



MIDWEEK PERSONAL RETREATS

We regret we cannot offer weekend retreats this season, but you are welcome to come for a midweek personal retreat of 2 or 3 days if we have space; a monk may be available to listen.

Email to: pastoral@douaiabbey.org.uk

- **Workshops & Reflection Days:** 10.30am to 4pm. (arrivals & coffee from 10am).
- **Contribution** £30 made on the day please (lunch, coffee & tea incl.) or £15 bring own lunch.
- **All booking & enquiries:** Email: pastoral@douaiabbey.org.uk
- **How to arrive** see: <https://www.douaiabbey.org.uk/contact-us.php>

Saturday 22 March *Lent Day of Prayer* - led by Fr Alex Austin OSB. St Benedict mentions joy in his Rule only to describe Lent! 'Preparing for the favourable time' calls for eager engagement, so that we do not stumble through Lent, but embrace its invitation to journey towards Easter.

**** Holy Week Retreat** (Thursday 17 - Sunday 20 April) is this year reserved for a *YouCAN* group of young adults. We kindly request those usually here for our Holy Week please to make way this time for a younger generation to explore & celebrate this Great Week. Thank you for understanding!

Saturday 10 May *Reflection Day: The Sabbath Day and the Lord's Day'*
Led by Caroline Farey. The day will focus on bible texts to see how links with the Lord's Day open up unexpected riches & to Sunday Mass. For anyone interested: no previous knowledge needed.

Saturday 17 May *Workshop: Living in a Sainted Land* led by Br Simon Hill OSB
Discovering great saints of the Thames Valley & Wessex: Birinus, bishop of Dorchester; Frideswide, foundress of an Oxford monastery c.700; Swithun, Anglo-Saxon bishop of Winchester; Edmund Rich of Abingdon, archbishop of Canterbury c.1250 & Hugh Cook Farringdon, last abbot of Reading.

Saturday 31 May *Reflection Day: Bible Alive—Scripture Speaks: Contemplating Mary's visit to Elizabeth:* Led by Br Aidan Messenger OSB Come & ponder, like Mary, on her visit to Elizabeth which we celebrate today, so we can discern once again Christ's saving action for us. In *Lectio Divina* we find we can discern with the Scriptures how this Word plays out in our lives.

Saturday 7 June *Workshop: The Afternoon of Christianity* led by Fr Peter Bowe
In his recent book of this name (summary available) the Czech Tomas Halik sees new generations, shy of the Church institution of power & control, seeking simplicity & authenticity. Might the Church better present faith in a vulnerable God, close to us, & met in shared contemplative places?

Saturday 14 June *Reflection Day: Rumours of Light* - Led by Barbara Priest
An introduction to the approachable and beautiful poetry of Gideon Heugh, a contemporary poet, which reflects spiritually on the natural world and relates its wisdom to our own humanity & faith.

Saturday 28 June *Workshop: Vanity of Vanities, all is Vanity-Is it?* led by Fr Peter Bowe OSB Come to this Bible workshop: the *Book of Ecclesiastes* is a message of hope!.. that we rely not on our efforts alone, but trust in God. We shall look at the 3 main poems of this great book.

Saturday 5 July *Workshop: Contemplative Photography* Led by Roddy Maddocks
Encountering the divine through image making; exploring theological reflection & 'visio divina' in photos; photography as unrushed contemplation. Bring a digital camera or smartphone if possible

Flyers with details & more information on request - ALL WELCOME !