



- **Workshops & Reflection Days:** 10.30am to 4pm. (arrivals & coffee from 10am). Contribution £25 made on the day please (lunch, coffee & tea incl.); £15 bring own lunch.
- **Retreats:** arrive 4-5.30pm, dep. after lunch. Cost £200/shared room £160pp (pay at retreat)
- **All Booking enquiries & Booking:** Email: guestmaster@douaiabbey.org.uk
- **How to arrive** see: <https://www.douaiabbey.org.uk/contact-us.php>

LENT 2024

Saturday 10 February Pre-Lent Reflection: *How can Lent bring Joy?*

led by Abbot Paul Gunter St Benedict mentions joy in his Rule solely to describe Lent! Liturgical texts & spiritual writings will provide the basis of our reflection on this season of joy.

Midweek 19-21 March Lent Retreat: *Packing for the Wilderness* *Led by Fr Peter Bowe,* A pathway through the frequent wilderness of our life, using Scripture images & texts. We shall explore real, actual challenges to living as “beloved disciples” of Christ, who died & rose for us.

Saturday 23 March Lent Reflection Day *led by Barbara Priest, Anglican lay minister & Douai oblate.* Reflections on those who supported Jesus on his journey, called as friend. Scripture, reflection & music used for what they teach & how we can respond.

Thurs 28 - Sun 31 March Holy Week Retreat *led by Sr Anne Swailes OP* To enter more deeply into the Paschal Mystery, & to see the sufferings & joys of our own lives in its light. Reflection on texts, images & music inspired by Holy Week liturgy & events celebrated. Cost £275/£220 shared

Saturday 13 April Workshop Death & Dying (*walking the path, accompanying others*) *led by Fr Peter Bowe & Revd Ann Fulton* - for those facing end of life, families, carers and bereaved. Exploring themes of death & dying as, *withdrawal, letting go, silence, the sacred, grace in dying..*

Sat 20 April Workshop: *The Resurrection in Art & Poetry* *Led by Fr Oliver Holt.* This Day of Reflection will include the study of various depictions of the Risen Christ and a prayerful reading of poems from different periods of English literature.

Weekend 10 -12 May Meditation for Death & Dying *Led by Fr Peter Bowe & Rev'd Anne Fulton* For those looking to end of life, families, carers, & the bereaved. Introduction to meditation, approaches & practical suggestions. Time for personal exchange, reflection & quiet spiritual space.

Weekend 17 – 19 May Pentecost Retreat *Led by Br Simon Hill*
In this retreat we shall reflect on our Christian faith coming into being, the results, the gifts and enrichment of Pentecost & how the Church was launched, built up upon its Jewish roots.

Saturday 1 June Workshop: *On the Edges of Faith?* - *led by Fr Peter Bowe & Dr Annette Goulden* Exploration & sharing for perplexed seekers on spiritual quest for deeper meaning sense of God's presence & love. Offering practical, personal way to God/Christ. Bring your questions

Saturday 29 June Workshop: *Contemplative Photography* - *Encountering the divine through image making* *Led by Roddy Maddocks* Exploring theological reflection & ‘*visio divina*’ in photos; photography as unrushed contemplation. Bring digital camera or smartphone if possible

Further details on request - ALL WELCOME !