

Guided Retreat Day

Pause • Reflect • Space

A one-day guided retreat exploring a familiar bible story from unfamiliar angles. Time together, followed by a choice of time to reflect on your own or with others both inside and outside. Ideal for those people who need to step off the busyness of life, even if for a moment.



At a glance - what former guests have said about our Guided Retreat Day



100%

Valued opportunities for quiet reflection



100%

Praised the venue and environment



100%

Spoke positively about the guides and hospitality



Strong

Appreciation of the balance of guided activities and personal choice



High

Interest in future retreat days and themed events



Valued

Having time to explore a bible story from new perspectives

“A welcome break from routine with thought provoking content. Time to think and breathe in a beautiful setting.” Philippa Coultish

During the day, you will:

- Be led using a **range of materials**
- Have **time on your own** with various break out spaces to use inside and out
- Meet with other people and have **creative** conversation
- Have **time outside** with an option for a walk
- Be provided material to **help with reflections**
- Have time and space to be **curious** about a bible story

Key Information:

Who: Anyone needing space and time to pause with a focus on a bible story
Group: Maximum 12 people
Dates: Sat 17 Oct/Thurs 19 Nov 2026
Time: Arrive 9:30am for a 10:00am start; finish by 4:00pm
Where: Copster Barn (Thurgoland) – Directions will be provided
Food & drink: Please bring your own lunch; drinks provided

Cost - the 3S Approach:

We are committed to making events at **Copster Barn** accessible to all whilst ensuring ongoing sustainability as a NFP organisation. **The 3S approach:** -

Supporter – pay it forward so others can come - £50

Standard – the price we need to cover costs - £35

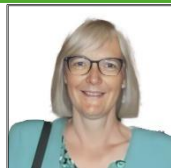
Supported – A subsidised price for anyone who needs it - £20

INTERESTED IN JOINING US?

Message Chris at copsterbarn@gmail.com to enquire about booking.

Team - Guide/Hosts – Jane Truman and Chris Knight

Jane is a former primary teacher, ordained in 2003, who has spent much of her ministry supporting learning and formation with people from many walks of life. She now works part-time with Sheffield Diocese's vocations team and as a spiritual accompanier, joyfully encouraging others to grow and flourish in their relationship with God.



Chris is an executive coach and experienced Leader in faith and non-faith contexts. He is skilled in hosting and facilitating safe spaces where people can feel at ease to be themselves, be curious and connect more fully with their authentic selves. He is a Director of Copster Ventures Ltd, Trustee at Barnsley Hospice and owner of Kairos Coaching.

