



**‘Watching and Praying’  
Pentecost Retreat in Daily Life  
in the Chaplaincy**

***Sunday 17th to  
Friday 22nd May 2026***

In the midst of daily life and work  
explore new ways of praying, deepen  
your prayer life and spend quality time  
with God

## **What is a Week of Guided Prayer?**

It is a daily time of prayer (aiming at 30 minutes) and a separate daily half-hour individual meeting with an experienced prayer guide during the week.

## **Who is it for?**

- Anyone who is already Christian and who wants to deepen their prayer life;
- or someone who is not sure what they believe but is willing to take a risk and seriously explore the reality of God.

Either way, it is for any searching person willing to commit to the elements of the week.

## **What is the programme?**

As well as trying to pray for half-an-hour each day, reviewing how that prayer time went; and 4 or 5 meetings with your prayer guide, there are other components to the week:

- Introductory and closing meetings top and tail the week with helpful suggestions.
- There will be workshops too, which are also open to non-participants.

## **Why do it?**

When we are generous, we find that God is more generous. We encounter a God who loves and calls us. It can also be a great help in making or confirming decisions, big or small.



## **How much does it cost?**

Students: £10 Staff: £25

*If you would like to come but cannot manage the cost, please speak to one of the Christian Chaplains and we can find a way to help. We don't want anyone to be excluded on financial grounds.*

## **Will it affect my studies or work?**

Yes and no. The retreat runs alongside your normal week, so you won't miss any lectures, seminars or housework responsibilities... Sorry! You may need to spend less time on other pursuits in order to make the space for prayer.

## **But I don't know how to pray!**

Join the club! Not a problem. That's a great start. Come and see!

## **Can I participate on-line?**

The lunchtime sessions will be in the Chaplaincy. The individual meetings with the guide can be in person (12 spaces) or online for as many as wish to take part. We'll also have some group sessions online for those who prefer to participate in that way.

## **Programme for the week:**

### **There are three ways to start the retreat:**

- 1) Sunday 17th May after 12.45pm mass at St Joseph's
- 2) Sunday 17th May 5pm Church on Campus service in chaplaincy
- 3) Monday 18th May 1-2pm in the chapel in chaplaincy

### **Workshop 1 - Ways of Praying**

CHAPEL Monday 18<sup>th</sup> May lunchtime 1-2pm

### **Workshop 2 - Imaginative prayer—Introduction**

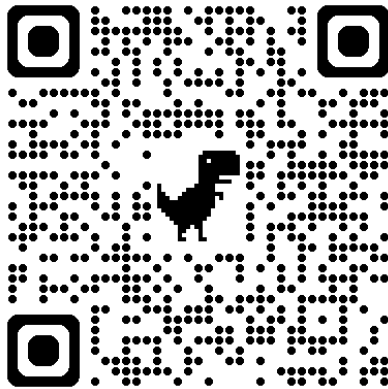
Tuesday 19<sup>th</sup> May lunchtime 1-2pm

### **Workshop 3 - Images of God**

Thursday 21<sup>st</sup> May lunchtime 1-2pm

**Closing meeting:** Friday 22<sup>nd</sup> May lunchtime 1-2pm

Scan the code below which will take you to the information and booking pages. Or email us on **chaplaincy@warwick.ac.uk**



The Retreat in Daily Life is jointly organised by the University of Warwick's Catholic, Free Church and Anglican Chaplains and is led by staff and volunteers from the Jesuit Institute.