



## **Teams** a Christian movement for married couples

Helping couples to deepen their  
faith and grow closer together

February 2011

## **The Annual Retreat**



Equipes Notre-Dame  
Teams

Equipes Notre Dame, Teams, is an International Christian movement for married couples of all ages. Charity Reg. No: 1044902

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# The Annual Retreat

**“Let us go off some place by ourselves where we will be alone and you can rest for a while.”**

Mark 6

Today, our society is addicted to noise and bustle; the pace of life is so fast and full and we are constantly busy with family, work, our social life and church activities that, paradoxically, God is crowded out of our lives.

There comes a time when we need to stop and rest; to have a break from our busy schedule and re-charge our batteries. However, when we do take a well-earned break we very often fill this time with other activities, albeit of a different kind.

As we need rest and nourishment to sustain our physical life, so we need rest and nourishment to sustain our spiritual life. Jesus invites us to be alone with Him; like the apostles who went across the lake to a lonely place, we need to get away from our familiar environment to ... “be still and know that I am God.”

It is for this reason that we have the Endeavour of an Annual Retreat for each Couple. Ideally it should be a 48 hour residential retreat in quiet surroundings.

## The Possibilities

If at all possible we should go on retreat as a couple so that we are both at one with each other and with God and so that together we are rested and renewed and ready to face the challenges of life.

This may be difficult for couples with young children unless grandparents, relatives or another Team couple can welcome the children for the time of the retreat.

Another possibility is to find a retreat centre that welcomes children. That way the whole family and the team can be all together. Young children can be taken care of by older children and young adults during talks and quiet times, and in the evening everyone comes together as an extended family to share a meal and enjoy each other’s company.

Increasingly, many teams are finding that a weekend in a large house where the whole Team, including the chaplain and the children, can be accommodated, is an ideal way to fulfil this endeavour and also to build

# The Annual Retreat

up the relationships within the team.

These situations are a wonderful way in which to introduce our children to a retreat and include them in our Team life.

## The Practicalities

Many people manage to find the money for a weekend break at least once a year, so why not use that money for a weekend break that has an extra dimension to it?

It may be necessary to save over the year for this very special weekend as we would for anything of value. However, for many couples, the cost of a retreat can be a real difficulty and each couple and team has to assess their own particular situation.

Some sectors may organise an annual retreat for all their teams, which may be subsidised by raising money from other events.

## In Conclusion

Jesus invites us to be alone with Him, yet in the company of His other disciples. This seems almost a contradiction, but in reality it is often the companionship of other people on a retreat that can be a catalyst which helps us to experience God’s presence in our lives and helps us to build up the joy and peace within us.

For suggestions for retreat centres, go to the Teams website [www.teamsGB.org](http://www.teamsGB.org) or contact your Regional Couple