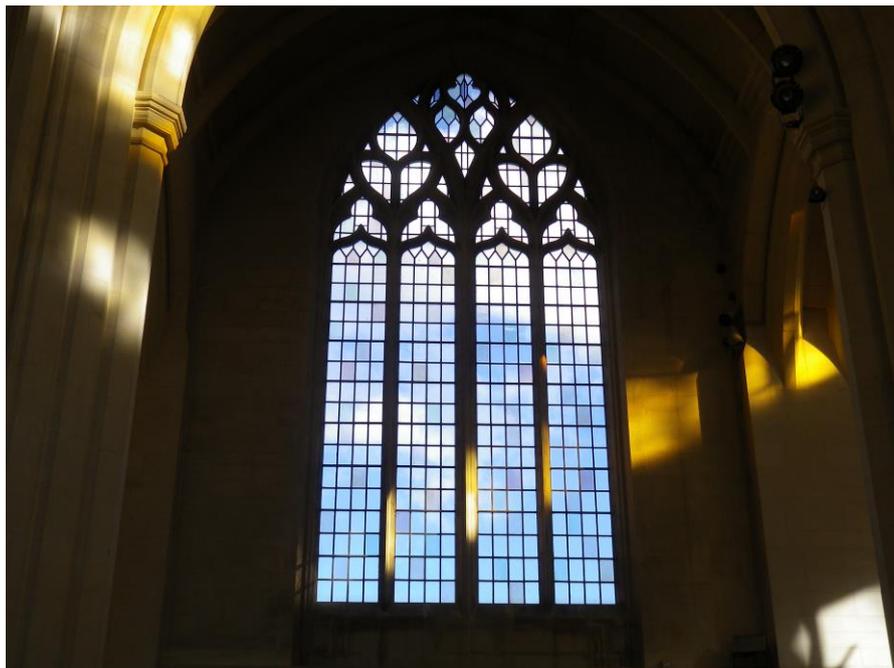


# DOUAI ABBEY

## RETREATS & COURSES 2020

The Benedictine monks of DOUAI ABBEY invite you to enter into quiet and reflection in their monastery.



### **A Year of the Word**

*(Designated by the Catholic Bishops of England and Wales)*

## DOUAI ABBEY RETREATS & COURSES PROGRAMME 2020

To mark the 10<sup>th</sup> anniversary of the publication of Pope Benedict XVI's Apostolic Exhortation *'Verbum Domini'* (The Word of God) the Catholic Bishops of England and Wales have designated 2020 as the **Year of the Word**, entitled *'The God Who Speaks'*.



This year we are especially pleased to be able to offer a range of interesting and informative weekends emphasising the Year of the Word. We hope these weekends will help to deepen knowledge and understanding of God's Word, encouraging prayer and reading of the scriptures that all might come to encounter, know and love the Lord more deeply.

In order to create the right dynamic for discussion and comfortable use of the conference room facilities, numbers are usually limited to 10, unless there is a big demand at times such as the Easter retreat, with 11 places being more usual for Lectio Divina retreats. The offer is for a residential experience. We regret that we do not accept day participants (unless advertised), as from experience we have found that this can adversely affect the dynamic of the retreat experience for a small residential group.

Bookings are processed by the guest office, and may be made by

completing the booking form enclosed with this programme booklet or on our website. The Guest House require that retreats are booked no later than 3 weeks before each event so that we can maintain availability of rooms for other guests. Bookings are usually closed 3 weeks prior to an event.

### **ARRIVAL & DEPARTURE TIMES**

Guests for retreats should arrive at reception 16.00 – 17.30 on the first day of the retreat, departing after lunch on the last day, except for weekday Lectio Divina retreats which finish after breakfast.

Rooms should be vacated by 09.00 on the final morning. The first session or conference of weekends is usually after Compline (Night Prayer) on the first evening (at about 20.30)

If you are likely to arrive later than the designated time, or are unexpectedly delayed, please inform us as soon as possible:

0118 971 5310 Fr Gabriel ([gabriel@douaiabbey.org.uk](mailto:gabriel@douaiabbey.org.uk))

0118 971 5399 Fr Oliver ([guestmaster@douaiabbey.org.uk](mailto:guestmaster@douaiabbey.org.uk))

Please park cars on the car park rather than in front of reception or elsewhere in the grounds.

### **TRAVEL**

Douai Abbey is one mile north of the A4 at Woolhampton, Berkshire, about halfway between Reading and Newbury.

By train – stop at Midgham, served from London, Paddington, Reading & Newbury. The local bus is No 1 – Reading – Newbury, alighting at Woolhampton (The Angel Pub).

National Express buses used to stop at Calcot which was convenient, but now stop off Junction 11 of the M4, which is not so near.

There is an affordable and regular taxi service to bring guests up the hill from Midgham Station, but guests are advised to phone and make arrangements with the company in advance of travelling:

Jennie's Taxis: [0796 77 66 970](tel:07967766970)

Kennet & Avon Taxis: [01635 847853](tel:01635847853)

## **INDIVIDUALLY GUIDED RETREATS**

These are available under the guidance of monks, by appointment, and normally run from Tuesday (after lunch) to Friday morning, ending after breakfast . We try to accommodate suitable times for guests, subject to availability of a monk (we all have other duties and commitments), while we are limited to offering only 2 IGRs per month due to high demand and limited resources.

Individuals are also welcome to spend time in the Guest House, making their own silent retreat. This year the silent group retreats we have run in the past will be focused on eucharistic adoration, the 'word-event' of the eucharistic being entirely in keeping with the emphasis on The Year of the Word.

To make an individual silent retreat at a time of your own choice, or an IGR, please contact Fr Gabriel first, who will advise firstly that we can guarantee a quiet time when we do not have large groups in or other external groups using our grounds or facilities. IGRs do take a while to set up, especially as monks are busy multi-tasking and need to be free from other distractions to lead an IGR. For this reason it is best to try to organise an IGR several weeks in advance. Short notice usually results in disappointment.

## **SILENCE**

Our guests have very varied expectations of silence when they visit us. Some guests and groups want silence, including meal-times, while other groups or individuals want to talk, and it can be very difficult to keep everyone happy. Although silence is the back-drop of a monastery and the reason most people want to visit, we can not make silence compulsory for everyone at all times. Indeed many guests have realised that there are sounds and noises in a monastery that can not be controlled, such as aircraft overhead or owls at night!

It is helpful to appreciate monastic silence by starting with the

Rule of St Benedict. The Rule treats silence as a charity to others' inner silence so that we might always be attentive to the presence of God. The real enclosure in which silence is preserved is the enclosure of the heart. The monastery enclosure and periods of observed silence during the day are ordered towards the preservation of the inner enclosure of the heart and charity towards others who are striving to attain a state of prayerful attention to God's presence.

Silence, however, is not an absolute value, and we have to be careful not to become fundamentalist about it. While absolute silence around us is always difficult to achieve at all times, due to natural environmental noise beyond our control, this does not mean we can never attain inner silence. Conversely, we might find ourselves in total blissful silence, only to become aware that our inner silence is disturbed by the noise of anger or the inner dialogue of daily distractions, or perhaps some emotional response to something happening in our lives.

A balanced and sensible approach to silence is needed by monastics and by those who come to share their lives. The backdrop of the world is noise, which many want to escape, and so it is reasonable to expect to do so in a monastery whose backdrop is silence. This silence has a prophetic meaning in monasteries, speaking to the world of our witness and attentiveness to the God who speaks in silence. The world either refuses to listen or is unable to hear because of its many distractions.

But we also have to live this witness in the real world where owls hoot at night, deer bark in the small hours and lawnmowers have to manicure the grounds to keep them beautiful. Moreover, monks and nuns sometimes have to speak. We do not, as is sometimes believed, take a vow of silence!

I smile, recalling a time I was asking some guests at breakfast if they were all right and had slept well. I was exercising

Benedictine hospitality. A man shushed me! And quite loudly! Charity, I had to explain, always overrides silence. Even the desert Fathers broke their silence in charity towards pilgrims who came to see them.

During your time at Douai Abbey we invite you to help us always to foster a spirit of peace and recollection by observing silence at certain times and in certain places such as the Abbey Church. Silence is observed as a charity towards others who want to pray after lauds and vespers, while in the church and after compline. Please be aware that novices live close to the guest rooms in the south block and can easily be disturbed by noisy shoes on the wooden floors, loud talking late at night and by music or radios in rooms after 10pm. Monks go to bed early and rise early.

The community is known for being warm and welcoming, but ask that as far as possible guests communicate with the Guest Master, Fr Oliver, or the Director of retreats, Fr Gabriel.

### **SPIRITUAL DIRECTION**

While we offer guided retreats and are available for confessions if needed, we are unable to offer spiritual direction.

**Fr Gabriel Wilson**  
*Retreats & Courses Director*

## RETREATS & COURSES 2020

<b>FEBRUARY</b>	
Saturday 8 <sup>th</sup> (10am-4.00pm)	Training Day for Ministry of Reader*
21-23 <i>(Ash Wed 26th)</i>	Monastic Experience Weekend
<b>MARCH</b>	
6-8	Lent Retreat
13-15	Mindfulness At Work Retreat <i>A Christian Perspective</i>
27-29	<i>Through Lent with the Gospel of Matthew*</i>
<b>APRIL</b>	
9-12	Easter Retreat* <i>Were You There When They Crucified My Lord?</i>
<b>MAY</b>	
8-10	A Letter on the Heart* <i>Paul as Icon; Paul as Word</i>
15-17	St Therese of Lisieux Retreat <i>The Saint of Love...</i>

<p>Tues 19 – Fri 22</p>	<p>Lectio Divina Retreat* <i>The God Who Speaks</i></p>
<p><b>JUNE</b></p> <p>5-7</p> <p>26-28</p>	<p>Meditative Walking Retreat <i>Longing &amp; The Celtic Spirituality of The Journey</i></p> <p><i>In the Footsteps of St Paul</i> Retreat*</p>
<p><b>JULY</b></p> <p>10-12</p> <p>24-26</p>	<p><i>Let There Be Light</i> Retreat*</p> <p>Douai History Weekend <i>The Journey from Exile</i></p>
<p><b>SEPTEMBER</b></p> <p>4-6</p> <p>25-27</p>	<p><i>Gospel Women In Painting &amp; Poetry</i> Retreat*</p> <p>Monastic Experience Weekend</p>
<p><b>OCTOBER</b></p> <p>9-11</p> <p>23-25</p>	<p>Adoration Silent Retreat* <i>A Word Event</i></p> <p>Music Retreat</p>

30 Oct – 1 Nov	<i>A Spiritual Journey through Haydn's 'Creation'</i> Christian Mindfulness Forum
<p><b>NOVEMBER</b></p> <p>6-8</p> <p>Tues 10 – Fri 13</p> <p>27-29 (<i>Start of Advent 29th</i>)</p>	<p><i>Novels &amp; Short Stories in the Bible*</i></p> <p>Lectio Divina Retreat* <i>The God Who Speaks</i></p> <p>Start of Advent Retreat <i>Preparing the Way</i></p>
<p><b>DECEMBER</b></p> <p>11-13</p>	<p>Pre Christmas Retreat <i>Angelic Announcements and Antiphons</i></p>

\* **Year Of The Word** focus

## **SILENT INDIVIDUAL RETREATS**

### **by individual arrangement**



Many people prefer to come and enjoy the silence and peacefulness of a private retreat at Douai Abbey. Here we offer the opportunity to experience the particular silence that monastic life has to offer, in a beautiful setting of an inspiring Abbey Church and attractive grounds set in rural Berkshire.

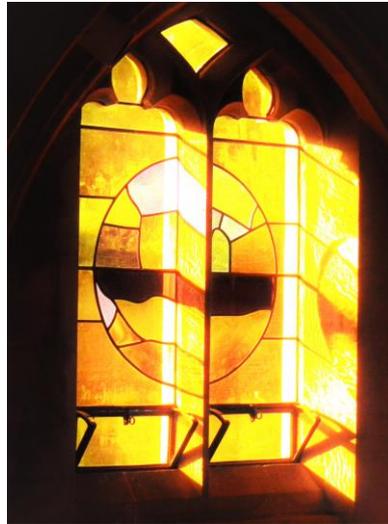
Come and enjoy the silence of the monastery, taking time to pray, read and walk, or just to sit in the tranquillity of our beautiful grounds alongside chickens, ducks and a wild-flower meadow. Join the monks praying the office and for mass, and take meals with the community. Relax.....

These are all the right conditions for leaving behind the stress and rush of life and for sitting still and listening to God who is always present to us.

**Cost: £ 118 single occupancy (all rooms fully en suite)**  
**£90 per person for those sharing**

## INDEPENDENT GUIDED REREATS (IGRs)

*5-Day Retreats*  
subject to availability  
Guided by a monk



IGRs may be requested *Tuesday pm – Sunday lunchtime*, subject to the availability of a monk. We are also limited to offering only 2 IGRs a month, due to increased demand and finite resources.

Normally we would offer these as a 5-day retreat, though requests may be made for shorter retreats, with a minimum of 2 days.

Guided retreats offer the opportunity to speak with a monk once a day for the duration of the retreat. Guidance may involve discussion about prayer, or spiritual reading or something of great importance in one's life, such as a career change or a change of circumstance that impacts upon the spiritual life.

Meals are usually taken with the community.

*Please contact Fr Gabriel ([gabriel@douaiabbey.org.uk](mailto:gabriel@douaiabbey.org.uk)) 0118 971 5310 to check availability. Fr Gabriel will arrange the IGR with a monk, after which booking is done through the guestmaster or website. ([guestmaster@douaiabbey.org.uk](mailto:guestmaster@douaiabbey.org.uk))*

**Cost: (5 DAY £300) (All rooms fully en suite)  
(4 Day £250) (3 DAY £200) Minimum 3 DAY**

## **ALONGSIDER EXPERIENCES**

### **By arrangement with Fr Gabriel**



A couple of years ago the community opened its doors to young men who want to spend time in a monastery but who do not necessarily feel called to a monastic vocation. We have had a steady stream of Alongsiders ever since. Unlike guests, Alongsiders live for a couple of months with the community, praying, working and taking meals alongside the monks. It is an experience that is as close as you can get to living monastic life without actually being a monk.

The opportunity would suit those who want to spend time deepening their faith, or thinking about their future. In some circumstances the experience might be helpful for someone discerning their vocation who thinks they might be called to monastic life. The programme offers weekly vocation guidance for those who think it would be helpful.

Alongsiders are selected after applying formally to Fr Gabriel and approval by the Abbot's Council.

**TRAINING DAY**  
*Ministry of Reader*

**Led by Gervase Holdaway OSB  
& Julia Rowntree (GRSM ARCM Dip Ed)**  
**Saturday 8<sup>th</sup> February 2020**



This course is particularly suited to those who would like preparation to become Readers in their parishes.

The morning will focus on the Theology of the Reader, given by Fr Gervase, with practical application of knowledge and skills facilitated by Julia Rowntree.

After lunch the afternoon will involve more practical application of reader skills in our parish church of St Mary's next to the Abbey Church.

*Fr Gervase is Oblate Master at Douai Abbey. He is an accomplished organist and for many years ran the Pastoral Programme. He continues to lead days of recollection for parish groups, including Extraordinary Ministers of the Eucharist, training days for parish readers and weekends in Lectio Divina. His other responsibilities are as baker and jam-maker for the monastic community.*

*Julia Rowntree studied singing and piano at The Royal College of Music, London. She was a peripatetic teacher of piano and violin in Berkshire, and Director of Music at St Gabriel's School, Newbury, teaching Music up to A Level, with a special interest in developing the choral and vocal aspects of the school.*

*She has always had a love of words and their ability to convey meaning, feeling and nuance, together with their relationship with music, particularly with English texts.*

**Cost: £35 (lunch and tea breaks provided)**

**MONASTIC EXPERIENCE WEEKEND**  
*A weekend for men 18-40, to explore our Alongsider  
Programme.*

**21-23 February 2010**



Come and join the community for a weekend, exploring the Alongsider Programme.

Since 2018 we have had 6 Alongsiders who have each spent 2 months with the community, experiencing monastic life by living within the enclosure and working alongside the monks in the Work of God and in our daily manual labour.

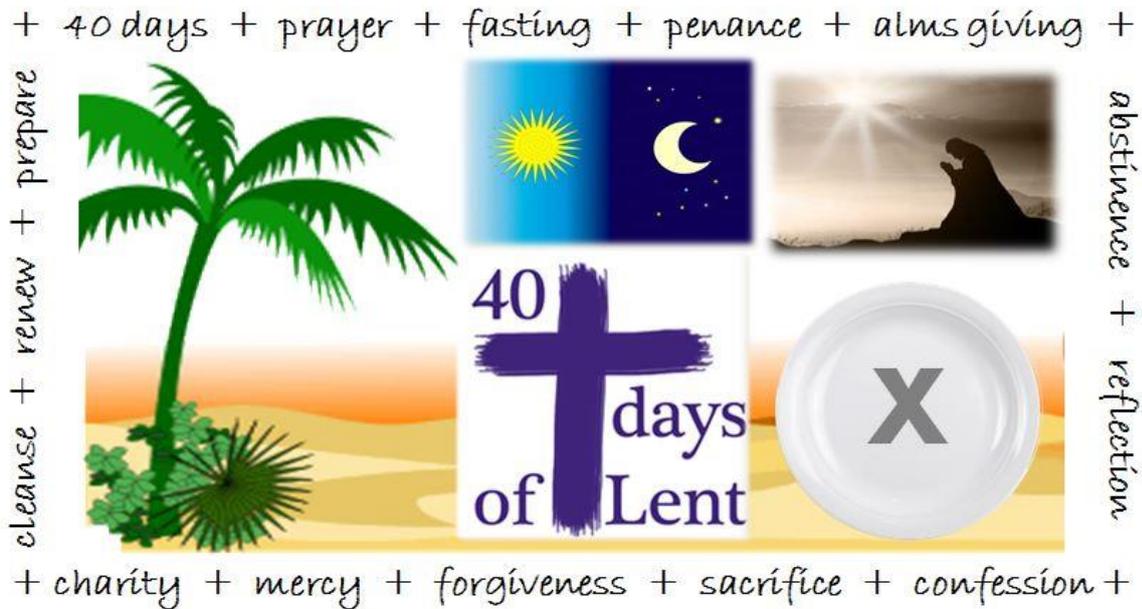
The weekend would suit those who are discerning a vocation, but the programme is not exclusively for men considering a call to monastic life. More fundamentally it aims to provide an opportunity to step aside from the distractions of the world so that for a period of time participants might deepen their faith with closer attention to living in the presence of God.

The weekend will be a chance to meet the community informally and to investigate the programme, with no obligation to apply. Participants will join the monks for liturgies and meals and for recreation after lunch.

**Cost: No charge**

# LENT RETREAT

**Led by Christopher Greener OSB  
& John Newland  
6-8 March 2020**



Lent is that time of preparation that leads up to Easter and the events of Holy Week which culminate in Easter Sunday and Jesus rising from the dead as glorified, having conquered Death itself. Whilst Advent has four weeks, Lent is considered so important that it has six weeks, mirroring the forty days Jesus spent in the wilderness.

From Ash Wednesday through to the Mass of the Lord's Supper on Maundy Thursday Night, during this time we are all called to pause from the normal run of life and to cleanse, re-focus and renew ourselves so as to be ready to embrace that new life won for us by Jesus on the Cross and in the Tomb.

As Jesus went through privation and hardship in His time in the

desert we are also asked to change ourselves through fasting, abstinence and alms-giving.

The entire Retreat will be driven by the Lent Liturgy. With the Lent Liturgy as the core we will be using a mix of liturgy, film clips and discussion to address the the Lent events and the progression towards Easter.

By the close of the Retreat it is hoped that those attending will have a greater sense of how the time before Easter draws us towards and into the events of Easter and the Easter Narrative.

*Br Christopher has post graduate degrees from the Universities of Louvain, Belgium, and London, and is an experienced retreat leader, who also does a lot of work guiding individual retreats. He is a deacon and infirmarian in the community.*

*John Newland is a film historian with post graduate degrees from New Brunswick University, Canada and The Open University. He also writes regular film reviews.*

**Cost: £145 (All rooms fully en suite)  
£116 per person for those sharing**

# **MINDFULNESS AT WORK**

## *A Christian Perspective*

**Led by Martin Zetter  
& Christopher Greener OSB  
13-15 March 2020**



This retreat looks at mindfulness in both the secular and Christian traditions and how it can be applied in our work. Stress is one of the major health risks in our lives, with 57% of business leaders reporting mental health issues from work pressures. Through an integrated practice of mindfulness and meditation, stress can be effectively managed, reducing the risk of serious mental and physical consequences. Throughout the ages the Church has integrated these elements as spiritual and contemplative practices. The Benedictine tradition, in particular, has always emphasised the integration of work and prayer.

This retreat is for those wishing to learn mindfulness and how to apply it in their working life to improve both work-life balance and the work experience. It will also suit those wishing to deepen or relaunch their mindfulness practice, specifically in managing a stressful workload alongside family life.

There will be opportunities for participants to share their own workplace experiences and develop a practice strategy to identify and manage stress, using mindfulness tools and a daily meditation practice.

*Martin Zetter is an accredited meditation teacher of the British School of Meditation. He learnt mindfulness practice under Dr Michael Sinclair and sees meditation as the foundation of a strong mindfulness practice.*

*Martin worked as an economist and a business consultant in the City of London for 35 years. His experience of managing business operations to exacting deadlines and budgets in a highly demanding industry informs his approach to applying meditation and mindfulness.*

*He curates the meditation site [www.meditationshub.com](http://www.meditationshub.com) providing support and resources for meditators.*

*Br Christopher Greener OSB is a deacon and monastic infirmarian. He assists from time to time in the pastoral programme. He has always identified prayer and meditation as enabling and enhancing his work in the Benedictine vocation. This has included on-going formation in education; contributing to the work of the community in clearly defined positions such as guestmaster and infirmarian; and the pursuit of his hobbies and interests.*

**Cost: £160 (All rooms fully en suite)  
£128 per person for those sharing**

# THROUGH LENT WITH THE GOSPEL OF MATTHEW

**Led by Sister Anne Walsh OP  
27-29 March 2020**



Come and prepare for a scripture-based Lent with this weekend exploring the season through St Matthew's Gospel.

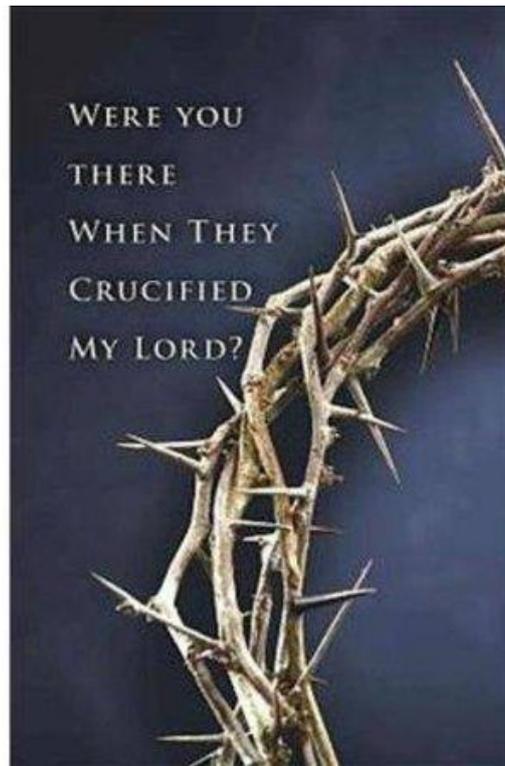
*Sr Anne Walsh OP has ministered in the UK, Jamaica and South Africa in teaching, catechetical work, retreat leading and with Extraordinary Ministers of the Eucharist.*

*She has worked for the Archdioceses of Westminster and Kingston, Jamaica and now works at the Niland Centre, Bushey, exploring her love of scripture with others and helping them grow in the Gospel.*

**Cost: £160 (All rooms fully en suite)  
£128 per person for those sharing**

**EASTER TRIDUUM RETREAT**  
*Were You There When They Crucified My Lord?*

**Led by Sister Anne Walsh OP  
& Sister Karen Margeurite OP  
9-12 April 2020**



Each year the Church remembers in her Liturgy the journey of Jesus to the Cross and Tomb, and then erupts in rejoicing and joy with the celebration of Jesus' Resurrection from the dead. It is a story with which we are sometimes all too familiar: we know what is coming next.

During this Triduum Weekend, we will look at the story anew through the eyes of some of the minor characters, persons who perhaps receive no more than a passing mention. And reflecting thus, we consider how the Crucifixion, and Death of Jesus resound for each one of us today, bringing us to a resounding celebration of the Resurrection.

*Sr Anne Walsh OP has ministered in the UK, Jamaica and South Africa in teaching, catechetical work, retreat leading and with Extraordinary Ministers of the Eucharist.*

*She has worked for the Archdioceses of Westminster and Kingston, Jamaica and now works at the Niland Centre, Bushey, exploring her love of scripture with others and helping them grow in the Gospel.*

*Sister Karen Marguerite is a Dominican Sister of the Congregation of St Catherine of Siena of Newcastle, Natal, South Africa whose motherhouse is in Hertfordshire. Sister Karen's background is in University Chaplaincy Ministry and Formation in Religious Life as well as Adult Faith Formation.*

*She runs the Niland Conference Centre at Rosary Priory which offers day retreats and courses and receives to a host of Community groups. She accompanied Sister Anne on pilgrimage 'in the footsteps of Saint Paul' a few years ago and has been exploring his writings in the light of this faith adventure.*

**Cost: £200 (All rooms fully en suite)  
£160 per person for those sharing**

**A LETTER ON THE HEART RETREAT**  
*Paul as Icon; Paul and Word*

**Led By Edmund Power OSB**  
**8-10 May 2020**



We welcome you to a weekend of reflection on the figure of St Paul in the New Testament, with particular reference to 1 Corinthians.

*Fr Edmund Power OSB, is a monk of Douai Abbey, resident in Rome, and formerly Abbot of the monastery of St Paul outside the Walls in Rome.*

**Cost: £145 (All rooms fully en suite)**  
**£116 per person for those sharing**

**THE SAINT WHO DID ORDINARY THINGS  
EXTRAORDINARILY WELL  
(St Therese of Lisieux)**

**Led by Dr Denise Oliver  
15-17 May 2020**



**St Thérèse of Lisieux: The Saint of Love Who Did Ordinary Things Extraordinarily Well**

The way of St Thérèse is accessible to everyone who wants to grow in their love for God; St Thérèse of Lisieux had very few extraordinary experiences, and this is one of the things which makes her *little way* so accessible and attractive – it is a way of love, which everyone can follow. Understanding the *little way* of St Thérèse is the key to understanding the universal call to holiness; her way is the perfect way to enkindle a fire of love within the heart.

The fullness of the Christian life can be reached by all the baptised

faithful, regardless of their vocation. By responding to God's grace and the inspirations of the Holy Spirit and by being faithful to ordinary daily tasks, a person can reach the very heights of holiness. This retreat will focus on St Therese's *little way*, her *life of prayer*, and her *deep penetration of the sacred Scriptures*, and will show how we can imitate her example.

*Dr Denise Clare Oliver has taught spiritual theology at the Pontifical University of St Thomas Aquinas (Angelicum), the Pontifical Institute for Continuing Theological Education for Priests in Rome, and the School of the Annunciation. Her doctoral dissertation focused on the gift of wisdom shown in the life of St Thérèse of Lisieux and Her first publication was **Discerning Your Spiritual Journey with St John of Avila, Doctor of the Church** (Gracewing: 2013). She is currently writing several books in the area of spirituality, and offers lectures and retreats in the United Kingdom, Rome, the United States, and Ireland.*

**Cost: £160 (All rooms fully en suite)  
£128 per person for those sharing**

# LECTIO DIVINA RETREAT

## *The God Who Speaks*

**Led By Gervase Holdaway OSB**  
**Tues 19 – Fri 22 May 2020**



Experience a way of praying with scripture, an ancient art, at one time practised by all Christians. It is a slow, contemplative prayer which enables one to listen to God speaking through His holy Word and to make a prayerful response.

The retreat allows time for sharing, solitude and reflection.

*NB This retreat finishes after breakfast on Friday*

*Limited to 11 participants*

*Fr Gervase is Oblate Master at Douai Abbey. He is an accomplished organist and for many years ran the Pastoral Programme. He continues to lead days of recollection for parish groups, including Extraordinary Ministers of the Eucharist, training days for parish readers and weekends in Lectio Divina. His other responsibilities are as baker and jam-maker for the monastic community.*

**Cost: £200 (All rooms fully en suite)**  
**£160 per person for those sharing**

# **MEDITATIVE WALKING REREAT**

## *Longing and The Celtic Spirituality of The Journey*

**Led By Andrew Peers**  
**5-7 June 2020**



Take a journey in the company of the Celtic hero Columcille, to find direction in your life. Celtic spirituality is your guide to the mystical realm of your inner world, where the fullness of personal calling becomes clear. This is no random journey, but an intentional exploration of landscapes rich with salmon, fiery halls and pillars of silver rising from the sea. There are also challenges, but each has its practical message for our lives today. To the sound of the drum, Andrew will guide you on the inner paths of these mystical landscapes that are unique to you.

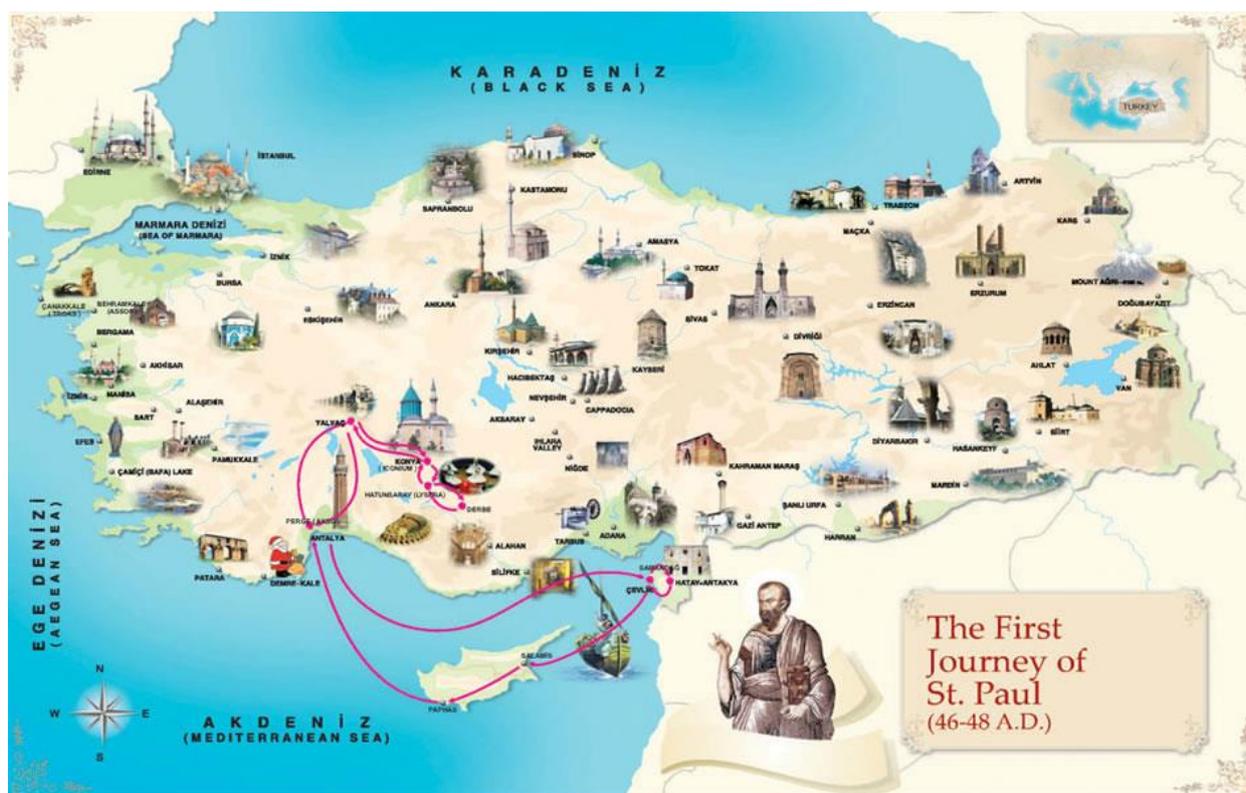
This practical retreat will include Q & A sessions on What is Prayer? What is spiritual practice? And will explore the Celtic way of relating to nature. The practical aspect will involve silent walking in the woods, together with a journey to the inner self.

*Andrew Peers has lived as a Trappist monk in silent communities in England, N Ireland and the Netherlands. Since 2011 he has led workshops to guide others in spirituality.*

**Cost: £160 (All rooms fully en suite)**  
**£128 per person for those sharing**

# IN THE FOOTSTEPS OF SAINT PAUL RETREAT

**Sister Karen Margeurite OP**  
**26-28 June 2020**



Scholars estimate that Saint Paul travelled more than 10,000 miles during his preaching mission. That's like walking London to Beijing and back. He was on foot, often alone, in all seasons, facing a multitude of dangers—known and unknown. In the face all of these, with opposition often hot on his heels, Saint Paul was driven forward and onward by his love for Jesus Christ and the desire to preach His name throughout the known world. We know about Saint Paul's 'missionary journeys' from the *Acts of the Apostles* and, more importantly, from Paul's own letters. This weekend will visit virtually some of the first places in Europe

where Paul preached the Gospel and consider the letters he wrote to these communities in his efforts to build them up in their faith.

*Sister Karen Marguerite is a Dominican Sister of the Congregation of St Catherine of Siena of Newcastle, Natal, South Africa whose motherhouse is in Hertfordshire. Sister Karen's background is in University Chaplaincy Ministry and Formation in Religious Life as well as Adult Faith Formation. She runs the Niland Conference Centre at Rosary Priory which offers day retreats and courses and receives to a host of Community groups. She accompanied Sister Anne on pilgrimage 'in the footsteps of Saint Paul' a few years ago and has been exploring his writings in the light of this faith adventure.*

**Cost: £160 (All rooms fully en suite)  
£128 per person for those sharing**

# LET THERE BE LIGHT RETREAT

**Sister Marie Henry OP**  
**10-12 July 2020**



A weekend scripture course, beginning with Genesis and moving through The Prophets to the fulfilment in Christ.

*We welcome Sr Marie from the Nileand Retreat Centre, Bushey, to guide us.*

**Cost: £160 (All rooms fully en suite)**  
**£128 per person for those sharing**

# DOUAI HISTORY WEEKEND

## *The Journey from Exile*

**Euan Tait**  
**24-26 July 2020**



The Douai community has one of the greatest stories of pilgrimage in all Benedictine history, its spiritual origin in the great exile of the 1530s closure of all English monastic communities, but itself founded in 1615 in Paris by Dom Gabriel Gifford, becoming a place of welcome for exiled English Catholics, and travelling to Douai Priory in northern France with its seminary for young people – thus beginning the community’s educational outreach centuries until finally, exiled from France by the 1903 anti-clerical laws, and starting again at Woolhampton in Berkshire, its calling being teaching and pastoral outreach, yet always called to a continuing journey of trust in the way of the Crucified.

Partly drawing from Henri Nouwen's *Home Tonight*, this weekend is a spiritual journey for personal reflection, an exploration of the humanity and spiritual lives of the brothers as so powerfully shown in the wryly insightful portraits of the community in the guest refectory, a journey into Douai's pilgrimage history and ministry - our reflections aided throughout by poetry and music.

*Euan Tait is both a librettist with an international reputation and an experienced retreat leader who works in communities all over the UK, including Minsteracres and Belmont. He was for many years a member of the L'Arche community in Bognor Regis, and now teaches at a college in western England. More information can be found at <http://euantait.com>*

**Cost: £160 (All rooms fully en suite)  
£128 per person for those sharing**

# GOSPEL WOMEN IN PAINTING & POETRY

**Led By Sister Magdalen Lawlor SND**  
**4-6 September 2020**



A time to explore the encounters of Jesus with women in the Gospels. We will use scripture, and paintings in particular, to discover Jesus in the company of a number of women, '*...who followed him, ministered to him and came up to Jerusalem with him.*' (Mk15:40/41)

*Sr Magdalen has degrees in Art and Art History in Liverpool, and Master of Theology and Pastoral Care at Heythrop, London University. In 1980 she trained in Ignatian Spirituality at St Bueno's Centre, N Wales.*

*She has experience in secondary and tertiary education and residential retreats for students and young adults. Since 2000 she has worked in pastoral formation and retreat work through out the UK, especially with women, and in ecumenical projects. She is especially interested in the relationship between spirituality and visual arts.*

**Cost: £160 (All rooms fully en suite)**  
**£128 per person for those sharing**

# MONASTIC EXPERIENCE WEEKEND

*A weekend for men 18-40, to explore our Alongsider Programme*

**25-27 September 2020**



Come and join the community for a weekend, exploring the Alongsider Programme.

Since 2018 we have had 6 Alongsiders who have each spent 2 months with the community, experiencing monastic life by living within the enclosure and working alongside the monks in the Work of God and in our daily manual labour.

The weekend would suit those who are discerning a vocation, but the programme is not exclusively for men considering a call to monastic life. More fundamentally it aims to provide an opportunity to step aside from the distractions of the world so that for a period of time participants might deepen their faith with closer attention to living in the presence of God.

The weekend will be a chance to meet the community informally and to investigate the programme, with no obligation to apply. Participants will join the monks for liturgies and meals and for recreation after lunch.

**Cost: No charge**

# SILENT ADORATION RETREAT

## *A Word Event*

**9-11 October 2020**



*Throughout history eucharistic adoration has been the centre of the spiritual life for many Catholics, including many important intellectuals: St Thomas Aquinas, Blessed John Henry Newman, Dorothy Day, GK Chesterton, Jacques Maritain, St Edith Stein, Karol Wojtyla (Pope St JP II).*

The Theologian Karl Rahner wrote that '*the eucharist is always a Word event*' because the power of the words of Jesus Christ at the consecration effect the change that makes Christ present in the eucharist. Even in the tabernacle, therefore, the eucharist remains a *Word event*, harkening back to the liturgy and returning to the liturgy.

We invite you to a silent retreat in the presence of the eucharistic Lord. In The Year of the Word, let us renew our devotion to the Sacrament of Love, the Word event which is the source and summit of Christian life.

Short readings will be provided for reflection during the weekend.

**Cost: £145 (All rooms fully en suite)**  
**£116 per person for those sharing**

**MUSIC RETREAT**  
*Made in the Image of God:  
A Spiritual Journey through Haydn's Creation*

**Led By Peter Asprey  
23-25 October 2020**



Haydn completed his monumental choral work *The Creation* in 1798, inspired by two visits to London in the 1790's. It is one of the crowning achievements of a composer who lived a life as a devout Christian, often beginning the manuscript of each of his compositions with "in nomine Domini" ("in the name of the Lord") and ending them with "Laus Deo" ("praise be to God").

Haydn's work poses questions of us, none more so than what it means that we are made in the image of God. When we live out of this fundamental identity we can form healthy relationships with God, ourselves, others and the creation we have been given to steward. This retreat is an opportunity to go deeper into these

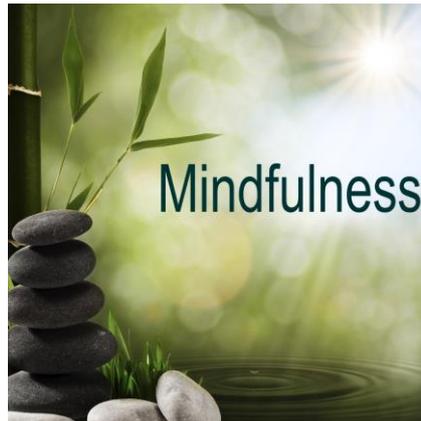
things, aided by the teachings of the Church and accompanied by Haydn's wonderful music.

*Peter Asprey is the Director of Music at Holy Sepulchre, London, the National Musicians' Church. He is a professional conductor and singing teacher with a degree in Music from Cambridge University and a Postgraduate Diploma from the Royal College of Music. He is a Roman Catholic with a rich spiritual background that encompasses a broad spectrum of the Christian tradition.*

**Cost: £160 (All rooms fully en suite)  
£128 per person for those sharing**

# CHRISTIAN MINDFULNESS FORUM

**Led By Martin Zetter  
& Christopher Greener OSB  
30 October – 1 November 2020**



In this forum on meditation and mindfulness there will be times for practice, providing options for the experienced or beginner, and for exploring themes; these themes will be detailed on the following website:

[www.meditationshub.com](http://www.meditationshub.com)

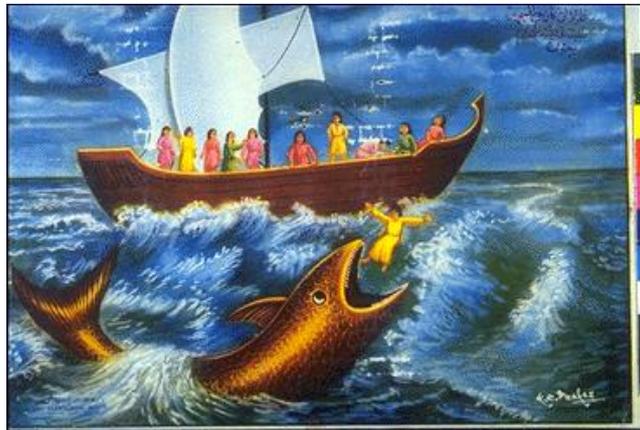
where suggestions for the retreat can be made, as well as providing information and handouts from previous retreats.

*Martin Zetter learnt mindfulness practice under Dr Michael Sinclair. He worked as an accountant in the City of London for 35 years, more latterly assisting young people starting up businesses. He has led previous retreats at Douai Abbey on Christian mindfulness.*

**Cost: £160 (All rooms fully en suite)  
£128 per person for those sharing**

# NOVELS & SHORT STORIES IN THE BIBLE

**Led by Gervase Holdaway OBS  
6-8 November 2020**



During the weekend we shall study the Books of Ruth, Esther, Judith, Tobit and Jonah, considering their literary categories, style, and their purpose and teaching.

No previous knowledge is required.

*Fr Gervase is Oblate Master at Douai Abbey. He is an accomplished organist and for many years ran the Pastoral Programme. He continues to lead days of recollection for parish groups, including Extraordinary Ministers of the Eucharist, training days for parish readers and weekends in Lectio Divina. His other responsibilities are as baker and jam-maker for the monastic community.*

**Cost: £145 (All rooms fully en suite)  
£116 per person for those sharing**

# LECTIO DIVINA RETREAT

## *The God Who Speaks*

**Led By Gervase Holdaway OSB**  
**Tuesday 10 – Friday 13 November 2020**



Experience a way of praying with scripture, an ancient art, at one time practised by all Christians. It is a slow, contemplative prayer which enables one to listen to God speaking through His holy Word and to make a prayerful response.

The retreat allows time for sharing, solitude and reflection.

*NB This retreat finishes after breakfast on Friday*

*Limited to 11 participants*

*Fr Gervase is Oblate Master at Douai Abbey. He is an accomplished organist and for many years ran the Pastoral Programme. He continues to lead days of recollection for parish groups, including Extraordinary Ministers of the Eucharist, training days for parish readers and weekends in Lectio Divina. His other responsibilities are as baker and jam-maker for the monastic community.*

**Cost: £200 (All rooms fully en suite)**  
**£160 per person for those sharing**

# START OF ADVENT RETREAT

## *Preparing the Way (Bach B Minor Mass)*

Led By Euan Tait  
27-29 November 2020

1. Chor: Kyrie

J. S. Bach  
(1685-1750)

*Adagio*

Sopran I  
Ky-ri-e, Ky-ri-e e-lei-son, e-lei-son.

Sopran II  
Ky-ri-e e-lei-son, e-lei-son, e-lei-son.

Alt  
Ky-ri-e e-lei-son, Ky-ri-e e-lei-son.

Tenor  
Ky-ri-e, Ky-ri-e, Ky-ri-e e-lei-son.

Bass  
Ky-ri-e, Ky-ri-e, Ky-ri-e e-lei-son.

This weekend begins the great spiritual exploration that Advent opens up for us, enabling us to celebrate our journey and yet seek new ways of developing our discipleship. Through the great music of Bach's B Minor Mass, this weekend takes a fresh approach to this joyful and challenging process, by exploring our Eucharistic pilgrimage, where in the weekly Mass, in trust and hope, we bring all that we are to the table of God. Each session will explore the movements of this great work in detail, glimpsing their inner world through meditative talks that aim to act as a catalyst for our own reflections – aided by poetry and scriptural reflections, and an emphasis on Douai's great Benedictine spirituality.

*Euan Tait is both a librettist with an international reputation and an experienced retreat leader who works in communities all over the UK, including Minsteracres and Belmont. He was for many years a member of the L'Arche community in Bognor Regis, and now teaches at a college in western England. More information can be found at <http://euantait.com>*

**Cost: £160 (All rooms fully en suite)**

**£128 per person for those sharing**

# PRE CHRISTMAS RETREAT

## *Angelic Announcements and Antiphons*

**Led by Simon Hill OSB**  
**11-13 December 2020**



A weekend exploring the liturgical season, from the monastic office, and the Gospel passages at mass to the Great O Antiphons heralding the coming of Christ.

Through the stories of the Nativity and the Infancy Narratives with their three angelic announcements of the coming saviour, the weekend will draw out the distinctive character of this liturgical season and reveal more about the development of Christmastide that took nearly 500 years to become the Feast we celebrate today.

*Brother Simon spent 25 years in the world of Training and Consultancy in manufacturing before beginning his monastic vocation in 1999.*

*He is deacon, assistant to the Bursar, Secretary to the Parishes' Trust, assistant infirmarian, and does many varied jobs in the monastery, such as overseeing the maintenance of the cars, shopping, brewing and supervising church cleaning.*

**Cost: £145 (All rooms fully en suite)**  
**£116 per person for those sharing**

## BOOKING

Booking for courses and retreats may be done either by contacting the guestmaster directly, and asking for a booking form, or by completing an online form through our website.

**Guest Master** – Fr Oliver Holt (or Elsa – Tues - Fri)  
[guestmaster@douaiabbey.org.uk](mailto:guestmaster@douaiabbey.org.uk)

**Website** – go to the Douai Abbey Home Page

- click on menu bar [What we do](#)
- click drop down menu on [Retreats & Courses](#)
- click on drop down menu [Bookings](#)
- complete the form and submit

If you book online, you should expect to hear within a few days that your booking has been made.

### [\*\*Guest Master \(Fr Oliver\)\*\*](#)

deals with all bookings. Special diets and requests for specific rooms should be made to Fr Finbar (or Elsa) in the Guest Master's Office

[guestmaster@douaiabbey.org.uk](mailto:guestmaster@douaiabbey.org.uk)

0118 971 5399

### [\*\*Retreats & Courses Director \( Fr Gabriel\)\*\*](#)

deals with general questions regarding retreats and courses, such as availability of places, and organising IGRs, prior to booking.

[gabriel@douaiabbey.org.uk](mailto:gabriel@douaiabbey.org.uk)

0118 971 5310

## CANCELLATIONS

If you have booked a retreat / Course and need to cancel, please let [Fr Gabriel](#) know as soon as possible, as allocated rooms can not easily be filled at the last minute, resulting in a financial loss to the guesthouse. Significant numbers of last minute cancellations may also affect the viability of a retreat / course, as we can not run events with fewer than 5 participants. Our usual practice is not to refund payments made in advance for cancellations that are not caused by some crisis or urgent reason.

## ARRIVAL TIMES

**Please note that the guest house is closed from Sunday pm – Tues pm.**

All arrivals are at the reception area to the right of the Abbey Church as you enter the main entrance. A monk is usually on duty at reception, to check arrivals in and to give them their room keys.

- [Weekend events \(Fri-Sun\)](#)
- [Saturday events \(10.00-16.00\)](#)

Arrivals: 16.00 – 17.30 hrs

Departures: 14.00 – 14.30 hrs after Sunday lunch

- [Weekday events \(Tues- Fri / Thurs – Sun\)](#)  
including IGRs & silent retreats /Lectio Divina

Arrivals: 16.00 – 17.30 hrs

Departures: 9.30 hrs

- [\*\*Easter Triduum\*\*](#)

Arrivals (Maundy Thurs): 16.00- 17.30

Departures (Easter Sunday): 14.00 – 14.30

Rooms must be vacated by 09.30 hrs

## PAYMENT

There is no deposit to pay for retreats and courses, and payment is usually made during the event, but payment may be made in advance.

- by cheque (payable to [Douai Abbey](#)) sent to [Fr Gabriel Wilson](#)
- by credit card
- by electronic banking:

**Account Name:** *Douai Abbey*

**Bank:** *Nat West, Market Place, Newbury*

**Sort Code:** *60-15-07*

**Account:** *65317459*

*If you pay by BACs, please inform Fr Gabriel or*

*Fr Oliver ([bursar@douaiabbey.org.uk](mailto:bursar@douaiabbey.org.uk)) of the date that you have made the payment, so that the Bursar can identify the payment.*

## PRICES 2020

EVENT	COST (Single)	COST (Shared)
<b>Weekend retreat</b>		
• led by monk	£145	£116
• led by other	£160	£128
<b>Individual Guided Retreat</b>		
5 DAY	£300	
4 DAY	£250	

3 DAY	£200	
Silent Retreat	£141.60 (2 days)	
Lectio Divina	£200	£160
Easter Retreat	£200	£160