

Seasons of the Soul: An OutOfTheBox Retreat

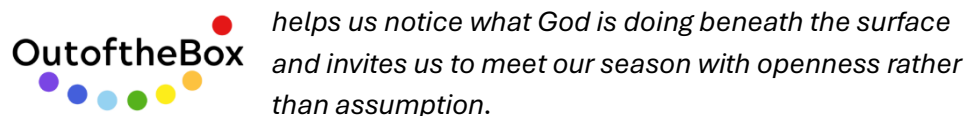
hosted by Quiet Waters

Date: 3pm, Friday 20th – 3pm, Sunday 22nd November 2026

Leader: Jennie Fytche

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

What to expect: To help us we will engage **OutOfTheBox** — a playful, imaginative way of *exploring faith* that opens space for creativity, curiosity, and fresh perspective. Through simple creative prompts, tactile materials, and unexpected pathways of reflection,



Life moves in seasons — growth and pruning, joy and ache, moving forward and waiting. This retreat invites you to step away from everyday life and gently explore the season you're living in with God. Through **prayer, Scripture, silence, story**, and shared reflection, we'll pay attention to what is emerging, what is fading, and what the Spirit is quietly planting within us.

Whether you're in a spring of new beginnings, a summer of abundance, an autumn of change, or a winter of stillness, this retreat offers space to breathe, listen, create, and be renewed. Together we'll discover how God meets us in every season — not with pressure, but with presence; not with hurry, but with hope. Come as you are. Leave grounded, encouraged, and attuned to the gentle rhythms of grace.

Cost: £300.00 full-board to include all materials, refreshments & a two course home-cooked lunch - £75 as a day guest

To book: contact the QW office at mail@quietwaters.org.uk or 01986 893201

Seasons of the Soul: An OutOfTheBox Retreat

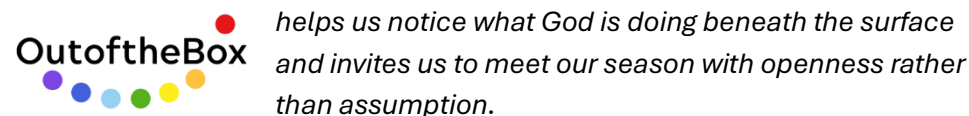
hosted by Quiet Waters

Date: 3pm, Friday 20th – 3pm, Sunday 22nd November 2026

Leader: Jennie Fytche

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

What to expect: To help us we will engage **OutOfTheBox** — a playful, imaginative way of *exploring faith* that opens space for creativity, curiosity, and fresh perspective. Through simple creative prompts, tactile materials, and unexpected pathways of reflection,



Life moves in seasons — growth and pruning, joy and ache, moving forward and waiting. This retreat invites you to step away from everyday life and gently explore the season you're living in with God. Through **prayer, Scripture, silence, story**, and shared reflection, we'll pay attention to what is emerging, what is fading, and what the Spirit is quietly planting within us.

Whether you're in a spring of new beginnings, a summer of abundance, an autumn of change, or a winter of stillness, this retreat offers space to breathe, listen, create, and be renewed. Together we'll discover how God meets us in every season — not with pressure, but with presence; not with hurry, but with hope. Come as you are. Leave grounded, encouraged, and attuned to the gentle rhythms of grace.

Cost: £300.00 full-board to include all materials, refreshments & a two course home-cooked lunch - £75 as a day guest

To book: contact the QW office at mail@quietwaters.org.uk or 01986 893201