

# Reflect

Methodist Spirituality and Retreats

## HOW WOULD YOU LIKE TO ENGAGE?

### ONLINE (Zoom)

- Spirituality Course YES / NO
- Quiet Morning YES / NO
- Spiritual Practice
- Lectio Divina YES / NO
- Take Time (Ignatian) YES / NO
- 30 Day Retreat in Daily Life YES / NO
- Shared Meditative Silence YES / NO
- Other (*please describe*)

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### FACE-TO-FACE

- Regional Retreat YES / NO
- District / Circuit Event YES / NO
- Other (*please describe*)

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## COULD YOU CONTRIBUTE TO REFLECT?

Do you have experience in leading spiritual practices and / or Quiet Mornings etc?

*Please describe:*

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Are you willing to offer this experience to Reflect?      YES / NO

Would you like some training in order to facilitate events / activities ?      YES / NO

Do you have experience of blogging about retreats?      YES / NO

Are you able to offer spirituality ideas as worship resources (*connexional request*)      YES / NO

**Please send your completed form or response to Judith Jessop, including your name and contact details:**

in an **email** text or attachment to [chair@reflectretreats.co.uk](mailto:chair@reflectretreats.co.uk)

*Thank you!*