

national retreat week
renew:all
23 – 30 sept 2023

National Retreat Week – renew:all (23–30 Sept 2023) is a new initiative for individuals, churches and groups to promote contemplation, prayer and retreat – rooted in various ancient and contemporary Christian traditions and supported by well-known Christian retreat leaders and authors.

We are all busy juggling everyday life and it can be difficult to make space to reflect, contemplate or pray. The benefits of taking time out to pause, breathe and reset the rhythm of our lives is invaluable – time to trust in God more, nourish our souls, check in with our life’s direction, look afresh and renew:all.

Renew:all is an invitation to take time out to retreat at home, at church, or at one of over 200 Christian retreat centres across the UK. There are lots of ways to get involved, whether you are experienced or new to Christian retreats. [Visit the website](#) for inspiration and free resources to join in – during the week or indeed at any time of year.

A set of specially curated reflections and retreat activities from well-known retreat leaders and authors will be shared during National Retreat Week in late September. Contributors this year include Archbishop Stephen Cottrell, Christopher Jamison, Brian Draper, Paula Gooder, Adjoa Andoh and more. You can [sign up online](#) to receive them direct to your inbox.

Time for contemplation, reflection, prayer and retreat is of course valuable all-year round, not just for a week! National Retreat Week – renew:all is an introduction, reminder and source of practical support to people’s ongoing spiritual practice throughout the year.

For more information:

www.renewall.org | info@renewall.org.uk

Follow us (@NRWrenewall) on [Instagram](#), [Facebook](#) & [YouTube](#)

The initiative is managed and coordinated by the Royal Foundation of St Katharine in East London and supported by [The Retreat Association](#), [The Association for Promoting Retreats](#) and [Archway](#).

Can you help us spread the word? Please feel free to use the words above and the following graphics to help share National Retreat Week-renew:all with your church, networks or audience ([more available here](#)) – thank you!

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promoting individual and collective
reflection, contemplation, prayer and retreat



**'Be transformed by
the renewal of your
mind and fix your
attention on God...'**
Rom 12/2

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retreat to:

**reflect, review,
relate, repair,
restore, receive,
revolt, refresh,
replenish, to...**

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Resources, ideas
and inspiration
for retreat at:

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