

# Booking a Retreat Trefnu Encil

Please do get in touch for

- Hire tariff
- To book a retreat or to ask questions
- Hire Agreement



We also offer

- Space & support for your Church Committee, Group or Local Ministry Area
- Support in working with your local school



## To book contact

Janet Ingram

Tŷ'r Pererin, Cwcell, Tyddewi, Hwlfordd,  
Sir Benfro SA62 6PD

Tŷ'r Pererin, Quickwell Hill, St. Davids,  
Haverfordwest, Pembrokeshire SA62 6RJ

Tel: 01437 729151

Email: [education@stdavidscathedral.org.uk](mailto:education@stdavidscathedral.org.uk)

# Frequently Asked Questions Cwestiynau a ofynnir yn aml

How far in advance do we need to book?

*Our diary gets very busy so we advise to book at least a month in advance.*

Can we use Tŷ'r Pererin for part of the day?

*Tŷ'r Pererin can be booked for a half day or by the hour if you don't want to spend the whole day here.*

Can we use just part of the building?

*There are various areas which can be used for different activities and you can book these separately. Come and visit to see what's available.*

Can we provide our own food?

*There is a small commercial kitchen where you can cook and prepare food. Please note this has to be done under strict health and safety guidelines.*

Are there resources for our use?

*We have audio and visual facilities, chairs and tables to seat 80 people, tea and coffee making facilities and dishwasher.*

Are there facilities for those with special needs?

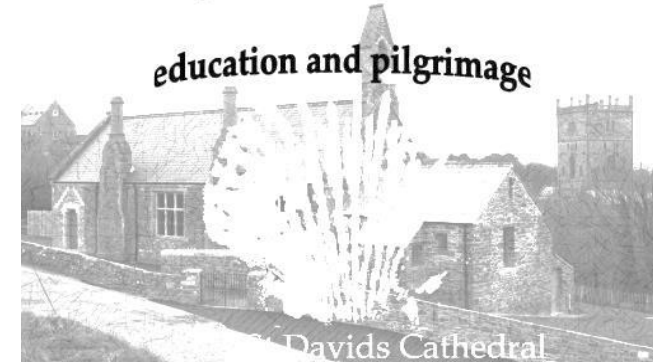
*Tŷ'r Pererin and the Cathedral are both wheelchair accessible and the Education and Pilgrimage Centre has audio equipment suitable for those with hearing difficulties, toilet facilities and parking for the disabled.*



# Retreats Guide Canllawiau

## Tŷ'r Pererin

**education and pilgrimage**



## Tŷ'r Pererin:

***A Place of Rest & Refreshment***



***Croesawn Ymwelwyr fel Pererinio  
Welcoming Visitors as Pilgrims***

Eglwys Gadeiriol  
Tyddewi



St Davids  
Cathedral

# Tŷ'r Pererin: A Place of Rest & Refreshment @ St Davids Cathedral

## Retreat Days

Many people have discovered the benefits of attending the retreat days at Tŷ'r Pererin.

Each day offers opportunity to explore one's own spiritual journey inspired by a varied programme in the company of other pilgrims. Our programmes (examples below) offer creative ways to reflect and respond as we grow in faith, exploring and deepening our journey with God.



### Retreat Days (10am-4pm)

*Harvest & Hospitality*

*Keeping House in a Cloud of Witnesses*

*Signs of New Life*

*Centering Prayer*

*Treasures in our Hedgerows*

*Encounters with Dewi*

## Quiet Day

Perhaps you'd simply like to organise your own retreat for your church, LMA or group using the wonderful space and surroundings of Tŷ'r Pererin, the Cathedral and St Davids.

## Why go on Retreat?

Retreats may be an answer to modern living giving us time away from the daily routine in order that we can find peace, calm and restored balance in life. But this idea of finding space to reflect is not new, it has ancient roots. We see Jesus finding space to be with his Father and to teach his disciples. The practice of retreating for spiritual growth developed with the Desert Fathers and much later St Ignatius introduced us to spiritual exercises. From this has developed the modern retreat with its emphasis on contemplative, creative and inspirational prayer and reflection.



As well as the programme of retreat days, Tŷ'r Pererin can offer your group or church a guided retreat. As well as offering rest and refreshment for each individual, the spiritual journey is shared with the community. There's opportunity for Biblical reflection, focussed and creative prayer as well as chance to join in the daily round of worship at the cathedral. There's space for pilgrimage in the locality, sight-seeing and tour of the cathedral. There's time for rest, fellowship and sharing as you receive hospitality from Tŷ'r Pererin.

## Guided Retreat Options

There are **many** options available so please speak to us about how you and your church or group can find the best option for your needs, for example:

### Option 1

#### Friday

3:30 Arrival at accommodation  
4:30 Tea at Tŷ'r Pererin & Welcome  
6:00 Evensong  
7:00 Evening meal at Tŷ'r Pererin  
8:30 Session 1

#### Saturday

9:30 Session 2  
10:30 Pilgrimage & Prayers  
12:30 Lunch at Refectory  
1:30 Free Time  
6:00 Evening Prayer  
7:00 Evening meal at Tŷ'r Pererin  
8:30 Session 3

#### Sunday

9:30 Parish Communion /Session4  
11:15 Session 4/Choral Service  
12:30 Lunch at Refectory  
2:00 Tour of cathedral  
3:00 Free time  
5:15 Session 5  
6:00 Choral Evensong

### Option 2

10.30 Coffee & Welcome  
11.00 Pilgrimage  
1.30 Lunch  
2.30 Reflection or free time  
4.00 Finish & Tea