

# re-Juvinate January

hosted by Quiet Waters

**Date:** any date in **January 2026**

**Location:** Quiet Waters Christian House, Flixton Road, Bungay NR35 1PD

**What to expect:** Have you considered adopting simplicity in January? After the excess of December, we are offering you the opportunity to come to Quiet Waters to reflect and prepare for the new year. We will have a regular rhythm of twice daily devotions and allow you space for an individual quiet time with God. We welcome those who want to come and fast or have the option of sharing one of our healthy wholesome meals.



✓ *solitude, stillness & silence*  
✓ *mindfulness & presence*  
✓ *time to rest, recharge & refuel*  
✓ *join Quiet Waters' rhythm of prayer with Lectio365*  
✓ *restore your own well-being*  
✓ *return home with a renewed sense of purpose*  
✓ *enjoy personal reflection & clarity*

**Cost:** various options

- Fasting £60pp per night
- Simple B&B £70.00pp per night
- Plain & Healthy two meal option £80.00pp per night
- Regular Retreats £95.00pp per night

**To book:** contact the QW office at [mail@quietwaters.org.uk](mailto:mail@quietwaters.org.uk) or 01986 893201

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