



An invitation to pause and reflect

In November 2021 we held a daytime retreat for those who are active in serving in their local communities in the name of Christ: those who are championing social action and social justice.

It was run as a partnership between [St Paul's Adult Learning](#) & [Compassionate Communities](#), part of the Diocese of London, to provide a space to reflect, to make meaning of the extraordinary times we have experienced through the Covid pandemic, and our own response to God's call.

We considered our experiences of the pandemic and asked: 'What do we want to hold on to? What to let go of?'

The day was led by Antonia Lynn, an experienced spiritual director and practitioner of the Spiritual Exercises in daily life, who teaches spirituality and the art of spiritual direction. She offers supervision to people with a ministry in spirituality and leads workshops, retreats and quiet days.

Antonia led three reflections over the day, using scripture and the psalms, around the themes of: Making Sense, Making Meaning, Making Good. Although the event refers to Advent in places, the themes are relevant to any time or season.

Wherever you are, you are invited to set aside a period of time, perhaps half a day - or more if you are able, to listen to each of Antonia's recorded inputs in turn, followed by a time of personal reflection using the handout for each session.

Reference is made to the ancient tradition of praying or walking a labyrinth. A template of a finger labyrinth is included [here](#) if you wish to use it in your reflections.

Session 1: Making Sense

[Session 1 Audio File](#)

[Session 1 Handout](#)

Session 2: Making Meaning

[Session 2 Audio File](#)

[Session 2 Handout](#)

Session 3: Making Good

[Session 3 Audio File](#)

[Session 3 Handout](#)

If, after spending time in reflection, you feel able to provide your feedback on this online retreat, we'd be grateful if you could complete our [survey](#).