

Dear Friends,

How are you? We hope you are enjoying the summer. The gardens here at the Abbey are looking beautiful and we give thanks to God for all the blessings we receive.

Later in July we are hosting a retreat for Young Adults. Could you please help us to spread the word about this event? We are arranging it rather last minute. We would appreciate you advertising it in your parish, telling any young adults who may benefit from it and spreading the word any way you know how!

The retreat is 22nd-26th July, for young adults aged 18-35. Starting with arrivals from 3.00pm on Friday 22 until after lunch on 26<sup>th</sup> July. It is open to Christian women and men who would like to pray and work alongside the community. It will be self-catering with payment by donation. We are a 5 minute walk from the train station, with hourly trains to London.

We know that not all of our friends will be in a position to advertise this, but can you please pray for the success of the event and that it will bring many blessings to the young people who will attend?

This coming week is a busy week for the community, with both the Solemnity of Our Holy Father Saint Benedict and the Solemnity of our own Saint Mildred, 2nd Abbess of Minster.

We will keep you all in our prayers during this special time.

If you have any queries about the retreat please feel free to email Sister Walburga [minsternuns@gmail.com](mailto:minsternuns@gmail.com)

Love and prayers,  
Mother Nikola and community

**Young Adults  
Retreat**  
22nd- 26th July  
Minster Abbey, Kent

For more details  
contact Sr Walburga  
[minsternuns@gmail.com](mailto:minsternuns@gmail.com)