

Sacrista Prebend Retreat House

What's On: Autumn 2022

Retreat Learning Stillness Reflection Prayer Study Meditation

Autumn Harvests

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



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



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Introduction

This brochure covers the events we are offering at Sacrista this autumn.

We try to keep the programme varied with Quiet Days (mostly in silence), days of learning through talks, reflection and discussion and other events that have a more creative element.

Additional events on Zoom may be arranged. To ensure you hear about them, sign up for our newsletter on the Southwell Minster website or contact me on michele.hampson@southwellminster.org.uk and I will do this for you.

Residential retreats

By popular demand we are now inviting weekend retreats associated with our events.

We have three main bedrooms upstairs, two twin-bedded (one en-suite) and a single room. The downstairs room is adapted for those with mobility issues and has a sofa bed.

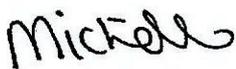
We are encouraging people to come for two days, and the cost reflects this. So come on a Friday to be refreshed for the day itself and stay until Sunday to reflect on the day and join in the Minster services on the Sunday. Stay for as little as £45-80 for 1-2 nights single occupancy, £50-90 double occupancy, or £55-£100 (single occupancy) or £70-130 (double occupancy) for the ensuite twin room. These costs are in addition to the donation for the day itself. (Arriving at 10am Friday is an extra £10 for use of bedroom and catering facilities and £20 for additional use of vestry, subject to availability).

Residential retreats are also available at other times. How about coming in Advent to prepare for Christmas?

All accommodation is self-catering. You will have access to the kitchen with fridge, freezer, cooker, and microwave.

If you have any queries or suggestions, please do not hesitate to let me know.

Hoping to see you at Sacrista in the near future,



Michèle Hampson (warden)

New term, new possibilities

Saturday 8 October 2022

10am to 4pm at Sacrista Prebend Retreat House

Autumn for many of us is associated with the start of term and so as a time of new beginnings. We recall that desire to have a fresh start and to start well. There was a joy to it all. At the start of this term, we have a session to explore with curiosity and excitement what God might desire to be to us or to show us.



In quiet reflection, we will prayerfully explore three Bible stories, through our senses and imagination. How might the revelation of Jesus to Zaccaeus, the woman by the well and the disciples on the road to Emmaus speak to us afresh?

There will also be opportunities of other creative approaches to prayer including through image, art, craft, and poetry.

Our retreat leader, 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 about boundaries and trauma in ministry. She is a retreat leader, spiritual director, and pastoral supervisor.

Places are purchased with a donation. We recommend a minimum of £20 and an extra £5 to cover the cost of materials. Please book your place(s) at:

<https://www.southwellminster.org/sacrista/new-possibilities>

Exploring Carmelite Spirituality: Hedgehogs, silkworms, wellsprings and fire

Saturday 15 October 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 died at Auschwitz) on 'Serving God in Political Turmoil'. We will explore ways in which they might speak to us now.

This day will be in quiet and is led by **Canon Angela Ashwin**.

Places are purchased with a donation. We recommend a minimum of £20 per person. Please book your place(s) at:

<https://www.southwellminster.org/sacrista/exploring-carmelite-spirituality>

Wellbeing with a Christian Difference

Saturday 29 October 2022

10am to 4pm at Sacrista Prebend Retreat House

Wellbeing can seem elusive. We are told that we lack it and most of us want more of it but what exactly is it and how can we gain it? If we start with the Bible, might new perspectives and possibilities be revealed?

Come and share in this day of exploration, discussion and practical activities. We explore the wellbeing roots of shalom and peace from the Bible to discover an 'ecological' perspective to our flourishing.

Michèle was a psychiatrist and now is a priest, spiritual director, and warden of Sacrista. She is involved with others exploring Christian wellbeing nationally. She has previously run 'Wellbeing of the World' seminars on Zoom on which this day is based.

Places are purchased with a donation. We recommend a minimum of £20 per person. Please book your place(s) at:

<https://www.southwellminster.org/sacrista/wellbeing-christian>



Faith in Detection

Saturday 5 November 2022

10am to 4pm at Sacrista Prebend Retreat House

Why are there so many detective dramas on television? What deeper mysteries does this genre seek to explore? We shall spend a day pondering these questions, which open up theological mysteries of the nature of evil, judgement, forgiveness and the ordering of the cosmos. Beginning with the Bible, including the Book of Job and the detective work of Daniel, our journey will take us through Wilkie Collins' *The Moonstone*, and Sherlock Holmes stories to Dorothy Sayers' *The Nine Tailors*, Simenon and right up to recent dramas such as *Broadchurch* and *Father Brown*.



Alison Milbank is Professor of Theology and Literature at the University of Nottingham and Canon Theologian at Southwell Minster. She works on many aspects of the relation of faith and the arts from Dante to Harry Potter, with a particular expertise in Gothic and horror fiction. She is currently writing on divine indwelling and the agency of nature in natural philosophy, poetry and art and a sequel to *For the Parish*, which she co-wrote with Andrew Davison in 2010: *The Once and Future Parish*.

Places are purchased with a donation. We recommend a minimum of £20 per person. Please book your place(s) at:

<https://www.southwellminster.org/sacrista/faith-in-detection>

Helping others hear God's voice

Saturday 12 November 2022

10am to 4pm at Sacrista Prebend Retreat House

Spiritual direction is about helping others understand how God is present within their lives. The Ignatian tradition, which emphasizes contemplation in the midst of action, provides some of the most helpful accumulated wisdom in any process of discernment. One of the strengths of its approach is the activity of life is the focus for discerning God in everyday life, and so it is a form of spirituality especially suited to those called to an active, busy lifestyle.



This teaching day reflects on the wisdom of this tradition and provides space for conversation and sharing insights around this theme, as well as opportunity to practice some spiritual exercises. The day aims to help those with limited or even no understanding of the Ignatian tradition, but it will also help experienced spiritual directors who are familiar with Ignatian discernment, because you will be able to listen to those awakening to how Ignatian spirituality illuminates their own experience. This day will help you to reflect how you can work with those you accompany.

Stephen, before retirement was a Baptist minister with 40-years' experience in church-based ministry. He was actively involved in church planting, faith, and culture movements in his earlier ministry. Later in his ministry he developed an interest in spirituality and the formation of our inner life. Now in retirement Stephen co-ordinates Stilling Prayer that operates from Sacrista and now reaches out widely in the region and beyond. He also coordinates the East Midlands Baptist Spiritual Accompaniment initiative and together with his wife Helena lead retreats. They worship at the Minster.

Places are purchased with a donation. We recommend a minimum of £20. Please book your place(s) at:

<https://www.southwellminster.org/sacrista/helping-others>

People look East

Saturday 26 November 2022

10am to 4pm at Sacrista Prebend Retreat House

*People look East and sing to-day,
Love the Guest is on His way*

This Quiet Day explores themes for Advent from the writings of the Greek Fathers:

1. Perfect Longing – the longing love which inspires us to sing, 'Come, thou long-expected Jesus', as we yearn for the arrival of the Saviour.
2. Inner Watchfulness – the spiritual attentiveness which drives us to sing, 'Hark a herald voice is calling', as we open our ears and mouths to welcome the King.
3. Stillness of Heart – the tranquillity of soul which leads us to sing, 'Creator of the Stars of Night', as we greet the coming of the Prince of Peace.

Dr Jim Wellington a former Anglican priest and now part of the Orthodox Church is an experienced retreat leader in over 45 years of 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 are purchased with a donation. We recommend a minimum of £20 per person. Please book your place(s) at:

<https://www.southwellminster.org/sacrista/people-look-east>



Theology Group

Tuesdays – 13 September - 20 December 2022

7.30pm-9pm at Sacrista Prebend Retreat House

The group meets in person at Sacrista and on-line on alternate Tuesday evenings in term-time and is led by Alison Millbank.



The first meeting on the 13 September is a party to get to know one another. The group will decide what they want to study. Recent books include Julian of Norwich Revelations of Divine Love, Rowan Williams On Being Human, and Tom Wright Luke for Everyone.

Alison Milbank is Professor of Theology and Literature at the University of Nottingham and Canon Theologian at Southwell Minster. She works on many aspects of the relation of faith and the arts from Dante to Harry Potter, with a particular expertise in Gothic and horror fiction. She is currently writing on divine indwelling and the agency of nature in natural philosophy, poetry and art and a sequel to For the Parish, which she co-wrote with Andrew Davison in 2010: The Once and Future Parish.

To book a place and to receive zoom details please email:

michele.hampson@southwellminster.org.uk

Donations always welcome. Please use this link:

<https://www.southwellminster.org/sacrista-donate>

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 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 the gathering in the Sacrista Chapel on Monday evenings from 7.30 - 8.10 or
- join via a Zoom link in real-time of the actual Monday gathering in the Chapel. Folk say this helps them to focus and feel part of a group experience.

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**

Donations always welcome. Please use this link:

<https://www.southwellminster.org/sacrista-donate>

*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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