for silent reflection where you can find a space in the house or garden to sit and be.

Refreshments will be available throughout the afternoon.

Wednesday 29th April - 10am - 12.30pm

A Morning Retreat

The Road to Emmaus

This Easter retreat will follow the disciples' journey, and their encounter with Jesus, on the road to Emmaus.

In between addresses you can find a quiet place to sit and be in the house or garden.

Refreshments will be provided throughout the morning.

Wednesday 6th May - 10am - 12.30pm

A Morning Retreat

A Healing Encounter - Jesus at the pool of Bethesda

This retreat, led by the Sisters, will explore the healing encounter of Jesus at the pool of Bethesda. In between addresses there will be time for you to find a quiet place to be in the house or garden.

The retreat will conclude with a time of worship.

Refreshments will be available throughout the morning.

Saturday 9th May - 1pm - 3.30pm
An Afternoon Retreat
Julian of Norwich Meditations

This afternoon retreat explores some of the writings of Julian of Norwich and how they speak to us today. The Sisters will provide reflections during the retreat where you will have time for silent meditation in between. The afternoon will conclude with a time of worship.
Refreshments will be available throughout the afternoon.

Thursday 21st May - 10am - 12.30pm
A Morning Retreat

A Healing Encounter - Jesus heals the woman with the haemorrhage

This retreat, led by the Sisters, will explore the healing encounter of Jesus and the woman with the haemorrhage. In between addresses there will be time and for you to find a quiet place to be in the house or garden.
The retreat will conclude with a time of worship.
Refreshments will be available throughout the morning.

Thursday 18th June - 1pm - 3.30pm
An Afternoon Retreat
Jesus raises to life the son of the widow of Nain

This retreat will explore the miracle of Jesus bringing back to life the son of the widow of Nain. We will reflect on the widow's experience of loss and the life that is found for her and her son by Jesus.
In between addresses there will be time for you to find a quiet place to sit in the house or garden.
The afternoon will conclude with a time of worship.
Refreshments will be available throughout the afternoon.

Saturday 27th June - 1pm - 3.30pm
An Afternoon Retreat
Jesus at Bethany - The Raising of Lazarus

This afternoon retreat, led by the Sisters, will look at the miracle of Jesus raising Lazarus from the dead. In between addresses there will be time for you to find a quiet place to sit in the house or garden.
The afternoon will conclude with a time of worship.
Refreshments will be available throughout the afternoon.



If you are interested in coming to one of the retreats please book in advance as numbers are limited for each session.
No charges, donation's accepted

Bookings can be made by;
Email: guest.ssbnoxford@gmail.com
or
Tel/Text: 07732 750702

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