

# *International, Sportive Hiking Retreat!*

« Hiking with Christ in the midst of the  
Creation. »



## **Animation & guidance**

A CLC team (CLC = Christian Life  
Community)

**From Sunday Juny 30<sup>th</sup> 2019 (5pm) until  
Sunday July 7<sup>th</sup> 2019 (9am)**

## *Summary :*

A week of hiking, fraternal life and prayer in  
an international context.

- Bilingual retreat in English and French (English only if required for certain participants)
- Appr. 5 to 6 hours hike a day with a difference of altitude of 800 to 1000 meters per day ; one day in the middle of the week with a shorter hike.
- Participants must be able to share in French or in English and to say a minimum in the other language
- Requires mountain experience and a very good physical shape
- Simple accommodation at the Spiritual Centre of Saint Hugues in single rooms.
- This session is open to all CLC members or people who are interested to discover CLC.
- A short interview with one of the organizers is foreseen before your inscription shall be finalized.



**« Jesus went up a mountainside and called to him those he wanted “ Mk 13, »**

Six days Ignatian retreat. Praying and hiking in middle of the beautiful mountain chains of Belledonne and Chartreuse (Alpine mountain regions close to Grenoble):

- To experience being part of a community in a fraternal and international setting
- To recognize the traces of God in the Creation, in the human story, and in our own life.
- To explore the links between physical exercises and the Spiritual Exercises by means of silence, contemplation, the Word, prayer and sharing.
- Times of silence (in the Centre and in the mountains) and times of exchange (during meals and the afternoons) shall be alternated.
- To live together times of sharing (in French and in English).

### Each day

- Presentation of the theme and spiritual exercises of the day.
- Transportation to the starting point of the daily hike (in the mornings this will be in silence) ? on average approximately this will take 45 min
- A hike of about 5 hours with a height difference of 800 to 1000 meters in different mountain regions around Grenoble (Chartreuse, Belledonne)
- Personal prayer
- Picnic in the mountains
- A possibility to receive individual spiritual guidance, and during the descents the option to talk and exchange.
- Celebrations (in the Center)
- Meals (not in silence).
- Sharing times in French-speaking or English-speaking groups.

### Typical organization of the day

- 7.15am Group prayer & introduction morning theme
- 7.30 am Breakfast & preparation of the pick nick
- 8.30 Departure by car
- 9.30 Start of the hiking
  - Pause et prayer
  - Hiking
- 12.45 Pick nick
- 1.30pm Introduction of the theme of the afternoon
  - Hiking
  - Pause & prayer
  - Return by car
- 5.45 Arrival at the Centre
  - Free time or Celebration
- 7pm Dinner
  - Service
- 8.30pm Sharing in groups
- 9.15 End of the common day program

The texts with which we work will be available in both French and English.

**Things to bring along:**

For the hikes in the mountains:

High mountain boots (with ankle support) and walking sticks.

Warm clothes (at altitude it can be cold and the weather can change quickly). At least one set of waterproof coat and trousers and a rain poncho.

Sunglasses and sun lotion.

A small backpack for the day (30 liters).

A watch.



For the picnics: a lunchbox in the style of Tupperware', an unbreakable cup, a bottle of 1.5 liters, a small thermos, your camping cutlery.

For in the Centre:

Please bring your towels and alarm clock.

You can bring your own bed linen, sheets, otherwise optional rental of bed linen/sheets: 5 euro

**Please note...**

- Costs of fuel for the transportation in the mountains will be shared amongst the participants.
- If you play any instrument, please bring along, or let us know and we will try to have a loan.

**The spiritual Centre of St Hugues de Biviers**



We will be staying at the Centre St Hugues de Biviers, at 10 miles from Grenoble. This Centre is managed by the Christian Life Community – CLC – and offers retreats based

upon de Ignatian spirituality, in majority in silence. For this reason it will be required to respect the silence within the Centre.

- The equipment of the Centre is basic. The rooms are single (possibility to have a double room) , with shared showers and toilets by floor.
- Direction to go to St Hugues can be found at the site of the Centre.  
There is a bus going to Montbonnot from the SNCF Railway station in Grenoble. You will be picked up at the bus stop in Montbonnot
- Optional night possible to arrive on Saturday June 29th and have some rest before the start of the retreat.

**Cost of this session is**

466,50 € and 20,00 € administrative fee

**If you have the desire to join but if the cost is an issue for you - please mention this in your discussion with one of the organizers.**