

# EVENTS

## January – March 2025

Arranged by many centres and organisations across the UK. Compiled by **Living Spirituality Connections**  
[www.livingspirit.org.uk](http://www.livingspirit.org.uk)

### January

**Thurs 9 January 7.30 – 8.30 pm. Deep Abiding Prayer practice group** on Zoom. Led by **Petra Griffiths**.

Deep Abiding Prayer is a healing prayer of the heart and of the Spirit. Its sources are in the Bible and in the Christian Contemplative tradition. The meetings on the first Thursday in the month (2<sup>nd</sup> Thursday in January), explore spiritual themes as well as practising the Prayer. For further information and the Zoom link go to: <https://www.livingspirit.org.uk/events/> or email Petra at [petragriffiths@livingspirit.org.uk](mailto:petragriffiths@livingspirit.org.uk)

**Fri 10 - Mon 13 January 'Be still and know that I am God': Exploring Mindfulness, Psychology and the Christian life.** North East Wales. <https://www.beunos.com/>

This weekend will explore the human condition through your own life story, in the context of the Gospel story and the Christian spiritual life, using mindfulness skills and contemplative Christian prayer.

Comments and feedback on previous weekends included: 'I am deeply grateful for this experience' 'Life-changing' 'The ability of the course leaders to recognise the direction that God was taking us and the insight to go with it made this retreat stand out' 'This was one of the most profound experiences I have had. Something moved in me and changed me for the better'.

Leaders: **Steve Noone** is a recently retired clinical psychologist who has used mindfulness skills extensively in his practice and teaching. **Liz Lord** is currently a tutor on the MSt in Mindfulness Based Cognitive Therapy (MBCT) at the University of Oxford. **Fr Roger Dawson SJ** is a Jesuit priest and clinical psychologist.

**Sat 11 January 10-4. Creative Mindfulness: The Coming of the Light – A Personal Journey of Hope.** Hants. <https://www.wisdomhouseromsey.org.uk> *continued...*

The 'Festival of Light', Imbolc, or Candlemas is celebrated in the Pagan and later, Christian traditions, falling exactly 40 days after Christmas and halfway between the winter solstice and the spring equinox. Without the need for creative ability, we work with images and words, using the metaphor of 'light' to create images that inspire a personal future that is live giving and full of hope as we lead up to Imbolc/ Candlemas in early February. Using mixed media, our main activity will include creating a personal image of our life, or an aspect of our life experience. Brighter elements might represent what we envision for the future, whereas darker elements are what is passing away or unhelpful to our journey. Later, adding text we will integrate both our 'new' and 'discarded' elements/ feelings/ issues in the overall picture. It may be that by the end of the day, you feel your image has been completed, or it may be a journey you continue to develop.

To book this event email: [reception@wisdomhouseromsey.co.uk](mailto:reception@wisdomhouseromsey.co.uk)  
Tel:01794830206 (leaving a message if we are unable to take the call).

**Sat 11 January 10 - 1.** Start of Zoom Workshop Series: **Teachings of the Cauldron: Conscious Living, Conscious Dying - Living in Love with Life and Death.** Facilitators: **Croilán and Anáire.** <https://www.eicsp.org/events/event-announcements>

Dates: Saturdays 11 January, 1 February, 1 March, 5 April, and 3 May 2025.

Does this title delight your heart? Does it bring fear? Memories of loss? Does it make you want to engage or run? You are not alone, come and join us in this deepening into the Cauldron of Life, an opportunity to find new places in yourself that you never dreamed of and support you to show up in your precious life.

Croilán will support you to integrate your unresolved past into your heart so to live in more presence. Anáire will support you in exploring the dying process and how to watch with others in their deathing passages. As there is no such thing as END OF LIFE, you will see clearly that Life is a sacred spiraling, into form and out again ... one long continuum. In these experiential gatherings, you will be invited to reflect and share your stories and the emotions accompanying them that can be expressed in sound and movement. Sacred rituals will be an integral part of our experience together.

**Mon 13 Jan 7.30 - 9** on Zoom. Start of **Women Mystics: Female Theologians through Christian History** course. <https://www.sarum.ac.uk/>

While male voices have dominated our understanding of Christian theology and history, significant work over the last fifty years has sought out and made available

the voices of powerful and important female theologians through the history of Christianity. First and foremost, these voices belong to female mystics.

This online evening series, run jointly by Sarum College and The Church Times, looks at five of the most important female mystics from Christianity in chronological order. Each session runs 7:30 – 9pm on a Monday and is led by an expert on the mystic in question. Each webinar will consist of a lecture and a Q&A session. Each session will be recorded and a link to the video provided.

The sessions are as follows:

13 January: Hildegard of Bingen, with Lauren Cole

10 February: Clare of Assisi, with Michael Hahn

10 March: Julian of Norwich, with Hannah Lucas

14 April: Teresa of Avila, with Gillian Ahlgren

19 May: Thea Bowman, with Manuel Williams

**Sat 11 January 9.30 - 4. Land as Gift - Quiet Day - led by Revd Canon Professor John Rodwell.** Lancs. <https://www.whalleyabbey.org/events>

Even deep in our urban parishes, we depend on the fertility of God's earth and the skill and devotion of farmers who till the land. What do the Scriptures say about God's gift of the land and how we should best use it, maintaining the fertility on which we depend and making it a place of welcome for creatures other than ourselves?

**Tues 14 January 10 - 4. Held in God's Gaze: Richard Rolle.** Lancs.

<https://www.whalleyabbey.org/events>

Richard Rolle (c. 1300-1349) is someone whose spiritual life expresses itself in a sense of warmth, sweetness and song which are prompted by the Holy Spirit. He helps us integrate our hearts and minds. This event is organised and subsidised by the Diocese of Blackburn. For information email: [beingwitnesses@blackburn.anglican.org](mailto:beingwitnesses@blackburn.anglican.org) Please use the online booking form where you will also find payment details.

**Wed 15 Jan 6.30pm on Zoom. Climate Change and the Transformative Power of Moral Injury Repair**

As part of St James's Piccadilly's earth justice work, Dr. **Rita Nakashima Brock** and

the Rev. Dr. **Susan Diamond** will present definitions of moral injury as it relates to climate change and Christian theology and engage in conversation with Deborah Colvin and attendees. The discussion will be followed by a demonstration about what religious communities can do to help people address moral injury and sustain efforts to respond to climate change both personally and ritually.

Zoom link from: <https://www.sjp.org.uk/whats-on/climate-change-and-the-transformative-power-of-moral-injury-repair/>

**Sat 18 January 10 - 4. Quiet Day: Pausing to Breathe.** Led by Revd **Rhona Knight**. Leicestershire. <https://www.laundeabbey.org.uk/>

In this quiet day, designed for those new to quiet days as well as those who have been on many, we will explore different ways of praying with the Ignation Examen. As well as more traditional approaches we will also offer suggestions and opportunities for more creative multi-sensory approaches to prayer.

**Sat 18 - Sun 19 Jan start of Trauma Healing and Transformation. Capacitar Training weekends:** 2025. York. <https://www.stbedes.org.uk/>  
<https://www.capacitaruk.org/england.html>

Module 1: January 18-19 St Bede's York Blossom St 10- 4.30 p.m. each day

Module 2: Online March 15-16 and March 29 (10-1 p.m. each day)

Module 3: May 24-25 St Bede's with Pat Cane

Module 4: 2024 July 19-20 10-1 p.m. (Online)

Part 2: September 13 Final day together- St Bede's York 10-4 p.m.

Email: Paul at [capacitaralbion@outlook.com](mailto:capacitaralbion@outlook.com) for application form.

**Mon 20 January 3 - 4 pm** online. Start of **A Midwinter God: Encountering the Divine in Seasons of Darkness** with **Christine Valters Paintner, Aisling Richmond, Jamie Marich, Simon de Voil**, and guest teachers. <https://abbeyofthearts.com/>

January 20 – March 1, 2025. Live Zoom Session on Mondays January 20, 27, and February 3, 10, 17, & 24.

Our western culture denies the reality of difficult feelings, demonizes the experience of darkness, and rejects the invitation of winter to move into a place of unknowing and mystery. Our religious institutions don't leave any room for the experience of doubt and despair. Certainty, planning, and achievement always trump unknowing, mystery, unfolding, and fallowness. We are encouraged to move full steam ahead

through every season, never taking time to rest.

The seasons of the year offer us a profound invitation to embrace the gift of darkness and mystery, and to honor what I call the Midwinter God. John of the Cross describes one aspect of this experience as the dark night of the soul which is a spiritual journey of having one's attachments stripped away. In the midst of anxiety and distress, how might we begin to cultivate our ability to stay awake and present through the dark night of the soul we experience both individually and collectively? What gifts might emerge from creating safe holding spaces for folks to do their own deep inner work, wrestling with the shadows, expressing grief, and embracing the mysteries of life?

This journey asks us to cultivate an ability to be with life's questions. This online retreat in particular requires that participants come with a certain amount of spiritual maturity and experience, as well as a willingness to plumb some dark depths in a container of support. We recommend having a soul friend or spiritual director with whom you can process what emerges in this material.

You will need to purchase a copy of Christine's book ***A Midwinter God: Encountering the Divine in Seasons of Darkness***.

**Mon 20 - Fri 24 January. Finding God in Music: Singing the Heart Home.** North East Wales. <https://www.beunos.com/>

"Music gives a soul to the Universe, wings to the mind, flight to the imagination and life to everything" Plato.

This retreat will provide a space for the power of music to nourish our spirit and connect with God in and through the beauty of Sound, Song and Silence. Drawing from the wisdom of the Celtic Christian Story and other musical traditions, we will journey to the 'well of our own hearts' taking time to listen, sing, reflect and create. The retreat will comprise of inputs as well as time to rest, walk, pray, and become aware of sounds waiting to be heard in the deeper silence.

"Music is capable of opening minds and hearts to the dimension of the spirit that leads people to lift up their gaze to the Most High, to open themselves to the absolute Good and Beauty whose ultimate source is in God." St Benedict

Leaders: **Deirdre Ni Chinneide** and **Deirdre Rowe**. Deirdre Ni Chinneide lives on the Aran Islands and facilitates workshops and retreats throughout the world. She is a composer and singer of spiritual music and has recorded two albums – ***Celtic Passage*** and ***I will sing for you***. Deirdre Rowe is a member of the St Beuno's

Spirituality Team where she regularly leads retreats and courses. She is a music graduate and has a particular interest in music and spirituality.

**Tues 21 - Fri 24 Jan. At The Threshold.** Led by **Anna Robinson.** East Sussex.

<https://www.livelihoodwelldeep.org/in-p/at-the-threshold-1>

A retreat drawing on the theme of thresholds. For those on a faith shifting journey, to take time to slow down, be still, notice & listen. In the Celtic calendar, Winter signifies the beginning of the year and Spring begins on the first of February, the midway point between the longest night and the balance of light and dark. This retreat will be drawing on the theme of thresholds.

Irish poet and philosopher John O Donohue wrote 'A threshold is not a simple boundary: it is a frontier that divides two different territories, rhythms and atmospheres'. It takes courage and a deep trust in the goodness within and without as the new and unknown unfolds.

Who is this retreat for?

This retreat is for those on a faith shifting journey, who perhaps no longer fit where they once belonged and/or find themselves in a liminal space, moving from certainty to embracing mystery.

Beautiful grounds to explore...

Take some time to slow down, be still, notice and listen... to your soul, to nature, to friend and stranger and to the Divine within you and beyond you.

**Wed 22 January 10 - 3.30. Ety Hillesum: A Very Modern Mystic.** York.

<https://www.stbedes.org.uk/>

**Wed 22 January - Wed 19 February 7 - 9 pm.** On Zoom. **Minimalism: The Joy of Less.** Led by **August Gawen.**

<https://www.woodbrooke.org.uk/courses/minimalism-the-joy-of-less/>

Even if we aim to live simply, we can end up with possessions and habits that overwhelm us. What might our lives be like with 'less'? Drawing on minimalist practices and spiritual teachings we'll be learning practical skills to slow our lives down. "Try to live simply. A simple life freely chosen is a source of strength."

The minimalist lifestyle is all about removing excess to reveal what truly matters. We'll explore how to let go of the unnecessary to create space for the things that

bring us joy and how minimalist practices can enrich our spiritual lives. We'll examine the rise of capitalism and the impact of hustle culture and consumerism in our lives. We'll think about how minimalism can help us achieve environmental sustainability and liberation for all. Each session will focus on a different area of our lives, including our homes, wardrobe and digital lives. We will allow greater space for embracing kindness, gratitude and a connection to the divine in all that we do.

Although this course is not specific to Quakers, it is deeply relevant to Friends' aspirations to live simpler lives, with less negative impact on our world through our habits of consumption and a greater capacity to attend to 'the promptings of love and truth'.

There will be some material to look at before the first session. We will email you around one week prior to the course with information about accessing the course, including this material, on our online learning platform (Moodle).

**Wed 22 Jan 1- 4 pm on Zoom. Relational Mission course led by Ruth Harley.**

<https://www.sarum.ac.uk/>

In an era when uncertainty about the church's future is high, how can we rethink our ideas about mission and cultivate relationships which enable us and our neighbours to encounter God in the small, the local, and the everyday?

This course will explore how prioritising a relational approach to mission can help us to slow down, become less anxious, and discern how God is calling us to engage in our local neighbourhoods in ways which embody the good news of Jesus. Drawing on a blend of story, theology and research, we will discover together how letting go of some of our preconceptions of what mission ought to look like might enable us to embrace a more creative, liberating and relational approach... and perhaps some unexpected outcomes.

**Ruth Harley** is a parish priest in the Diocese of Newcastle, working in two estate parishes with high levels of economic deprivation, but an abundance of other gifts to offer. She is the co-author with Al Barrett of *Being Interrupted: re-imagining the church's mission from the outside in* and writes about mission and ecclesiology from a feminist perspective, with a focus on questions of justice and power.

**Thursdays 23 January - 24 April online. 7.30 - 8.30 pm FRENCH TIME. No More Special Pleading. Openness to LGBT people and their issues is basic to Christianity.**

Led by James Alison. <https://wccm.org/>

James has written an important new book on this topic which shapes the profile of



‘being Christian’ today. In four sessions, he will look at the main themes of the book – called You can, if you want to. They will include finding our way into the heart of basic Christianity through the traditional Christian account of how to learn about reality, the social history of how same-sex relations have been treated. He will also look at how the supposedly anti-homosexual “clobber” biblical passages, often used against LGBT people, actually have nothing to do with what we mean by “homosexuality”, and so should not bother anyone’s conscience. This is a refreshing wake-up course for any who like their false scruples of conscience relieved and their minds challenged.

**James Alison** is an English-born Catholic Priest, theologian, and author. His life’s work has been exploring the richness of Catholic Theology through the thought of René Girard, the groundbreaking French thinker about desire and violence.

**Sat 25 January 10-4. Following Hildegard – A Quiet Day with David Cassian Cole.**  
Surrey. <https://www.stcolumbashouse.org.uk/>

Using the art and music of Hildegard of Bingen, come and spend a day immersed in quiet contemplation and discover more of your inner self.

After coming out of a full time Church Minister role, David endeavours to present the Christian faith from different perspectives for spiritual seekers who may not feel comfortable in or with traditional or mainstream church, and to promote a life of peace and compassion.

**Fri 31 Jan - Sun 2 February. Who is Christ for us today? Who am I in God?**  
Led by **Brigid Main**. Essex. <https://www.othonaessex.org.uk/>

In the beauty and space of Othona take time out to explore the themes of roots, place and creation in our spiritual exploration of ‘who is Christ for us today’. The great Irish teacher John Scotus Eriugena taught that God speaks to us through two books. One is the little book, the book of scripture, physically little. The other is the big book, the book of creation, vast as the universe....

Using ideas from Celtic, Māori and Aboriginal spirituality we will explore the two books through which God speaks to us and discover something of who Jesus Christ is for us today.

**Brigid** retired as Chaplain to the Chapel of St Peter-on-the-Wall, Bradwell-on-Sea in 2019.



**Fri 31 January 4-6pm. Holding Paradox: Online Retreat with St. Brigid** led by **Simon de Voil**. <https://abbeyofthearts.com/>

Join us on the eve of the Celtic feast of Imbolc which celebrates the quickening of the year and a subtle shift into the promise of a still-distant spring. February 1st is also the feast of St. Brigid, one of the most beloved of the Celtic saints and goddesses. Sometimes called 'Mary of the Gaels,' Brigid is a healer, teacher, and protector, known for her bravery and generosity. Legend says that Brigid gifted us the keen, a lament to express our deepest grief, a sacred container to hold our greatest love and loss. As we mark this turn toward the bright half of the year, we'll explore what Brigid teaches us about holding both joy and sorrow, life and death.

Through teaching, song, and meditation we will bring compassion to help us hold these paradoxes and heal the rifts around us.

## February

**Sat 1 – Fri 7 February Interfaith Harmony Week** Spirit of Peace's Arts at the Intersection team are thinking about a new programme for Interfaith Harmony Week. The motivation for Arts at the Intersection is to harness the power of the Arts as a means for creating community cohesion and cultural exchange.

If you would like to work together with Spirit of Peace to create a multi-cultural and interreligious arts and music event in your area, please do make contact by emailing [info@spiritofpeace.co.uk](mailto:info@spiritofpeace.co.uk). <https://spiritofpeace.co.uk/>

**Sat 1 February 10.15 - 4. "Speaking the Dream: Dr Martin Luther King's Beloved Community"**. London. <https://www.rfsk.org.uk/events>

This is a joint day with The Royal Foundation of St Katharine and St Paul's Cathedral. Led by Shana Maloney and featuring the Royal Foundation of St Katharine choir in residence - The Spirituals.

Experience a day retreat inspired by Dr. Martin Luther King Jr.'s vision of the Beloved Community. We will explore his ideas through archive footage, music, and texts, daring to dream of a more just, reconciled and peaceful world. Through discussions and reflections, we'll explore Dr. King's principles and how they relate to our lives today. This retreat encourages us to see how his vision can inspire us to act for justice, peace, and unity. The day will be enriched by live music from members of the

Royal Foundation of St Katharines 'choir in residence' The Spirituals, offering a soulful backdrop to our reflections and conversations.

**Sat 1 February 10 - 3:30. Flowing in the River of Life: A Day of Tai Chi and Meditation.** York. <https://www.stbedes.org.uk/>

**Sat 1 February 10-2 start of Dealing with Anger, Guilt and Regret, Shame and Anxiety. Over 3 Saturdays** (1 Feb, 5 April, 31 May). Led by Mgr **Malachy Keegan**. London, <https://www.londonjesuitcentre.org/>

Drawing on the ancient wisdom of the Christian tradition and the insights of modern psychology.

**Sat 1 February 10-3.30. Living Water – A Creative Retreat** led by **Emma Phillips**. Surrey. <https://www.stcolumbashouse.org.uk/>

“Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

Based in verses from John 4 and John 7, we will explore the theme of Living Water using a variety of media and methods including glass painting on acrylic sheets and creating found poetry (No previous experience is necessary.) The day includes times of guided reflection, liturgy, prayer, music, quietness and space to give opportunities to creatively and prayerfully connect with God, respond to the themes explored.

All art equipment is provided. But please bring an apron or old shirt to protect your clothes.

**Emma Phillips** is an experienced Artist and theologian, her interests include the intersection of faith, well-being, creativity, identity, storytelling through art.

**Sun 2 February 1-2 pm. Seeking the God Beyond: A Beginner’s Guide to Apophatic Spirituality.** Speaker: Revd Dr **Janet Williams**. London. <https://www.stpauls.co.uk/whats-on/seeking-god-beyond-beginners-guide-to-apophatic-spirituality>

Janet Williams says that apophatic spirituality – or the ‘via negativa’ – can sound difficult or off-putting but in reality can be a life-giving, freeing adventure, deeply rooted in the Bible and Jesus’ teaching. With allies in the mystical and poetic

traditions of the church, it offers a living and deepening encounter with the perfect goodness that is God. She will introduce the tradition of apophatic spirituality and explore its relevance to 21st century Christian life.

The Revd Dr **Janet Williams** is the Vice-Principal of St Hild's College, Mirfield in Yorkshire, an Anglican centre for ordination training and theological study. Her latest book is ***Seeking the God Beyond: A Beginner's Guide to Christian Apophatic Spirituality***.

**Mon 3 – Fri 7 February Simpler, humbler, bolder rebooted with Brendan Bassett, Gordon Dey and Phil Stone.** N. Yorks. <https://scargillmovement.org/>

Can you imagine what a 'Simpler, humbler, bolder Church' would actually look like? What might our lives, our discipleship, look like if we personally took these words to heart?

The Archbishop of York spoke of these words a few years back and maybe his three words crystallise a vision that mirrors the life of Jesus and that the church needs to revisit. We would love to celebrate stories where this vision is being lived out, as well as identifying the barriers that get in the way of a 'Simpler, humbler, bolder church'. Come and join us on this adventure through worship, prayer, teaching and conversation as we travel together on what could be a transformative journey.

**Tuesdays 4 February - 11 November** (8 sessions) online. **The Risk of Living Together.** Speakers include **Richard Carter, Laurence Freeman, Tim Shriver and Padraig O'Tuama.** <https://wccm.org/events/>

Increasingly, people in affluent societies are choosing to live alone. Traditional ways of forming relationships especially those demanding personal commitment have been damaged by 'progress'. Technically we may advance but are we humanly regressing?

**Sat 8 February. 10-4. New Life and Renewal in Celtic Spirituality.** Hants. <https://www.wisdomhouseromsey.org.uk/>

Imbolc is the season of new life and renewal. From the ancient 'Celtic' calendar, it started at the beginning of February and lasted 3 full moons. Taking inspiration from the Celtic season, on this day, we will look at the benefits of spiritual disciplines/exercises and the origins of this so-called 'Green Martyrdom', a type of asceticism usually associated with the hermits of Egypt, who greatly influenced Celtic

monasticism. This accounts for why many of the Celtic tradition sought out places of extreme solitude, harsh weather and high altitude, leaving behind the comforts and pleasures of ordinary human society. There they studied Scripture and communed with God after the example of the desert tradition.

Come to this day to discover how these practices bring a sense of renewal and lasting strength to our inner and outer life.

To book this event email: [reception@wisdomhouseromsey.co.uk](mailto:reception@wisdomhouseromsey.co.uk)

Tel: 01794830206 (leaving a message if we are unable to take the call).

**Sat 8 February. 10.15 - 4. 'The Joy of Lent: discovering who we are'.** With **Jane Williams**. London. <https://www.rfsk.org.uk/events>

**Jane** is the McDonald Professor in Christian Theology at St Mellitus College. Along with Bishop Graham Tomlin and Dr Michael Lloyd, she helped to found St Mellitus College and has held a number of roles within the College before being appointed to the Professorship. She has a particular interest in the flourishing of women within God's church.

**Tues 11- Thur 13 February. Share the Joy. An encounter with Icons.** Led by **Andrea Chance**. Devon. <https://www.sheldonretreat.com/>

Would you like to make a simple Icon-painting using traditional techniques and materials, including egg tempera and gold? You work from a tracing provided. This is how we began as somewhat sceptical students. How surprised we were by what we made and by the joy experienced in the making, finding "the dazzling brilliance of Gods beauty inside everything" as Maximus the Confessor said.

**Andrea Chance** is an artist and educator of all ages from 2 to 102. She studied at St. Peters School of Sacred Art in Canterbury with Iconographer Peter Murphy.

**Tues 11 February 10.30 - 4. Coming Home to Jesus.** Led by Donna Worthington. Lancs. <https://www.christianretreats.live/online-retreats/home-jesus>

A prayerful space to spend time with Jesus and know him more deeply.

Booking: Phone 01524 732684 or email [hyningbookings@yahoo.co.uk](mailto:hyningbookings@yahoo.co.uk)

**Sat 15 February 10 - 3:30. Belonging: Remembering Ourselves Home.** York.

<https://www.stbedes.org.uk/>

**Sun 16 February 2.30 - 5.30. Hope as a Practice.** Online. Led by **Simonne Wood.**

<https://www.woodbrooke.org.uk/courses/hope-as-a-practice/>

What does it mean to 'practice hope'? Can hope be more powerful than simple optimism? This workshop offers an introduction to the concept and process of 'active hope', drawing on the book *Active Hope* by Joanna Macy and Christopher Johnstone. The session is designed to give you a short but meaningful experience of the active hope process in a safe and supportive group. It will also provide guidance for developing your own, more extensive, practice of hope which you can use in your everyday life, either by yourself or with others.

We will begin with a brief exploration of the meaning of hope and identify how a deliberate practice of hope may help us to overcome feelings of helplessness in these turbulent times. Then, through a series of timed and guided activities, we will experience the four stages of the Active Hope process:

- Gratitude: Recognising what we are grateful for
- Honouring our pain for the world: naming our feelings about something we are currently concerned about in the world
- Seeing with new eyes – seeing the possibilities for positive change and recognising that even small actions, when combined with those of others, can be effective
- Going forth – identifying what change we are most passionate about and identifying a part we can each play in bringing it about

Through this process, we will work to find hope and strength in seemingly hopeless situations, and develop a vision for meaningful personal action. The activities will be varied and provide opportunities for individual reflection, deep sharing and listening in small groups, and discussions together as a full group. There will be at least one short break and a more extended period working away from the screen during the three-hour session.

**Mon 17 - Fri 21 February. Send my Roots Rain.** Led by **Christopher Chapman.** For people in ministry. Devon. <https://www.sheldonretreat.com/visit/events>

Send my Roots Rain is for people in ministry and will explore ways of allowing the life-giving water of the Spirit to soak down to your roots. This retreat has proved so popular in recent years that we are offering the same one again.

Our roots lie in our story, in our experience of calling, and above all in abiding in

relationship with our life-giving God. With the demands of ministry and the uncertainties that hang over the future, our roots can become dry. In caring for others we can neglect to look after ourselves. Yet every minister is also a disciple, called to the intimacy of companionship with Christ and continued growth in the Spirit. Our spiritual, physical and emotional health matters to God, who calls each one by name.

The retreat aims to help participants discover practices and ways of prayer that will refresh and sustain their ministry and, at the same time, go with who they are and how life is. Silent retreat with addresses. Suggested prayer and reflection exercises. 1 to 1 slots available.

**Christopher Chapman** is an experienced spiritual director and retreat leader. He is a guest director at St. Beuno's Jesuit Spirituality Centre and an associate tutor at St. Augustine's College of Theology.

**Mon 17 February 6.30 - 8.30. Online. Revisioning Witness: Cultivating Joy in Action.** Led by **Ailish Carroll-Brentnall and Kim Harrison.**

<https://www.woodbrooke.org.uk/courses/revisioning-witness-cultivating-joy-in-action/>

When do we lay down approaches that no longer work? Can we re-envision witness so it uplifts us, sustains our involvement, and becomes more appealing to others? This session offers inspiration and space for discernment within a loving community. Sometimes, we choose tactics that feel familiar—such as a vigil, march, or writing to an MP—without considering whether they truly serve our purposes or meet our needs. The norms of society are causing harm; perhaps the time has come to think outside the box. How can we use creativity, humour, and fresh perspectives to highlight what is old, broken, and no longer serves us? And could this refocusing engage and enthuse others to join us in our witness?

This will be an exploratory, participatory space, beginning with examples to inspire our discussions in breakout rooms and plenary sessions. This course is part of a series exploring re-visioning.

**Mon 17 - Fri 21 February. Valley Paths.** Leader: **Gill Hancock.** Sussex.

<https://www.penhurst.org.uk/>

We all go through difficult experiences in life (the death of a loved one, doubts, fears, depression, trauma, ongoing physical pain, past mistakes holding us back to name but a few). The temptation can be to `grit our teeth` to try and get through,

pick ourselves up and carry on without giving ourselves time or permission to work through any emotional, spiritual or mental impact the crisis might have left us with. This course enables us to take time with God, reflect on past events, seek a better understanding and go deeper with him, gaining new layers of healing.

**Mon – Thurs 17 - 20 Feb. Modern & Postmodern Perspectives on Christian Spirituality (2025) course.** Led by Dr **Michael Hahn** and guest tutors. Salisbury. <https://www.sarum.ac.uk/short-courses/>

This module will examine key movements within and connected with Christian Spirituality in the 20th and 21st century and consider how they fit within the social projects of modernity and postmodernity. Significant focus will be given to Black and postcolonial spiritualities, spiritualities of activism, biblical hermeneutics, secularisation, mysticism in modernity and postmodernity, Orthodox spirituality and Jewish-Christian relations in this period. This is a postgraduate course open to 'auditors' e.g. those not enrolled for academic credit.

**Tues 18 - Sun 23 February. Quiet Week: Rediscovering Joy.** A creative, soulful week with **Nicky Temple**. Dorset. <https://www.othonawestdorset.org.uk/>

"Discard your bucket lists and the pressure to "live your best life"! This retreat offers the simplicity of living with deeper joy and contentment in everyday life. With time to reflect more deeply, you will discover more about who you most truly are as both human and Divine. In sacred community we will explore what it means to live from the True Self, what practices may support this and what a life of letting go and allowing looks like."

Nicky will offer a mixture of guided meditations, contemplative practice, lectio-divina and facilitated sharing circles. There will also be plenty of opportunity to be creative, be still, be outdoors, be with your self, be with God and be with others. Alongside this Nicky will offer 1:1 sessions of Spiritual Direction if they're wanted. This Quiet Week gives you time to breathe more deeply and connect more fully. You will be offered safe, nourishing and welcoming space in which you can sink back and discover joy.

**Nicky Temple** is a Spiritual Director and Retreat Facilitator with a great love of people. She has a gentle, compassionate heart and offers a warm and tender welcome. To learn more visit her website [www.nickytemple.co.uk](http://www.nickytemple.co.uk)



**Fri 21 February 10-4. The Franciscan Notes with Rev Olive Stevens and Margaret Miles.** Cornwall. <https://epiphanyhouse.co.uk/>

Epiphany House quiet days are an opportunity for prayer, reflection, and silence, fostering deeper connection with God. Our February quiet day is titled “The Franciscan Notes”. For over 800 years, St. Francis of Assisi has been celebrated for his love of nature and animals, but his life offers much more to explore. This session led by Olive and Margaret of the Third Order Franciscans, will delve into the humility, love, and joy that defined St. Francis, inviting participants to reflect on how these virtues connect to their own spiritual journeys. Through stories and writings, attendees will gain fresh perspectives on how St. Francis’s timeless wisdom can inspire and transform lives today.

**Olive and Margaret** are members of the Third Order of Franciscans, part of a Franciscan religious community of men and women who live according to a Rule of Life while residing in their own homes. They were drawn to this commitment because it provides a framework for deepening her relationship with and understanding of God.

Book your space by emailing [bookings@epiphanyhouse.co.uk](mailto:bookings@epiphanyhouse.co.uk) or ring 01872 857953.

**Fri 21 - Sun 23 February Finding God In Life's Liminal Spaces.** North East Wales. <https://www.beunos.com/>

Are you in a liminal space in your life? In that strange place between an ending and the not yet? You may be in a time of transition and feel that you would welcome a safe comfortable space to step out of the daily rhythms to spend some time with God. In this retreat there will be some input sessions in relation to waiting with all its discomforts, with a focus on Ignatian principles that may be of help as you discern possibilities and future choices. Time will be spent in the company of Biblical characters who know what it is like to wait for God to act.

Though this is not an accompanied retreat with a spiritual director there will be opportunities for you to pray with resources, savour the silence of the house and enjoy the restful countryside of North Wales.

**Fri 21 – Sun 23 February Revolution and Revelation: Art and Faith.** Led by **Dr Deborah Lewer.** North East Wales. <https://www.gladstoneslibrary.org/events/events-courses-list> *continued ...*

Artists in many different situations have challenged norms, rebelled against limitations, proposed alternative visions and worked to change how we see the world, what 'art' can be, and even how we believe. Drawing together perspectives on art and faith, Deborah Lewer explores works of art from the Middle Ages to the present that are, in ways great or small, revolutionary, revelatory or both.

Dr **Deborah Lewer** is Senior Lecturer in History of Art at the University of Glasgow. She is a specialist in 20th-century German art, focusing on the relationship between art and politics. She also works extensively at the intersection of art and theology.

Book through Reception on 01244 532 350 or email [enquiries@gladlib.org](mailto:enquiries@gladlib.org)

**Wed 26 February 10 - 12 start of Lent Workshop Series: Finding Beauty in the Everyday.** York. <https://www.stbedes.org.uk/>

In the Centre on Wednesdays 26 February, 5 March 12 March, 26 March, 2 April.

'Beauty is so quietly woven through our ordinary days that we hardly notice it.' – John O' Donohue

In our busy lives we can easily bypass and trivialise the everyday. However, the way that we see things can change our experience of them. This series of workshops will invite you to spend time looking, something that the activity of making art can help with. No prior experience is necessary, just your natural curiosity and openness. Even if you don't consider yourself artistic, simple exercises will be given to help you enter the process.

**Thurs 27 February 7.30 - 9.30 pm Reconciliation as a Political Value: What Should it Mean for Europe in 2025?** Course Leader: Prof. **Philip McDonagh**. Near Bath. <https://www.ammerdown.org/>

During the talk Prof. McDonagh will look at the logos of Reconciliation:

1. Reconciliation is made possible by a new beginning
2. "Peace is a true idea" and has a basic pattern
3. The 'micro' and the 'macro'
4. 'Establishing the wider common good'
5. Helsinki plus 50, building on the forthcoming anniversary of the Helsinki Final Act.

**Fri 28 Feb - Sun 2 March. Who Am I In God?** Leader: **Brigid Main.** Sussex.

<https://www.penhurst.org.uk/>

In the beauty of Penhurst take time out to explore the themes of roots, place and creation in our spiritual exploration of `who am I in God`? The great Irish teacher John Scotus Eriugena taught that God speaks to us through two books. One is the little book, he says, the book of scripture, physically little. The other is the big book, the book of creation, vast as the universe... Using ideas from Celtic, Maori and Aboriginal spirituality we will explore the two books through which God speaks to us.

**Fri 28 Feb - Sun 2 March. Living the life of the beloved with Anna Honeysett and Phil Stone.**

N. Yorks. <https://scargillmovement.org/>

Henri Nouwen, beloved author, priest, and world-famous counsellor and guide, understood the challenges and joys of the spiritual life. Anna and Phil will explore some of Henri's wisdom starting with the liberating truth that we are God's beloved. Henri, through his brokenness and vulnerability lived and moved in the knowledge of this truth and encourages us to grasp this for ourselves.

**Anna Honeysett** is a working friend at Scargill, and her Counselling MA Thesis focused on Henri Nouwen's writings. **Phil Stone** is Director of Scargill Movement.

## March

**Mon 3 - Fri 7 March Big burning questions with Tim Hull.** N. Yorks

<https://scargillmovement.org/>

Is there any reason for Faith? Has Science replaced God? When there is so much suffering can we believe in a God of love? Can miracles happen? Rev Dr Tim Hull (author of '*Faith and Modern Thought*') leads you through these big burning questions, drawing on the videos he has produced. This week will involve a stimulating mixture of expert input and informal discussion. No previous academic knowledge of these questions required.

**Tim Hull** is director of the St John's Timeline Theological Videos project and has taught theology for many years.

**Tues 4 March - Tues 1 April 7-8 pm. Lenten Bible Study on Zoom. Let Justice Flow Course.** Leader: Chaplain **Rupert Kaye.** <https://www.ammerdown.org/> continued...

This five-week Bible study focuses on the book of Amos. Join us to find out what this fiery Old Testament social justice warrior has to say about God's take on economic inequality, greed, exploitation and marginalisation of the poor. Each week includes reflective questions and a short prayer. Free of charge.

**5 March - 19 April 4-6 pm. Seven Gates of Mystical Wisdom: A Pilgrimage to the Heart's Deep Core Lent Retreat with Christine Valters Paintner, Betsey Beckman, Polly Paton-Brown, Richard Bruxvoort Colligan, and guest teachers.**

<https://abbeyofthearts.com/>

Join us for the sacred season of Lent when we dive into the wisdom of seven medieval women mystics: Julian of Norwich, Teresa of Avila, Hildegard of Bingen, Clare of Assisi, Mechtild of Magdeburg, Angela of Foligno, and Margery Kempe. We live in liminal times, when the old is falling away and the new is not yet come into being. These seven women were chosen because they each lived past midlife and experienced their own losses through chronic illness or death of loved ones, along with the ravages of their times. These holy women's voices and visions shimmer across hundreds of years to meet us where we are.

Some of the questions will guide our inquiry:

What initiation did they experience?

What kinds of prayer did they steep themselves in?

How did they resource themselves in the divine?

What did their illness and/or loss catalyse?

We will then turn these questions to ourselves and how we can move consciously into our own initiations, deepen our prayer, resource ourselves, and embrace the catalyst for new possibilities. We begin on Ash Wednesday with a live Zoom retreat to gather and launch our Lenten series together. During the live session Christine will lead us in teaching, meditation, ritual, and creative exploration to connect to our heart's intention and offer us wisdom for how to make this retreat from home.

Then the six weeks of Lent that follow and the first week of Easter, a different woman mystic will be featured and Christine Valters Paintner will break open some of the questions and themes we are exploring. Polly Paton-Brown will invite us into creative exploration in response. Betsey Beckman will invite us into an embodied prayer response.

Persons of any gender are welcome to join us. The medieval women mystics have wisdom for us all. A lovingly facilitated forum is also included in this live version of the retreat. Feel free to share what you are discovering with a community of kindred souls.

**Fri 7 - Sun 9 March Praying in and Out.** Leader: **Val Freeman.** Sussex.

<https://www.penhurst.org.uk/>

To live well we need to be good both at breathing in and breathing out! And our life with God is the same. But it's very human for us to over-focus on either praying in or praying out. This retreat looks at prayer in a broad sense and opens opportunity to find more balance in our life with God. We'll explore how to receive from God as well as expressing ourselves to God; how to rest in as well as serving our loving Creator. There will be some times of silence together as well as plenty of time for personal devotion. Suggestions for how to use this time will be given but you will be encouraged to find your own language and way of being with God. Activities will include an ocean meditation, Lectio Divina, various breathing prayers, engaging with nature, journalling and the examen. So come, and breathe, and pray... both in and out! This retreat will be "lightly guided" by Val i.e. there will be plenty of time for rest and for personal time with God.

**Sat 8 March 10-4. The Embodied Contemplative.** Led by **Terry Doyle.**

**Quiet Day of Reflection during Lent.** County Durham. <https://minsteracres.org/>

This retreat will explore how we might find inner stillness and peace through the practice of Christian Meditation, gentle Tai Chi movement and breath work. It is suitable for all ages and abilities. Come with a beginner's mind and enjoy learning!

**Mon 10 - Fri 14 March. 9-5. Dialogue for Peaceful Change Programme.** London.

<https://stethelburgas.org/>

A unique and robust training opportunity in meditative facilitation and complex conflict transformation. For more information use the website contact form.

**Thurs 13 - Sun 16 March. A Table in the Wilderness.** Led by **Anna Robinson.**

Cornwall. <https://www.livelightdwelldeep.org/>

This retreat will be a time to:

Slow down and take a breath in beautiful rural Cornwall.

Connect and share with others on the faith shift journey.

Be guided in meditation, contemplation and reflection.

Connect with your soul and the season.

Connect with the Divine within you and around you.

Practice some ancient tools and practices to support your spiritual life. *continued*

Enjoy good food and conversation around the table.  
Bring your faith, doubts, questions and hopes.

Who is the retreat for?

Nomads. Sojourners. Spiritual Seekers.

Those who may find themselves in the wilderness and liminal spaces.

Those on a journey from certainty to mystery and unknowing.

Those searching for deeper meaning and connection with themselves, the Divine and with others.

Those who find peace and presence through connecting with nature and the outdoors.

Those who want a more inclusive spirituality rooted in the Christian tradition and open to other wisdom traditions.

“A wonderful, nourishing, nurturing space to come as you are, explore life, spirituality and faith in an open ended hospitable way. To bring yourself, your experiences , your doubts into a safe space” Caroline.

**Sat 15 March 10.30 - 4.30. Life Beyond Death.** Led by **Martin Nathanael.** London.

<https://meditatiocentrelondon.org/>

How the sacred scriptures of various traditions contribute to our understanding of the transition commonly called "death".

**Mon 17 March. 10 - 4. Pilgrims of Hope.** Leader: **Fiona Bower.** Sussex.

<https://www.penhurst.org.uk/>

An invitation to journey together towards a future based on hope, love, mercy and friendship. Taking inspiration from Psalm 84:5 `Blessed are those whose strength is in you, whose hearts are set on pilgrimage` we will explore the calling to be pilgrims in a world where many are in crisis and the example of hope and peace we can bring through the way we walk with God along the journey of our lives.

**Mon 17 - Fri 21 March. God of the ordinary** with **Dave Hopwood.** N. Yorks

<https://scargillmovement.org/>

A chance to reflect on the way God is with us in the everyday and the extraordinary. In the mild, the manic and the mundane. The God who is unafraid of the mess and the muddles of our lives, and who understands the challenges we face each day.

Dave uses film and contemporary stories to illustrate and illuminate the work of God in our lives. He communicates the Bible and spiritual truths in an accessible style, using a wide range of media.

**Wed 19 March 10 - 1** on Zoom. **Mental Health, Theology, and Ministry: An exploration course.** Led by Fr **Charlie Bell.** <https://www.sarum.ac.uk>

What does it mean to be a healthy human being? In this short course, we will explore this from the angle of mental health and wellbeing. What might it mean to be 'whole', and how might this sit within our understanding of holiness? What do our theology and our Biblical narratives have to contribute to conversations about mental wellbeing in an era where both the science is ever developing and individual experiences and expression are increasingly encouraged?

What might the implications for our ministry be from these conversations between theology and medical science? What might we do differently, and what might we do better? How should a contemporary understanding of mental health affect the way we engage in pastoral care, and where might we have something particular to add to the way medicine considers what it means to be human?

This course is an introduction to an exciting and developing field, which will increasingly impact upon our ministry and mission as Christians. Please join us to begin the exploration of how we might engage with mental health issues in a healthy, helpful, and hopeful way, and how we might do so in the light of the Christian faith.

**Charlie Bell** is a non-stipendiary priest in the Diocese of Southwark, a forensic psychiatrist and visiting scholar at Sarum College.

**Fri 21 March 10 - 4. The Sacredness of Grief** with **Mary West.** Cornwall.  
<https://epiphanyhouse.co.uk/>

Epiphany House quiet days are an opportunity for prayer, reflection, and silence, fostering deeper connection with God. Our March quiet day is titled The Sacredness of Grief. The grief journey is a long and complicated one. Our instinct, when confronted by loss, is to retreat into ourselves, cover up what we truly feel or bury deep within us the emotions we experience. Perhaps the grief journey might be one not to be avoided but one which may prove to be a journey of discovery finding within it a deep spiritual healing, a deeper understanding of ourselves and the opportunity to become more acquainted with this 'holy visitor'. Carl Jung wrote:



embrace your grief for there your soul will grow. During this quiet day we will seek to address and explore these issues.

**Mary** was ordained priest in the Church of England 30 years ago. Her ministry has been in parish settings in Essex. She has a Diploma in Psychodynamic Counselling, is a Spiritual Director, has led quiet days and individual guided retreats, continues to be involved in leading services in parish churches and assists with courses run by Truro diocese.

Book your space by emailing [bookings@epiphanyhouse.co.uk](mailto:bookings@epiphanyhouse.co.uk), or ring 01872 857953.

**Fri 21 – Sun 23 March. Crossroads Retreat.** Leaders: **Jacqui Zanetti and Mary Monfries.** Sussex. <https://www.penhurst.org.uk/>

‘Stand at the crossroads and look. Look for the ancient paths. Ask where the good way is and walk in it and you will find rest for your soul.’ Facilitated by two experienced coaches this retreat provides a unique space for people at a crossroads in life to pause, step back and reflect on where they are, the questions they find themselves in, what they really want and to how take steps forward.

**Fri 21 – Sun 23 March. Francis and the Healing Power of the Natural World.** Leaders: **Adrian and Wilma Scott.** N. Yorks. <https://www.holyroodhouse.org.uk/>

**Mon 24 March 10 - 4. What is Old Age for? Course** led by **Julia Burton-Jones and Rev Canon Professor James Woodward.** Salisbury. <https://www.sarum.ac.uk/>

As human beings we long for a good life which is purposeful and fulfilling. The lifespan is challenged by several factors, some of which we have no control over. This includes the inevitable processes of ageing as we become older adults. While age is inevitable, we do have some choice about how we think about, inhabit and live well in older age.

This day will explore the nature of age in older age. We shall look at some of the blessings and burdens of 3rd and 4th age. In this process we shall be inviting two or three older people to share with us something of their story of ageing. We shall all have an opportunity to think about what our vocation might be as we grow older. What do we want to become? What do we want to do with these years? How do we wish to live well? What kind of legacy might we wish to leave behind? Our working assumption for the day is the conviction that these years of our lives are good and fruitful. There is adventure and new things to discover about ourselves, our faith and

the world around us. Within this context we shall explore the nature of generativity and its possibility for growth and fulfilment as we embrace the richness and complexities of ageing.

The day will be of interest to all of us who our ageing, offering an opportunity to reflect together about vocation. It will also offer those who work with older people an opportunity to deepen their understanding of the nature and practice of pastoral accompaniment with older adults. Facilitators will provide space to reflect about the shape that age is taking in us. It will be a particular interest to those who work with older people and those who are interested in developing their skill in pastoral care.

**Julia Burton-Jones** has been working on issues surrounding ageing, dementia and the needs of family carers throughout her working life. She is an author on these themes and an adult educator and has worked with several national charities for older people in development and project management roles.

The Revd Canon Professor **James Woodward**, Principal of Sarum College, is a practical theologian who specialises in health and healing, old age, theological reflection, and end of life care.

**Mon 24 - 28 March. Dialogue for Peaceful Change Training.** Northern Ireland.

<https://www.corrymeela.org/events>

The Dialogue for Peaceful Change (DpC) Training is a four-day immersive experience designed to provide participants with practical tools for managing and transforming conflict. Held at Corrymeela's Ballycastle Centre, this interactive programme offers hands-on learning and real-world applications for peaceful resolution in personal, community, and professional settings. Participants will engage with a variety of perspectives, leaving with the confidence and skills to approach conflict empathetically and create constructive change.

Whether you're a leader, educator, or community organiser, this training empowers you to become a proactive force for peacebuilding.

**Tues 25 March 10-4. Held in God's Gaze: Oscar Romero.** Lancs .

<https://www.whalleyabbey.org/>

Oscar Romero (1917-1980) is a witness to the possibility of spiritual stability and resilience in the face of violence. He embodies the tradition of the martyrs, who offer themselves for the sake of peace. This event is organised and subsidised by the Diocese of Blackburn. For information email (see overleaf):

[beingwitnesses@blackburn.anglican.org](mailto:beingwitnesses@blackburn.anglican.org). Please use the online booking form where you will also find payment details.

**Tues 25 March 10 - 4. A Lenten Creative Day - Finding our Creative Voice.** Led by **Helen Warwick**. N. Yorks. <https://www.holyroodhouse.org.uk/>

Come and enjoy a day at the peaceful centre of Holy Rood House (and Juliet House). Suitable for all abilities, Helen Warwick, a creative therapist and chaplain, will be offering ideas to help open our creativity. On this Annunciation day, when the church remembers Mary saying 'Yes' to bearing great gift for the world and bringing forth her song, we explore various ways in our large art room to find our own creative voice in our becoming.

**Tues 25 - Friday 28 March. Heart of my own Heart.** Led by **John-Francis Friendship**. Leicestershire. <https://www.laundeabbey.org.uk/>

This short, silent retreat will touch on some of the themes of the book: Love of the Heart, Conversion of Life, the Foolishness of God, Virtues and Vices etc. There will be opportunities to attend two Addresses each day, shared contemplative prayer each evening and time to speak with the retreat leader.

**Wed 26 March 10 - 4. Holding Space - Vessel Making.** Leader: **Liz Crichton**. Near Perth. <https://www.bieldatblackruthven.org.uk/>

The practice of 'Holding space' refers to the act of being fully present. A conscious effort to maintain a safe accepting environment, free from distractions, where you can listen attentively to the other be that someone else or the still small voice of God. The day will begin with a guided meditation using a found object as your inspiration for an imaginative narrative and prayerful exploration. The rest of the day will be spent meditating as you make in response to this initial meditation. After a day of meditative making, you will have your own vessel to take home to hold space or whatever you choose to place in it. Paper and cloth or various forms, air dried clay, wet felting and needle felting are all available to be explored as mediums for enabling your ideas to take shape as you give yourself space and time to acknowledge the emotions and epiphanies that may arise while your hands are busy in the embodied making process.

**Liz** is the Art Facilitator here at the Bield.

**Wed 26 March 9.30 - 4.30. Facilitation Training.** London.

<https://stethelburgas.org/event/facilitation-training-4/>

In the current climate of social tension and polarization, how do we bring diverse groups together in conversation and collaboration? How can we meaningfully hold space to work with real differences and disagreements? This one-day workshop explores these questions and offers a variety of tried and tested tools for facilitation. This workshop is suitable for individuals or organisations who want to improve the way they work with groups, as well as those new to facilitation.

For more information contact Rebecca Brierley on 07453287925 or

[rebecca.brierley@stethelburgas.org](mailto:rebecca.brierley@stethelburgas.org)

**Thurs 27 - Fri 28 March. Soul Friendship and its place in our lives today.** Led by **Chris Blakeley and Jennifer Campbell.** A two day Retreat and Spiritual Enquiry.

London. <https://www.rfsk.org.uk/events>

In this retreat we will be exploring what is perhaps one of our deepest human needs - a soul friend. A good friend with whom we can be wholly and unguardedly ourselves, sharing the adventure of our spiritual journey with all its ups and downs, helping us to stay true, connected to ourselves, to God and to one another. In this retreat we will explore together a true soul connection: what is it, do we want it, how do we find a stay in it? The enquiry will be entirely personal, firmly grounded in the reality of our own experience, yet drawing on ancient wisdom.

**Fri 28 - Mon 31 March Rooted and Renewed: A Journey of Integration.** Led by **Kevin Wittoeck.** France. <https://bonnevauxwccm.org/>

Join us for a three-day retreat to explore your integrated self — body, mind, and spirit. Through a blend of theory and practice, we will cultivate deeper awareness, balance, and health. Drawing on insights into the nervous system, polyvagal theory, somatics, and Christian mysticism, this retreat offers a supportive environment for discovery and growth. You'll engage in an organic blend of experiential practices such as:

Nature immersion (forest bathing) to ground yourself in the natural world and stimulate presence,

Yoga and breathwork to cultivate balance, release tension, and connect body and breath,

Meditation to deepen awareness and explore contemplative stillness,

Creative expression through writing to give voice to your inner experience.

Each element is thoughtfully woven together to invite you to experience your inherent wholeness, deepen self-awareness, and build meaningful connections with others. This retreat offers a unique blend of scientific insight, somatic practice, and Christian mysticism, creating a gentle and nurturing space for exploration. Whether you are seeking personal development, spiritual growth, or a simple pause from the stresses of life, this retreat offers an opportunity to connect more deeply with yourself, with nature, and with others.

**Sat 29 March - Fri 4 April. Ways of Seeing, Ways of Being.** Scotland.

<https://iona.org.uk/event/ways-of-seeing-2025/>

How might seeing with the eyes of an island help us to view the world differently? Combining mindful creative activities with the rich visual history of Iona – from the Book of Kells to the present day – Iona artist, **Mhairi Killin**, and island mindfulness teacher, **Kerstin Felleiter**, will help us explore a Gaelic way of seeing and being in the world.

This artist-led introduction to Iona's creative wellspring, explores how thinking like an island – through its culture, landscapes and community – might support us to navigate the complexities of modern life. We'll interweave art, spirituality and community with the inspiration and imagination cultivated by the island's stunning land and seascapes.

Led by multi-disciplinary local artist **Mhairi Killin** and supported by mindfulness teacher **Kerstin Felleiter**, the week will include illustrated talks, conversations, mindful observation, and short, guided meditations. These activities will lead to the creation of an individual metal artefact, in the tradition of medieval pilgrim badges, reflecting each participant's island experience. No artistic skills or previous mindfulness experience required, just bring an openness to observe and play.

There will be a limited number of 25 places for this programmed week.

**Mon 31 March - Sun 4 April. Longing for Flowing Streams: An Ignatian Retreat on the Psalms.** North East Wales. <https://www.beunos.com/>

Would you like to explore the Psalms more deeply? How might these ancient prayers stimulate our own prayer lives today? This will be a silent retreat, but with daily inputs and group conversations. Over the days we will draw on Ignatian themes to pray with a selection of Psalms, some familiar and some less so.

## Advance Notices

**Sat 5 - Sat 12 April Iona Pilgrimage with John Philip Newell and Ali Newell.**  
Scotland. <https://www.earthandsoul.org/events/iona-pilgrimage>

A pilgrimage week of reflection, spiritual practice, and community life.