



# *Come and Relax in your Spiritual Home*

**A day retreat at St Aidan's  
Saturday 2<sup>nd</sup> February 2013**

**Open from 10.30am - 3.00pm**

A number of prayer stations will be placed around Church for you to come and stop, reflect and pray.

You can come for all day or as long as you like.  
Feel free to bring your own lunch if you are staying,  
tea and coffee will be provided.

For any more information please see Revd Mike