



WORKSHOPS & REFLECTION DAYS: please request further details

- **Booking & further enquiries:** Email: pastoral@douaiabbey.org.uk
 - **Programme:** 10.30 to 4pm: arrivals & coffee from 10am. Please bring own lunch.
 - **How to arrive** see: <https://www.douaiabbey.org.uk/contact-us.php>
 - **Contribution** £20 made on the day (coffee & tea provided)
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Saturday 7 March **Reflection: Cave – Refectory - Road:** A gentle, contemplative day led by Barbara Priest exploring our Lenten pilgrimage & its 3 monastic elements: the solitude of our *cave*, the hospitality of our *table*, & our *journey* of faith.

Saturday 28 March **Awakening to the Mystery of God** in the Scriptures, in our environment & each other led by Peter Bowe OSB & Martin Webb
To look at how our awareness of the Divine Mystery may grow, enriched over time - by the Scriptures, what is about us and through one another. How might we be more open to the Presence of God now?

Holy Week Retreat for Young People (2-5 April) Again reserved for young adults. Thank you!

Saturday 25 April **Life's Fragility: Reflecting on the reality of loss, ageing, sickness & death** led by Clare Carlisle & John Cottingham
We examine attempts to come to face the fragility of life, our inevitable decline & eventual demise. Do today's solutions measure up to what older philosophical/spiritual traditions offer us?

Saturday 9 May **Finding Divine Sabbath in a 24/7 Digital World**
led by Elisabeth & Roger Major. How to apply Jesus' teaching about the Sabbath? Where is rest & relief to be found in a relentless culture? Come away to discuss, think and experience the Presence of God in peaceful surroundings.

Saturday 6 June **Workshop: Contemplative Photography** led by Roddy Maddocks
Through gentle guidance, quiet reflection, & unhurried photographic wandering, learn to attune to light, colour, texture & stillness —allowing images to emerge from presence rather than haste. As novice or experienced, come to explore the monastery's peaceful grounds & sacred spaces with open heart, and leave with renewed inspiration & a clearer, quieter way of seeing.

Saturday 13 June **Wider Horizons of the Spirit (III): (A Repeated Workshop)**
Encounters of a 1980s Indian Journey –led by Peter Bowe OSB
From a year in India in 1983, with Bede Griffiths at Shantivanam & on extensive journeys, questions arise for our Christian & spiritual journey today. How does Christ relate to Hinduism & Buddhism? Can we encounter him in other faiths? How to live by faith, Christian & otherwise, in a secular world?