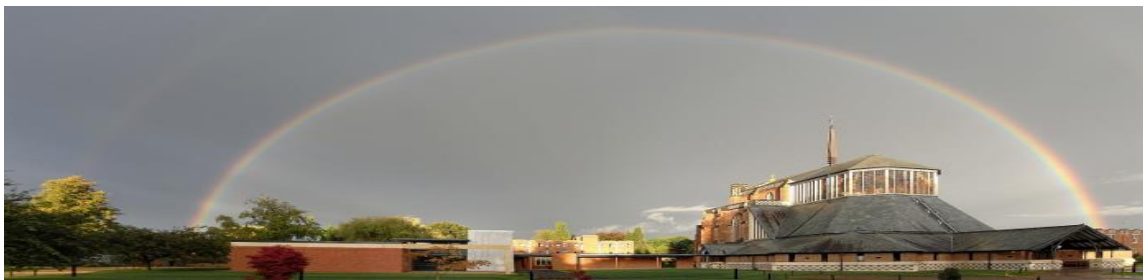


DOUAI ABBEY PROGRAMME Autumn 2024



- **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
- **All Booking enquiries & Booking:** Email: guestmaster@douaiabbey.org.uk
- **How to arrive** see: <https://www.douaiabbey.org.uk/contact-us.php>

Weekend 20-22 September

Christian Mindfulness Forum

Led by Martin Zetter & Christopher Greener OSB Exploring meditation & mindfulness; practical instruction for the experienced & beginners. Using the Scriptures to build a mindful response to life's challenges. Sharing experiences encouraged, also individual reflection with the teacher.

Martin Zetter is a Douai oblate & meditation teacher.

Saturday 5 October Quiet Day 10-4pm That Peace which the World cannot give
led by Barbara Priest We shall seek to rest in a variety of poetry, prose & music to help us find that elusive presence of deep inner peace.

Barbara Priest is an Anglican lay minister with a contemplative ministry & oblate of Douai Abbey.

Weekend Friday 8-Sunday 10 November

Richard Rolle & Walter Hilton Retreat

led by Christopher Greener OSB Contemplative practice & life following the medieval hermits & mystics Richard Rolle & Walter Hilton. This will offer an introduction to meditation & deepening & sharing of our practice.

Br Christopher Greener is a monk of Douai Abbey.

Tuesday 12–Thursday 14 November

Meet the Ancestors Study Retreat

Spiritual legacy of Anglo-Saxon Christians *Led by Rev'd Douglas Dales* An opportunity to appreciate the rich history of Christian spirituality from the coming of Augustine to Canterbury in 597 to the Norman Conquest, considering its legacy to the English Church in the Middle Ages; reflecting on such figures as Augustine, Columba & Aidan, Bede & Cuthbert; also the mission of Willibrord & Boniface, the later renewal of monasticism, & the growth of liturgy & art.

Douglas Dales is an Anglican parish priest and author of books on medieval spirituality.

Weekend Friday 13– Sunday 15 December

Advent Retreat

A Path through Christmas: (for those aged 18-30)

In today's secular world, how might we focus on the Birth of Christ so that each of the Twelve Days of Christmas may be a particular celebration. How can we find and follow a Christian path of celebration through these Christmas Days.

Led by Abbot Christopher Jamison OSB

see video:



Further details on request - ALL WELCOME !

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