

Sacrista Prebend Retreat House

What's on | Summer 2022



Summer Nourishment

an outline of the Events, Activities and Quiet Days
at Sacrista Prebend Retreat House for Summer 2022.

Please go to the website for more details:
www.southwellminster.org/sacrista-prebend-retreat-house

Four Saints and a Gospel

Saturday 7th May 2022

10am to 4pm at Sacrista Prebend Retreat House

How four crazy but holy disciples transformed Anglo Saxon England and beyond in the 7th century AD and their spiritual legacy for today. Aidan, Cuthbert, Hild, Wilfrid and the Lindisfarne Gospels: a gentle teacher, holy recluse, feminist leader, determined evangelist and a transformative book.



Course leader, Peter Hill, retired Bishop of Barking is known to many in the diocese as he served as as curate, vicar, Diocesan Chief Executive and Archdeacon of Nottingham. A keen sport and outdoor enthusiast, Peter is committed to the theology and practice of pilgrimage, having completed a number of long-distance pilgrim walks.

In 2000 he walked from his parish of St Wilfrid Calverton to Holy Island in Northumberland, tracing the life and ministry of St Wilfrid. This stimulated his ongoing interest in the Celtic/Anglo Saxon saints of Northumbria in post Romano Britain.

Places cost £20 and are purchased with a donation. Please book your place(s) at [Four Saints and a Gospel | Southwell Minster](#)

Pilgrim: A creative workshop of hand stitching and reflective prayer

Saturday 21st May 2022

10am to 4pm at Sacrista Prebend Retreat House

Using the analogy of God's people as pilgrims, we will use the hymn "Guide me, O thou great Redeemer" to explore the theme of our Christian life as a journey. We will reference the story of the Israelites travelling to the Promised Land and look at the relevance of their journey to our own.



We will prayerfully consider the theme of own pilgrim journeys, and participants will be supported to engage in prayerful hand stitching, using a variety of fabrics, buttons, beads and embellishments whilst reflecting on God our guide. All materials will be provided.

Karen Herrick is a freelance artist-educator, delivering creative sessions for wellbeing across many sectors of the community.

She enjoys enabling and inspiring others to be creative, facilitating connections through creativity & contemplation-combining teaching skills with her Christian faith and love of colour & textiles.

She has worked with the New Wine Arts Team, Spring Harvest, WORTH charity, churches, and several retreat houses across the country.

Karen stitches stories of faith in textile art and writes a (mostly) monthly blog "Sanctuary in Stitch", journaling her spiritual journey in stitch.

Places cost £30 and are purchased with a donation. Please book your place(s) at [Pilgrim: A creative workshop of hand stitching and reflective prayer | Southwell Minster](#)

Introducing Ignatian Spirituality and Practice

Saturday 7th June 2022

10am to 4pm at Sacrista Prebend Retreat House

Discipling people well is no easy task – we need all the wisdom the followers of Christ have discovered over the centuries. One such source is Ignatian spirituality and practice. With its emphases on spiritual discernment, God in all things, the importance of desire and the

imagination, along with its regular practice of an examination of consciousness – all this is relevant for believers engaged in everyday life in our complex society. This workshop's aim is to help church leaders reflect on Ignatian wisdom and practice, and will open a conversation on how it can be effectively developed within a local church context. It arises out of Stephen's own journey as a minister engaged in mission practice in local church ministry. He believes it not only saved his own ministry, but over the years has discovered it as an invaluable approach enabling people to become attentive to God's movement in their lives.



This day is suitable for clergy, ministers, local lay ministers, and other church leaders, and so it is highly suited to coming either solo or even better with other leaders from your Church.

Stephen was a Baptist Minister for over 40 years in church-based ministry with wide experience in church growth and church planting. He integrates this with contemplation in the midst of action, both in prayer and theologically. In retirement he leads retreats with his wife Helena, coordinates Sacrista's Stilling Prayer ministry, offers spiritual accompaniment and coordinates the East Midland Baptist Spiritual Accompaniment initiative. He worships at Southwell Minster while keeping in touch with his Baptist, evangelical and charismatic roots.

Places cost £20 and are purchased with a donation. Please book your place(s) at [Introducing Ignatian Spirituality and Practice | Southwell Minster](#)

Learning to Listen to the Leaves

Saturday 11th June 2022

10am to 4pm at Sacrista Prebend Retreat House

Welcome to this day of reflection and mindfulness. There will be opportunity to consider the nature of silence and how we learn to listen. Careful listening allows for other realities to 'speak' and in more receptive mode for us to 'hear'. We will be listening as well as seeing amongst the amazing carvings of the newly restored Chapter House and amongst the trees in the beautiful grounds of Sacrista Prebend.



Kathryn Davies is a Senior Director at a multi-national company and has thirty years' experience leading international training workshops. She is the co-founder and Governor of a large Church of England Academy Trust in London and mentors the senior leadership team.

Stephen Oliver was ordained priest in Southwell Minster and served in the diocese for over ten years before becoming Chief Producer of Religious Programmes at the BBC. He was Precentor and Canon Residentiary at St. Paul's Cathedral before he was appointed Bishop of Stepney in London.

Places cost £20 and are purchased with a donation. Please book your place(s) at [Learning to listen to the leaves | Southwell Minster](#)

Exploring Carmelite Spirituality: Hedgehogs, Silk Worms, Wellsprings & Fire

Saturday 18th June 2022

10am to 4pm at Sacrista Prebend Retreat House

There have been some amazing and saintly characters in the Carmelite tradition down the centuries. Today we will pick up some of their favourite images: 'hedgehogs, silkworms, wellsprings and fire' which are all designed to help us grow in the love of God.



Themes of the day will include: Teresa of Avila on 'Friendship with Jesus', John of the Cross on 'Praying when Suffering', Brother Lawrence on 'Prayer in the Kitchen', and Edith Stein (who dies at Auschwitz) on 'Serving God in Political Turmoil'. And we will explore ways in which they might speak to us now.

This Quiet Day will be led by Canon Angela Ashwin.

Places cost £20 and are purchased with a donation. Please book your place(s) at: [Exploring Carmelite Spirituality: Hedgehogs, Silk Worms, Wellsprings and Fire | Southwell Minster](#)

Songs of Joy: a creative retreat into the psalms

Saturday 25th June 2022

10am to 4pm at Sacrista Prebend Retreat House

The Psalms are words of the people of God to God, often giving word to what we struggle to express, both joy and sorrow and so are particularly relevant to us in these uncertain times. They speak of the majesty, power, and love of God.

In this creative retreat day, we will be exploring several psalms which celebrate our rootedness and joy in Christ using word, image, art, craft and music.

Rhona Knights was a GP and medical educator for 25 years. She led on teaching pastoral care at Lincoln School of Theology. Although now retired she continues to research, write and teach particularly in the area of boundaries and trauma in ministry. She is a retreat leader, spiritual director and pastoral supervisor.

Places cost £20 and are purchased with a donation. Please book your place(s) at [Songs of Joy: a creative retreat into the psalms | Southwell Minster](#)



Orthodox Odyssey

Saturday 9th July 2022

10am to 4pm at Sacrista Prebend Retreat House

This Quiet Day explores three aspects of the spirituality of the Orthodox Church:

1. Prayer of the Heart – the contemplative character of Orthodox prayer and worship, including the importance of the Jesus Prayer and the Divine Liturgy.
2. Purification of the Will – the significance of fasting in the Orthodox tradition, within the context of ongoing spiritual warfare.
3. Vision of Glory – the key place of icons in Orthodox belief and practice.

Jim Wellington has led many retreats and quiet days in the course of a 45-year Anglican priestly ministry. All have related to different aspects of contemplative prayer and spirituality, drawing on the teaching of the Early Church Fathers and the traditions of Eastern Christianity. He has written three devotional books: 'Praying the Psalms with Jesus' (Grove Books, 2014), 'Beguiled by Jesus' (Grove Books, 2017), and 'Journeying with the Jesus Prayer' (Fairacres, 2020).

Places cost £20 and are purchased with a donation. Please book your place(s) at [Orthodox Odyssey | Southwell Minster](#)



Stilling Prayer

Monday Evenings

7.30pm to 8.10pm at Sacrista Prebend Retreat House (or via Zoom)

Stilling Prayer is the Sacrista's group that explores the Christian tradition of silent prayer. And in our time, with its all-pervasive messaging of all kinds, texting, social media trending, 24/7 news exposure etc that bombard our jangled minds and spirits, this practice of the ancient, accumulated wisdom found in this form of prayer, is ever more relevant and liberating for our inner selves. It enables us to live fully, God aware and as responsive disciples. But like all forms of prayer, we learn mostly, not by reading or talking about it, but by simply doing it. And being part of a group practicing silent prayer together is probably one of the best ways to start, as well as to continue an exploration of it. And we offer the chance to do this in three ways. You can:



- join the gathering in the Sacrista Chapel on Monday evenings from 7.30 - 8.10. This is followed by a short time to share over a cuppa for those who want to stay on
- join the email distribution group to receive the weekly reflection & share in it either at the same time on a Monday or at another time convenient for you
- join via a Zoom link in real-time of the actual Monday gathering in the Chapel. Folk using this have said how it helps them to focus and feel part of a group experience

So, if you are interested, drop a line to Stephen, our coordinator, who will happily help you settle into the group in whatever way suits you. **Contact him on ibbotson51@gmail.com**

*Everyone is welcome.
We look forward to seeing you.*



A Prayer for Sacrista Prebend Retreat House:

God of our pilgrimage,
we thank you for this place
of peace, hospitality, and prayer.
Bless all those whose generous work
makes possible this ministry of welcome;
and let the gentle touch of your Spirit
refresh, heal and strengthen all who come here;
for your love's sake. Amen

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