

**EVENTS July – September 2021**  
Compiled by **Living Spirituality Connections**  
[www.livingspirit.org.uk](http://www.livingspirit.org.uk)

Events are online, unless otherwise mentioned.

**End of June** (events not in our previous listing)

**25 June 2pm-5pm, 26 June 9.30am-12.30pm or 4, 11 & 18 October 7pm-9pm**  
**Congregational lament and growth. Emerging from lockdown.** Martin Luther King Centre for Theology and Ministry, Manchester. <https://www.lutherking.ac.uk/>

We are offering two opportunities to join in with this two half-day 'conference' on Zoom. Conference sessions will include:

Telling the Stories: Old Testament as resilience playbook - **Dr Meg Warner**

Sharing the Tears: The Gospels join our weeping - **Revd Dr Rosalind Selby**

Touching the Wounds: Post-traumatic growth and worship - **Revd Dr Adam Scott**

There is no charge, but if you felt able to make a donation to a charity you know has been doing something helpful in the COVID-19 crisis that would be great. We look forward to seeing old friends and new!

**25-26 June Virtual Teach-In: Cosmic Wisdom and the Divine Feminine: Lost Insights for an Emerging World** – online. With **Rev. Matthew Fox and Rabbi Rami Shapiro**.  
<https://faithlead.org/p/cosmic-wisdom-and-the-divine-feminine>. Circa £70.

**30 June 30th 9-10.30 pm The Entangled Planet: Why Our Systems are Failing Us.** A webinar with **Ilia Delio**, OSF, PhD is a Franciscan Sister of Washington, DC and American theologian specializing in the area of science and religion, with interests in evolution, physics and neuroscience and the import of these for theology.

Since the late twentieth century, philosophers and scientists have identified deep relationality as the core of reality and, more specifically, the entangled nature of reality. To be entangled is not simply to be intertwined with another, as in the joining of separate entities, but to lack an independent, self-contained existence. Existence is not an individual affair. Yet, our western systems, including religion and education, are based on the self-thinking individual. Unless our basic understanding of the human person aligns with the new science, our systems are bound to fail. In this webinar, we are invited to turn our self-understanding in a new direction.

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This event raises funds for the Center for Christogenesis, founded by Ilia Delio. Donate and book here: <https://christogenesis.org/online-events/>  
<https://christogenesis.org>

## JULY

**Friday 2 July - Sunday 4 July Song of Songs and Esther – Godless Biblical Books?** Led by **Rachel Montagu**. Near Bath. [www.ammerdown.org](http://www.ammerdown.org)

‘My beloved is mine and I am his’. ‘The Jews had light and joy, gladness and honour’.

This weekend will be a chance to look at the text of Song of Songs and Esther. These are two very different books of the Bible, but between them they include wonderful poetry and skilled plot-construction, and they are both a joy to read. We will see what we can learn from artists’ interpretations of the book of Esther. We will consider how, although they are the only two books of the Bible not to include God’s name and have in different ways been controversial in the Jewish community, they both have a significant role in contemporary Jewish life.

**Rabbi Rachel Montagu** studied for rabbinic ordination at Leo Baeck College, London and Machon Pardes, Jerusalem. She has an MA in Biblical Studies and teaches Biblical Hebrew.

**5-7 July Music, Spirituality and Wellbeing Conference.** Fostering Wellbeing in Times of Global Crisis. Free of charge, but registration needed for Zoom links and papers.  
<http://mswinternational.org/>

A virtual conference hosted and funded by Boston University, Boston Massachusetts, USA  
Co-convenors: Tawnya D. Smith and Karin S. Hendricks  
Scholars, researchers, musicians, theologians, clergy, music teachers, music and expressive arts therapists, and relevant stakeholders are invited to participate.

**6 July 10-4. 'Pilgrimage- the inner and outer journey'.** Speakers: **Sara Maitland and Rev Dr Sally Welch**. London E14 8DS and online. Retreats Association summer event.  
Booking: <https://www.retreats.org.uk/summerevent>

**Friday 9 July 9.30-1.30 Agents of Active Hope** Workshop led by **Julia MacDonald**.  
Zoom event. [www.stbedes.org.uk/](http://www.stbedes.org.uk/)

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An opportunity to creatively open up and nurture capacity to hold hope in the face of the particular challenges of our current times. And not only that, but also to receive inspiration and encouragement to be agents of 'active hope' in our workplaces, parishes and communities.

£20. Booking: <https://www.stbedes.org.uk/event/agents-of-active-hope/>

**13-14 July 9:00 am - 5:00 pm Zoom Conference – Climate Emergency: the search for hope beyond denial and despair.** <https://modernchurch.org.uk/events/climate-emergency-conference>

The 2021 Modern Church Conference addresses the greater emergency that sits at present in the background of the coronavirus pandemic – the progressive impact of climate change. But it will not be two days of doom and gloom. Grave as the emergency is, we shall be looking for positive directions in which to think, act, and pray. The programme will include:

- \* the best current scientific information – by Anna Harper (Univ. Exeter)
- \* questions of disagreement and climate denial – by Mike Hulme (Univ. Cambridge)
- \* theological dimensions in Climate discussions – by Celia Deane-Drummond (Univ. Oxford)
- \* prophetic-political dimensions in Climate discussions – by Michael Northcott (Univ. Edinburgh)
- \* a view from the Buddhist tradition – by Paul Fuller (Univ. Cardiff)
- \* positive stories for the future – by Gaia Vince (freelance writer on science and culture)
- \* exploration in 'godly longing and hope' – by Christopher Southgate (Univ. Exeter)
- \* 'workshops' on themes of lament, contemplation, and prayer

The cost is £30.00 for the full or any part of the programme.

**16 July Loving Earth Exhibition** in Yorkshire Dales.

Bainbridge Quaker Meeting House <https://www.quaker.org.uk/meetings/bainbridge>

Some sixty of the project's textile panels will be on display at the historic Quaker Meeting House in the middle of the Yorkshire Dales National Park for two weeks. The show is open from 16 to 27th July 10-4. <http://lovingearth-project.uk>

**18-24 July The Way of St David Pilgrimage**, Pembrokeshire. <https://www.journeying.co.uk>

In medieval times the pilgrimage route to St David's was as important a destination as the Camino in Spain. Indeed, in 1123 the Pope declared that two pilgrimages to St David's were the equivalent of one to Rome and three to Jerusalem. Thousands of pilgrims from the humblest through to Kings such as William the Conqueror and Henry II made their way to the small city in the remote south west of Wales.

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Pilgrimage is a time to pause our lives and take stock. It is an opportunity to get away from the day to day to think about our choices in life, our relationships and maybe to look for deeper meaning. Walking the last 100km of the newly re-established Way of St David in the company of an experienced guide and a small group of like-minded people is an experience that will never be forgotten.

**Mon 19 - Wed 28 July 4pm - 9.15 am. Introduction to Spiritual Accompaniment and Prayer Guiding.** North East Wales. <https://www.pathwaystogod.org/org/st-beunos/courses>

**21 July 10 - 12.30** Online workshop. **Perspectives on Shame and the Church as we emerge from lockdown.** Led by **Rev Dr Sally Nash**, author of **Shame and the Church: Exploring and Transforming Practice.** Guild of Health. <https://gohealth.org.uk/>

Drawing on empirical research, we will explore a variety of perspectives on shame and the church including definitions of shame, ways in which people experience shame in relation to church, how Covid may have contributed to shame. We will also explore ways in which churches can be places of healing from shame. Learning outcomes - at the end of the workshop you will:

- Understand what shame is and how it differs from guilt
- Identify some of the ways in which churches can be involved in shaming
- Be aware of a range of responses to shame which engender healing from it.

This course is essential for Christians involved in pastoral and healing ministries, and those who are curious about the role of the church in providing space for healing and health. £20.

**28 July 10-4 A Time of Loss: an opportunity to share, reflect and learn.** Led by Revd Canon **Alex Vaccaro**. Worcestershire. <https://www.hollandhouse.org/>

The last year or so has been a time of loss in so many ways, family and friends, health and well-being, opportunities, relationships. The day will be led by Alex Vaccaro and include time for personal reflection and sharing and learning from our experiences of bereavement. Dean of Self-Supporting Ministers in the Diocese of Worcester.

An event organised by the Friends of Holland House and open to ALL. Please contact Holland House for booking fee and bursary information.

**Wednesday 21 July An Evening with John Dominic Crossan.** On Zoom. Progressive Christianity Network. <https://www.pcnbritain.org.uk/> continued over...

John Dominic Crossan is one of the leading lights in the Jesus Seminar, author of books such as **Excavating Jesus** and **Resurrecting Easter**. He has agreed to answer questions on a wide range of topics arising from his work. After registering to attend the event you will be invited to submit a question for Dominic by July 4th. Questions will be sifted and then submitted in advance and on the evening you will be invited to put your question.

**19 - 22 July. Sensing the Divine** with **Andrew Mayes**. Leicestershire.

[www.laundeabbey.org.uk](http://www.laundeabbey.org.uk)

Opening up fresh encounters of God as we explore how John in his gospel delights in the senses, both physical and spiritual, in his experience of Jesus Christ, the Word made flesh.

**23 - 25 July Women's Spirituality Retreat 'Celebrating Mary Magdalene'** With **Revd Elizabeth Baxter**. Info and booking: [www.holyroodhouse.org.uk](http://www.holyroodhouse.org.uk)

**23 July Earth Matters textile exhibition** – Chorley, Lancashire

Coach Home Gallery, Astley Park <https://astleypark.co.uk>

A selection of textile panels made for the Loving Earth Project will be on display at this exhibition in a beautiful venue. A variety of other textiles artworks on environmental themes will also be on display, organised by the One Step On textile art group. Open Fridays Saturdays and Sundays 10 am to 4 pm

[www.lovingearth-project.uk](http://www.lovingearth-project.uk)

## August

**6-8 August Breathe Deep** with **Gail & Ian Adams**. Near Bath. [www.ammerdown.org](http://www.ammerdown.org)

This weekend will be an opportunity to pause and to breathe deep - to imagine the divine breath Yahweh breathing life in us, and through us, to bring good to the world. Breathe deep and.... Become present - Be curious about the spaces in between words - Let go of what cannot be changed - Rediscover your beloved life - And move forward. There will be a spacious mix of teaching, conversation, stillness and contemplative practice, drawing on wisdom and experience from contemplative Christianity, on the gift of the landscape, and on insights around human becoming.

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**Gail and Ian Adams** are co-chaplains at Ridley Hall, Cambridge. Gail is a spiritual mentor and life coach; her passion is to nurture patterns of stillness, presence and self-awareness, and to enable people to identify and live their calling. Ian is a poet, writer and photographer with a particular interest in the confluence of art and spirituality.

**8 August 10.30 - 4. Loving Earth: Build Back Better** Birmingham  
<https://www.woodbrooke.org.uk/product/loving-earth-build-back-better/>

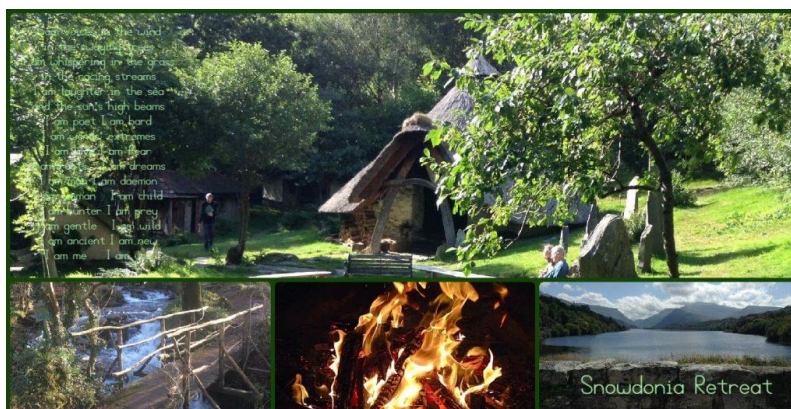
This one-day course is designed to help us better understand the work against climate crisis being done on a national stage and guide us towards what we can do as individuals in support of and alongside this work. We will hear about campaign work towards stopping the funding of climate breakdown by the UK Government. There should be an immediate end to the use of public money to support fossil fuel extraction and power in the UK. We will then use spiritual practices including meditation, worship sharing and individual reflection to work towards a creative response to what we have heard.

£20. All welcome.

**14 - 21 August Pilgrimage to the Isle of Man.** <https://www.journeying.co.uk>

The Isle of Man lies in the middle of the Irish Sea between England, Ireland, Scotland and Wales. Based in the cathedral 'city' of Peel, we shall explore the island's fine coast and mountain scenery, using public transport both vintage and modern. There will also be opportunities to visit sites of early Celtic Christianity.

**Monday 16 - Sunday 22nd August Greenspirit Wild Week** at Cae Mabon, Gwynedd, Snowdonia. [www.greenspirit.org.uk](http://www.greenspirit.org.uk) [www.caemabon.co.uk](http://www.caemabon.co.uk)



The wonderful retreat centre Cae Mabon has eco-structures in an Oak wood beside a rushing stream and lake. GreenSpirit have held an event at Cae Mabon almost each year for well over 20 years. Our “Wild Week” has changed over time and in 2021 it is evolving to be



more of a retreat than it has been recently. We will have (plant-based) evening meals cooked for us and we expect that participants will want to fully engage with activities so that we can share at soul level; and embody our connection with each other, the spirits of the land, and the elements.

**31 August - 2 September Spiritual Writing Retreat.** Leicestershire.

[www.laundeabbey.org.uk](http://www.laundeabbey.org.uk)

Come and discover the art of spiritual writing, writing about our spiritual lives and writing from that deep reflective place inside each of us.

## September

**3 - 5 September Relational Care in the wider context of Well-being.**

Practical, philosophical and theological approaches to ageing.

With **Jenny Kartupelis MBE, Professor John Swinton** and other speakers.

N. Yorks. [www.holyroodhouse.org.uk](http://www.holyroodhouse.org.uk)

**6-9 September The Eucharist: Theological Perspectives, Spiritual Practices and Artistic Representations.** With **Dr Karen O'Donnell**. Sarum College, Salisbury. [www.sarum.ac.uk](http://www.sarum.ac.uk)

This module offers opportunity for students to examine the development of the Eucharist with reference to theological discourse, eucharistic practice, and artistic engagement with the Eucharist. Students will critically analyse the central place of the Eucharist in the Christian spiritual tradition. The module gives scope to critically engage with a wide range of artistic engagements with the Eucharist including visual art, poetry, prose, and film. The module will examine the contemporary context of Eucharist including current debates surrounding the Eucharist and its relationship to issues of justice, peace, and ethics.

Enquiries to [maadministrator@sarum.ac.uk](mailto:maadministrator@sarum.ac.uk)

**6 September - 17 October Voices of the Earth** Birmingham [www.woodbrooke.org.uk](http://www.woodbrooke.org.uk)

Creative partners **Zélie and Philip Gross**, the award-winning poet, lead this popular annual course for people with any level of experience in writing or visual media, or none. Building on the experience of taking Voices of the Earth online last year, the course brings a hands-on approach to writing poetry and/or making art underpinned by a sense of our place among life on Earth. Differently engaging individual and collaborative activities are backed up by abundant resources in each medium, with teaching support and guidance offered to

open up unfamiliar possibilities and develop existing skills. Art activities can be done in any medium; you will also need some means of taking photographs that can be uploaded on the course site.

A weekly Zoom session is planned to be held on Mondays from 10-11.30, with the option of an early evening slot if needed. £86. For further details go to:

<https://www.woodbrooke.org.uk/product/voices-of-the-earth/>

**Sat 11 Sept 5:30 pm - Sat 18 Sept 8:00 am. Iona Pilgrimage with John Philip Newell.** Iona, Scotland. <https://www.earthandsoul.org/events>

Join John Philip Newell on the sacred Isle of Iona for a week of study, spiritual practice and community hosted by the St Columba Hotel.

**11 September 10 - 4. Finding God in the Everyday.** Led by **Nick Helm**, founder of <https://soulspace.online/> Worcestershire. <https://www.hollandhouse.org/>

There is much about our everyday experience of life and faith that can leave us uncertain as to whether it is a gift of God, a co-incidence, an accident, or our own wish-fulfilment. In this day we'll explore some wisdom from scripture, and the Christian tradition that can help us sift our experiences and gain greater confidence in discerning where the Spirit of God is moving in it all.

An event organised by the Friends of Holland House and open to ALL. Please contact Holland House about the booking fee and bursaries.

**13 - 16 September Finding Peace in a Changing World with Libby Dobson and Sarah Chabowska.** Leicestershire. [www.laundeabbey.org.uk](http://www.laundeabbey.org.uk)

You are invited to take a journey of discovery into the spacious place of God's love.

**Tuesdays 14 September – 12 October 7.30 – 8.30 pm Introductory course in Deep Abiding Prayer.** *Praying, Living and Loving from the Inside Out.* Via Zoom. Led by **Petra Griffiths.**

Deep Abiding Prayer (DAP) approaches contemplative prayer of the heart as a spiritual practice occurring in silence, and also as a way of being while in the midst of everyday life activities and encounters. The heart is seen as the seat of compassion. This approach was developed by Episcopalian Chaplain Catherine Quehl-Engel, drawing on the presence of the Spirit as described in the Hebrew Scriptures as Ruach, as *pneuma* and *energon* in Paul's



epistles, and as Holy Spirit or third member of the Trinity. We have adapted DAP for use in group and individual settings in the UK.

**Petra Griffiths** is the Coordinator of Living Spirituality Connections and is Pastoral Care Coordinator at St. James's.

A donation is requested to St James's Church Piccadilly, who support the work of Living Spirituality Connections, and do much work with people affected by homelessness, refugees, and with the transition to a sustainable world.

For further details about DAP, go to: [https://www.livingspirit.org.uk/wp-content/uploads/DAP\\_for\\_website.pdf](https://www.livingspirit.org.uk/wp-content/uploads/DAP_for_website.pdf) To sign up for the course and for donation details, email [petragriffiths@livingspirit.org.uk](mailto:petragriffiths@livingspirit.org.uk)

**15 September online event** run by New Monasticisms Ireland.

**Dr Beverly Lanzetta** is a theologian, contemplative scholar, teacher of new traditions of contemplative wisdom and author of many groundbreaking books on emerging universal spirituality and new monasticism. More information and reminders will be sent out closer to each event. Tickets can be booked through [www.eventbrite.ie](http://www.eventbrite.ie) from April 5th and cost €5 each or €15 for all 4 events. For further details of the time and the event go to:

<https://newmonasticismsireland.com/>

**24-26 September. Greenspirit Annual Gathering. Thresholds of Autumn.** Staffordshire.

[www.greenspirit.org.uk](http://www.greenspirit.org.uk)



Our weekend will include a workshop and evening concert with **Carolyn Hillyer and Nigel Shaw**; creative and devotional activities including morning meditations, as well as the GreenSpirit AGM on Sunday morning. Everyone is welcome, GreenSpirit members and non-members, whether you consider yourself to be a beginner or experienced.

**24-26 September Living Inside God's Great Story.** An interactive online event featuring conference presenters **James Finley, Barbara Holmes, Jacqui Lewis, Brian McLaren, Richard Rohr, and Mirabai Starr.**

**THE FINAL CONSPIRE** A Global Online Conference. *Conspirare: Breathe with us.*  
Presented by the Center for Action and Contemplation <https://cac.org/conspire-2021/>

### **God's Great Story**

Without the great stories that free us, we remain trapped in small cultural and private worlds. True transcendence frees us from the tyranny of I Am and the idolatry of We Are. — Richard Rohr. Reality continues to unveil how things like adversity, disruption, and suffering become sources of transformation, greater love, and connection. We cannot think ourselves into a new way of living; rather, we must live ourselves into a new way of thinking.

Discover your place in the emerging contemplative community of people who are committed to the intentional work of personal transformation, embodied practice, and engaged living—the manifesting dynamism of God's love in the world. The final CONSPIRE will unite Richard Rohr's seven themes of alternative orthodoxy in an exploration of the Great Story Line connecting our little lives to the One Great Life.

Further details and booking: <https://cac.org/conspire-2021/>

**24 - 26 September Men's Spirituality Retreat** with **Urs Mattmann and Nick Warwick**  
N. Yorks. [www.holyroodhouse.org](http://www.holyroodhouse.org)

**25 September 10-4. In Harmony with Creation.** Worcestershire.  
<https://www.hollandhouse.org>

This autumnal Quiet Day will focus on our care for creation and our responsibility not to abuse it. The day will be led by Rev Canon **Alex Vaccaro**, Dean of Self-Supporting Ministers in the Diocese of Worcester. Further details from Holland House.

**27 September - 24 October Radical Listening: putting listening at the heart of witness.**  
**With Kate McNally and Tracey Martin**

Online live sessions are every Thursday at 18:30-20:30. Birmingham  
[www.woodbrooke.org.uk](http://www.woodbrooke.org.uk)

See overleaf for write up.

There are so many burning issues we need to address and the pressure to act immediately can be overwhelming. What would happen if we took the time to really listen to those who are most affected by injustice and poverty, to those we disagree with, to each other, to ourselves? This course will look at what happens when we really listen and how it will change what we do and how we do it, enabling us to work for change with respect and in solidarity. We will learn from the example of others and actively practise different ways of listening that can help us go deeper and further. Participants will hear from inspiring people and learn experientially through structured activities

£48.00 <https://www.woodbrooke.org.uk/product/radical-listening-putting-listening-at-the-heart-of-witness/>

## Online courses available on demand

**Spiritual Gifts from the Imaginal Realm** Course given by **Cynthia Bourgeault**

Available On-Demand (so you choose when to view it)

<https://www.spiritualityandpractice.com/ecourses>

Cynthia Bourgeault is a modern-day mystic, Episcopal priest, writer, and internationally known retreat leader. She divides her time between solitude at her seaside hermitage in Maine and a demanding schedule traveling globally to teach and spread the recovery of the Christian contemplative and Wisdom paths. She is profiled in Spirituality & Practice's Living Spiritual Teachers project, and this is the 12th e-course she has presented through Spirituality & Practice.

We are excited about this offering because it delves into some ancient Wisdom roadmaps that many of us may not be familiar with and yet which hold the key to understanding what's happening in our world (why are we so polarized, unable to take the steps needed to address global problems?) and where the path of healing lies. These perennial maps speak of mutually nurturing realms of being bound together by a continuous energy exchange.

In this e-course, Cynthia specifically explores the gifts of the imaginal realm that can help us adopt a larger perspective and make a difference today using the cosmic assistance available to us all. She introduces the teachings in her latest book, *Eye of the Heart: A Spiritual Journey into the Imaginal Realm*, but approaches the material afresh — cognizant that we are in a worldwide pandemic and that the first presentation of this program was during Lent in 2021.

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\$69.95 - circa £50. For details of what is included and to book go to <https://www.spiritualityandpractice.com/ecourses>

**Interior Castle** is a spiritual journey through the seven mansions of **St. Teresa of Ávila's Interior Castle** with **James Finley and Mirabai Starr** as guides. Hosted by the Center for Action and Contemplation <https://cac.org> Take the course at a time that suits you.

Along the way, practices of prayer, reflection, humility, and self-knowledge turn spiritual insights into experiential and embodied wisdom. The rich, multi-media online course is based on James Finley's many years of reading, meditating, and leading retreats on this 16th century mystic. Drawing from her work translating the Spanish text, Mirabai Starr reveals the essence of Teresa and her message. The course includes exclusive teachings, expanded commentary, additional articles, videos, and audio recordings. Each week, new themes facilitate a deepening and ongoing journey, personally and collaboratively with other course participants. Interior Castle is not required reading for this course, however, it is highly encouraged, especially before the course begins, if possible.

The **Interior Castle** course is intended for experienced spiritual students. The course is presented largely in James Finley's poetic, creative, non-linear style and is therefore best suited to those who have experience learning in a heart-centered way that transcends and includes the intellect. Students not familiar with this teaching and learning style may find the course more challenging than other CAC courses.

#### Course Objectives:

- Blend the text of Interior Castle with the presence, practices, reflections, and teachings of James Finley and Mirabai Starr
- Experience Teresa of Ávila's Interior Castle as an embodied pathway of union with God
- Deepen awareness of the "inner witness" through life experiences and contemplative practice

- Be inspired to see God in all things, to find hope and love even amidst suffering—in the cosmos, nature, oneself, and others
- Understand the context of Teresa of Ávila's life and writing
- Connect with other seekers in the course

\$120. Circa £99. Booking: <https://cac.org/online-ed/interior-castle-course-description/>

## ADVANCE NOTICES

**9 October 10-4 Flourishing: Life In All Its Fullness.** Leaders: **Peter Parr and Heather-Jane Ozanne.** Sussex. [www.penhurst.org.uk](http://www.penhurst.org.uk) £35.00.

"I have come that they may have life, and have it to the full." John 10:10 NIV. What does it mean to "have life, and have it to the full"? What makes me come alive? What prevents me from flourishing? What is the relationship between flourishing and suffering? How can I use my gifts to contribute to the flourishing of my communities, the earth and the world? Do come and join us if you would like to explore the questions above in a safe and accepting space. During this quiet retreat we will use insights from Biblical wisdom, the life and teachings of Jesus and Positive Psychology to explore our theme. We will use creative approaches to reflect on the imagery of the `true vine` (John 15) and the link between fruitfulness and flourishing.

**4 November - 7 April fortnightly 3-6. The Artist's Rule.** *Nurturing your creative soul with monastic wisdom.* Led by **Linda Courage.**

A twelve session fortnightly program to explore together how the contemplative and creative parts of ourselves meet. The sessions will be on Zoom from 3-4pm and 5-6pm every fortnight on Thursdays from 4 November until 7 April. The hour between sessions will be for private reflection and creativity. Further detail will be available with the next LSC events mailing.

You will need to purchase our primary text for the programme - **The Artist's Rule** by **Christine Valters Paintner.**

Cost is £150. Please email [linda.courage60@gmail.com](mailto:linda.courage60@gmail.com) to register interest in attending.

**Linda Courage** will facilitate this series. The Abbey of the Arts ([www.abbeyofthearts.com](http://www.abbeyofthearts.com)) is her primary spiritual home, and she co-ordinates the Arts and Spirituality Special Interest Area of Living Spirituality Connections ([www.livingspirit.org.uk](http://www.livingspirit.org.uk)). A retired nurse and expressive artist, she loves and learns a lot from her cat, Molly, and her allotment, Lottie.