



THE CHURCH
OF ENGLAND
**Diocese of St Edmundsbury
and Ipswich**

Retreats and Quiet Days Information Sheet

Taking time out from everyday life can help us concentrate on spiritual life. Organised days give some input to help shape your prayer and reflection. Links to local places for retreats and reflection can be found here.

Bishop Woodford House

Bishop Woodford House is the Diocese of Ely's Retreat and Conference Centre. Retreat & Conference Centre, Barton Road, Ely, Cambridgeshire CB7 4DX. Tel: 01353 663039
www.bishopwoodfordhouse.com

Chelmsford Diocesan House of Retreat

Private retreats or quiet days. Chelmsford Diocesan House of Retreat, The Street, Pleshey, Chelmsford, Essex CM3 1HA. Tel: 01245 237251. www.retreathousepleshey.com

Clare Priory

Roman Catholic; events or sharing the life of the community; private retreats & quiet days. Clare Priory, Ashen Road, Clare, Suffolk CO10 8NX. Tel: 01787 277326.
www.clarepriory.org.uk

Community of All Hallows Convent

Small groups and private retreats. Contact the Guest Sister at All Hallows Convent, Ditchingham, Bungay, Suffolk NR35 2DT. Tel: 01986 892749. www.all-hallows.org

Otley Hall

Organised Retreat Days. Otley Hall, Hall Lane, Otley, Suffolk IP6 9PA. Tel: 01473 890264.
www.otleyhall.co.uk

Quiet Waters

Ecumenical Christian Retreat House. Quiet Waters Christian Retreat House, Flixton Road, Bungay, Suffolk NR35 1PD. Tel: 01986 893201 www.quietwaters.org.uk

Wigwam Retreat Centre

The Personal Wholeness Trust runs retreats at the Wigwam Retreat Centre at Riddlesworth near Diss, where there is an outdoor labyrinth in beautiful surroundings.
www.wigwamretreats.co.uk

Quiet Spaces

The following places, as well as many of those above, offer spaces which can be used for days of reflection and quiet days:

Carmelite Monastery

Carmelite Monastery, Quidenham, Norwich, Norfolk, NR16 2PH. Tel: 01953 887202.
Private retreats or quiet days. www.quidenhamcarmel.org.uk

Monks Eleigh Retreat Centre

Monks Eleigh URC has been refurbished in order to be used as a day retreat and meeting centre named HOME, in rural Suffolk. It is suitable for retreats and other small meetings.
www.hadleighurc.org.uk

Quiet Gardens East Anglia

'Varied gardens in East Anglia, some offering accommodation'

The Quiet Garden Trust, Kerridge House, 42 Woodside Close, Amersham, Bucks HP6 5EF.
Tel: 01494 434873 <http://www.quietgarden.org/qgeastanglia.html>

Ringsfield Christian Ecostudy Centre

Ringsfield Hall, Beccles, Suffolk NR34 8JR. Tel: 01502 713020.
Self-contained hermitage, chapel and cloistered garden. <http://www.ringsfield-hall.co.uk/>

Also...

Tony and Caroline Redman have a small, self-contained garden room which can be used by individuals or groups up to 6. It has heating, drink making facilities and a toilet. Contact Caroline on caroline@theredmans.co.uk.

Many country Churches are also spaces which can be used for quiet days. Some have rooms available for hire.

Outside Suffolk

Retreat Association

Ecumenical organisation providing information and guidance on retreats, quiet days, spiritual direction and retreat leadership. www.retreats.org.uk/

St Beunos

Silent retreats in North Wales and information on Ignatian Spirituality. www.beunos.com

Worth Abbey, Open Cloister

Offers spiritual direction and a programme of events at Worth Abbey. www.worthabbey.net

The Simeon Centre

Offers events and quiet days in/ near Cambridge.
www.ridley.cam.ac.uk

Julian meetings

Christian contemplative prayer groups.
www.julianmeetings.org