



21ST-23RD JULY FAMILY LIFE WEEKEND

Inspired by Amoris Laetitia

The Pope's letter Amoris Laetitia opens with a discussion of 'the joy of love experienced by families', but its content is more accurately the joy that *can* be experienced by families, even amidst the challenges and strains of our lives. We in the Community of Saint Aelred have been amazed at the breadth of wisdom and advice which we are finding in this letter, and we want to share with others an exploration of how it can help us each grow in love and in the discovery of Christ in our families.

The Community of Saint Aelred

PRAY, PRAISE AND
PLAY WITH OTHERS!

COME ON RETREAT
AND BRING THE
CHILDREN

SPEND TIME
REFLECTING ON THE
POPE'S MESSAGE
TO FAMILIES

TAKE TIME OUT TO
CONSIDER YOUR
VOCATION TO
FAMILY LIFE

CONTACT

If you have any further questions about the weekend or the Community of Saint Aelred, please speak to Maria Coyle at the Easter Triduum, or email her on

mrs.coyle@gmail.com.

To book a place on the retreat please contact Richard Hudson on rhudson1066@gmail.com

Q: What is the Community of St Aelred?

A: We are a group of lay people, spread out over the country, who are inspired by the Rule of St Benedict and the writings of St Aelred. We meet in small lectio communities to pray and meditate together on the Word of God. We also try to build our community by gathering together on retreat, serving others by running the children's programme at Ampleforth over Easter and supporting young adults on their faith journey, and accompanying each other through the joys and challenges of family life.

Q: Will the weekend involve a lot of praying?

A: The weekend will involve some praying together as a way of coming together before God. It will be a chance to share the kind of community life we have enjoyed when we have gathered together over the last 7 years, so the conversations over a cup of tea and the encounters we share in discussion will be just as important as the praying.

Q: What will the children be doing?

A: There will be a range of children's activities organised and delivered by members of the community, many of whom are teachers. These will be age specific and will include games, craft and music, as well as some reflection on God's love for us. Mealtimes and morning and evening prayer will be all together, as well as a couple of the sessions, so that families feel as if they are on retreat together.

Q: What is the accommodation?

A: We will be using Alban Roe House, one of the retreat facilities at Ampleforth Abbey. There are dormitories with up to 9 beds and some family rooms, so if you want to come along with another family you would be comfortable sharing with, we can accommodate you together. Bathroom facilities will be shared with other families on the retreat and will be divided male and female. Meals will be taken in one of the dining rooms in the main building.



Q: How much does it cost?

A: We want everyone who wants to attend to be able to do so. There is a guideline cost, but attendance will be on a donation basis.

Some of the Community of St Aelred at a summer gathering in Devon.

(Image: Painting by Michael O'Brien "Birthday Party in Nazareth" Used with permission.)