**About a Retreat at St Cassian’s, Kintbury.**

A retreat is exactly what it ‘says on the label’ – the chance to step aside from life for a while, to rest and just 'be' in a welcoming, peaceful place. It is in spending time away from the normal routine of things where you will have the opportunity to reflect deeply upon the many facets of life. The retreat programme has a full scope and sequence that builds upon itself, and also is designed to be developmentally appropriate for each year group in school as they develop their spirit of faith along with their skills of reasoning, highlighting the relevance of our faith to life and contemporary culture.

We are therefore pleased that you are considering coming to, or have already decided to come to St. Cassian’s Centre. We will do everything we can to welcome you and make you feel at home, so that your time with us will be as pleasant and enjoyable as possible.

St Cassian’s Centre is owned and funded by the De La Salle Brothers – a religious order of Brothers, founded in France over 300 years ago by St John Baptist de la Salle. A retreat at St Cassian’s is facilitated by *‘The Kintbury Team’*, a group of young people who live and work at the Centre. The team is made up of 8-10 Volunteers, usually on a Gap Year, and 4 Retreat Staff.

Your stay at St. Cassian’s will be relaxing and it will include some free time, but it is important that you allow yourself to take a full and active part in the retreat.

The retreat programme is designed to help each one of us to get to know ourselves better, making new or improving friendships and relationships, and to appreciate the place of God in our lives and in the world. It is Christian in content and will include:

* Celebrating our Faith together, through prayer and worship;
* The presentation of ideas – to reflect on and share thoughts;
* Working in groups – large and small.

***“To touch the hearts of the young and to inspire them with the Christian spirit is the greatest miracle you can perform,***

***and it is the one God asks of you; it is the purpose of your work with the young”.***

***St John Baptist de La Salle.***