

A New Beginning: A Retreat for Retirees

Frequently Asked Questions

Who is this retreat for?

This retreat is designed for retirees or those approaching retirement seeking clarity, purpose, and direction in their next chapter.

You may feel:

- Curious but uncertain about what comes next
- Ready to rethink retirement beyond rest and leisure
- Drawn to reflection, conversation, and personal growth

No prior retreat or meditation experience is required.

Is this retreat religious?

The retreat takes place at Worth Abbey, a Benedictine monastery, but the retreat itself is non-denominational. The environment is contemplative and peaceful, and the content is inclusive and practical rather than religious.

Optional daily prayer times are available for those who wish to join.

What will each day feel like?

Each day includes:

- Short teaching sessions
- Group discussion
- Guided reflection
- Optional walks in nature
- Personal quiet time

You will receive a detailed schedule before arrival.

How physically demanding is it?

The retreat is gentle and accessible.

- Walks are optional
- No strenuous activity required
- Most sessions are seated and conversational

Accessibility needs can be shared in your questionnaire.

Where will I stay?

Accommodation is at St Bruno's House within the Abbey grounds. Rooms are simple, comfortable, and quiet, with shared spaces including meeting rooms, dining room, and library.

What's included?

The retreat fee includes:

- Four nights' accommodation
- All meals
- Teaching and facilitation
- Discussions, materials, and sessions
- Use of grounds and facilities

Travel is not included.

How many people attend?

The retreat is limited to **15 participants** to preserve depth, conversation quality, and individual attention.

How does the application process work?

Before payment:

1. You complete a questionnaire
2. Applications are reviewed
3. If accepted, you receive booking details

This ensures the retreat is supportive for everyone.

What if I'm going through a difficult time?

Many participants arrive during periods of transition. However, this retreat is not therapy, and participants are responsible for their own wellbeing. If needed, suitability can be discussed beforehand.

What should I bring?

You'll receive a full packing guide before arrival. In general:

- Comfortable clothing
- Walking shoes
- Notebook or journal
- Personal comfort items

Everything else is provided.

What happens after the retreat?

You'll complete a reflection questionnaire and may choose optional follow-on support if helpful. There is no obligation to continue.
