

Creating sacred space



A retreat gives us an opportunity to discover and enter the sacred space within us. It's an opportunity to discover and respond to the God who dwells in our hearts.

It can be helpful to have a designated place where you go to pray during your retreat. A small corner somewhere in your house or garden, it can be as simple as a candle on your kitchen table.

Here are a few things that might be helpful in creating a sacred space.

- Choose a place that is comfortable and quiet. It doesn't have to be indoors, it can be in a garden, gazebo, shed or conservatory. If nature speaks to you of God's presence you can use any outdoor space that you're comfortable in.
- Make sure that you have a comfortable chair or a prayer stool.
- You might want to make a small display, either on a table or on the floor. For this you could use:
 - a piece of cloth
 - a candle (either real or LED) or some fairy lights
 - an image, icon or statue that speaks to you
 - a Bible
 - something natural, e.g. flowers, pebbles, shells etc...