



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

## Retreats and Quiet Days Information Sheet

Taking time out from everyday life gives us focussed and uninterrupted space to spend time with the God who knows and loves us.

Organised days give some input to help shape your prayer and reflection and retreats may provide input sessions or may be individually guided where you spend one to one time each day with a retreat guide.

Many places also offer space for people to have a private quiet day or retreat.

Links to local places which are available for both organised or private retreats and reflection days can be found here.

### **Chelmsford Diocesan House of Retreat**

This is the Diocese of Chelmsford's Retreat & Conference Centre. The Street, Pleshey, Chelmsford, Essex CM3 1HA. Tel: 01245 237251. [www.retreathousepleshey.com](http://www.retreathousepleshey.com)

### **Carmelite Monastery**

Roman Catholic Carmelite Monastery, Quidenham, Norwich, Norfolk, NR16 2PH. Tel: 01953 887202.

Private retreats or quiet days only. [www.quidenhamcarmel.org.uk](http://www.quidenhamcarmel.org.uk)

### **Clare Priory**

Roman Catholic Augustinian community.

Clare Priory, Ashen Road, Clare, Suffolk CO10 8NX. Tel: 01787 277326.

[www.clarepriory.org.uk](http://www.clarepriory.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](http://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. [www.quietgarden.org](http://www.quietgarden.org)

### **Quiet Waters**

Ecumenical Christian Retreat House. Quiet Waters Christian Retreat House, Flixton Road, Bungay, Suffolk NR35 1PD. Tel: 01986 893201 [www.quietwaters.org.uk](http://www.quietwaters.org.uk)

### **Ringsfield Christian Ecostudy Centre**

Ringsfield Hall, Beccles, Suffolk NR34 8JR. Tel: 01502 713020.

Self-contained hermitage, chapel and cloistered garden.

[www.ringsfield-hall.co.uk/spirituality](http://www.ringsfield-hall.co.uk/spirituality)

## **Wigwam Retreat Centre**

The Personal Wholeness Trust runs retreats and quiet days at the Wigwam Retreat Centre at Riddlesworth near Diss, where there is an outdoor labyrinth in beautiful surroundings. [www.wigwamretreats.co.uk](http://www.wigwamretreats.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](mailto: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/](http://www.retreats.org.uk/)

### **Launde Abbey**

Launde is a beautiful retreat house set deep in the Leicestershire countryside <https://laundeabbey.org.uk/>

### **St Beunos**

Silent retreats in North Wales and information on Ignatian Spirituality. <https://www.pathwaystogod.org/org/st-beunos>

### **Worth Abbey, Open Cloister**

Offers spiritual direction and a programme of events at Worth Abbey. [www.worthabbey.net](http://www.worthabbey.net)

Last updated October 2020