

Sacrista Prebend Retreat House

What's On: Spring 2023

Retreat Learning Stillness Reflection Prayer Study Meditation

New growth: New life

an outline of the Events, Activities and Quiet Days
at Sacrista Prebend Retreat House for Spring 2023



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



01636 812649 www.southwellminster.org



Introduction

Once again, we are offering a programme of varied themes and presentation. Not only do I hope there is something that immediately appeals to a wide audience but that you might also take the opportunity to try something different. Spring is the season of new beginnings after all!

We travel from life to death, with a day in February to explore Creation through prayer journalling and a quiet day in Holy Week, reflecting on the stripping of Jesus and how the cross can help strip us of sin and falseness.

Then we journey to far lands, distant and imaginary. Combat the cold of January with African Spirituality; a quiet day ending in a lively Kenyan Eucharist. In February we commemorate the 60th anniversary of C S Lewis' death, as we explore themes in the Lion, the Witch, and the Wardrobe, assisted by one of our choristers, and find fresh insights for our lives.

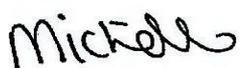
We continue our theme of studying spiritual guides; this time with two English mystics, Julian of Norwich and Walter Hilton. How might Julian's Motherhood of God shape our thinking? How might our local mystic, Walter Hilton, so significant in his time, be relevant to us today? We have a day to find the answer. You might want to walk 'with him' the next as we journey the five miles as pilgrims from his base in Thurgarton to Southwell.

By popular request, we are experimenting with a weekday event by repeating the day on Wellbeing with a Christian perspective, for those who cannot attend on Saturdays.

To ensure you hear about all our events, why not 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.

We hope to see you soon,



Michèle Hampson (warden)

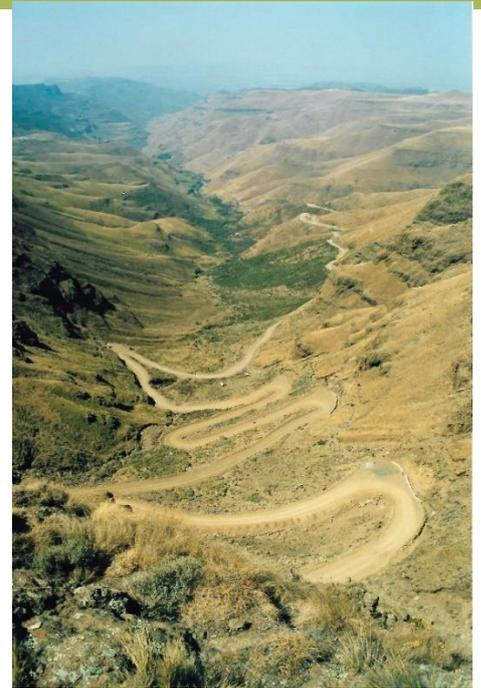
Through African Eyes: enriching our faith journey

Saturday 21 January 2023

A day of silent reflection

10am to 4pm at

Sacrista Prebend Retreat House



This quiet day will use themes from African Christianity to encourage and challenge us to think about our own ways of expressing our faith in the God and Father of Our Lord Jesus Christ.

We will use music and visuals to help us in our journey, and end with a celebration of the Holy Eucharist using the liturgy of the Anglican Church in Kenya.

Adrian Chatfield is a West Indian priest-theologian who has worked in the Dioceses of Trinidad and Tobago, Christ the King South Africa and in various English contexts. His main focus in ministry and teaching is prayer and spirituality, with special interests in Afro-Caribbean Christianity and faith and the arts.

'The image' Adrian says, 'is evocative for me of a faith journey, and is the original road up the Sani Pass into Lesotho through the Drakensberg. We were privileged to be taken up the road, to the highest pub in Africa on the top.'

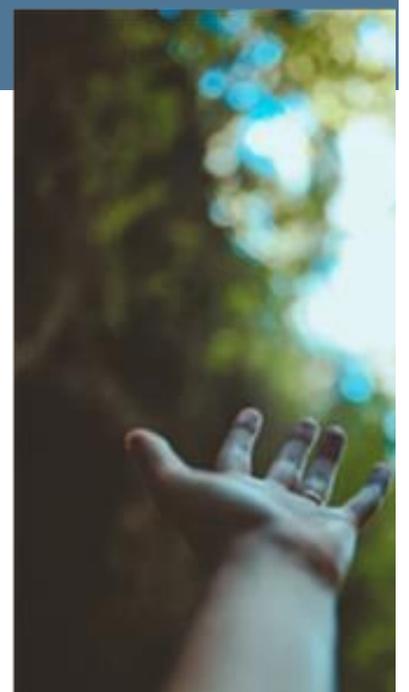
**Places are purchased with a donation. We recommend a minimum of £20
Please book your place(s) at:**

<https://www.southwellminster.org/sacrista/through-african-eyes>

Wellbeing with a Christian Difference

Wednesday 1 February 2023

**A day of exploration, discussion, and reflection
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, reflection, and practical activities. We explore the wellbeing roots of *shalom* and peace from the Bible to discover an 'ecological' perspective to our flourishing.

This is a repeat of the day last term, which participants found enjoyable and uplifting as well as material for ongoing reflection.

Michèle Hampson 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>

The joys of creation: creative journaling



Saturday 4 February 2023

**A day of discussion, reflection, and journaling
10am to 4pm at
Sacrista Prebend Retreat House**

Creativity is at our core and the core of all things. Where the Divine and the human meet in the “image and likeness” of the Creator. A day of celebration of our creativity through Creative Journaling.

This day is an exploration of creation and creativity. It is for those of us new to spiritual journaling and those wanting to explore different ways of expressing our ideas. Through discussion, reflection, and activity we shall explore imaginative ways to use writing and various art forms to express unique personal reflections on spiritual experience and growth. The focus is on open curiosity and reflective creativity, not artistic ability!

We shall be using the upstairs conference room, so we apologise that it is not suitable for those with limited mobility as we have no stair lift.

Mike West has been associated with the Minster for over thirty years. He was Head of English at the Minster School for ten years and since retiring, has been a ChildLine counsellor and involved with the Alzheimer’s Society. Mike will be sharing his own journaling journey, inspired by Christian and other world wisdom traditions.

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/journaling>

Exploring C S Lewis through Narnia



Saturday 18 February 2023

A day of creative learning, discussion, and reflection

10am to 4pm at

Sacrista Prebend Retreat House

C.S. Lewis' Narnia novels are known and loved by many people, as both entrancing fantasy tales and images of faith. We will use *The Lion, the Witch and the Wardrobe* to go more deeply into Narnia, exploring the literary and theological riches of Lewis' work. What do talking beavers have to tell us about Creation? What does the Deep Magic have to do with the Trinity? And, to quote one of the books in Mr. Tumnus' study, "Is Man A Myth?" By reading passages of the novel, imagining its locations, and hearing the echoes of older texts, we will let Narnia illuminate and enchant our world.

This day will focus on ways in which *The Lion, the Witch and the Wardrobe* does not simply repeat a familiar story but invites us into a dialogue with the depths of the Christian tradition. Passages of the Narnia story will be paired with medieval poetry, sung hymns and Biblical readings. We will listen, discuss, and share our reflections on the texts. Everyone is welcome, whether you have known Narnia since childhood or have only just heard of it. Participants will need to read *The Lion, the Witch and the Wardrobe* beforehand, and bring a copy with them.

Dr Jem Bloomfield is an academic at the University of Nottingham and a Reader in the Church of England. His research interests include detective fiction, fantasy literature and the literary histories of Shakespeare and the Bible. His published books are entitled *Words of Power: Reading Shakespeare and the Bible*, *Shakespeare and the Psalms Mystery*, and *Witchcraft and Paganism in Mid-century Women's Detective Fiction*. *Paths in the Snow: A Literary Journey Through The Lion, the Witch and the Wardrobe*, is due out in Winter 2023.

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/narnia>

Julian of Norwich: Motherhood of God



Saturday 4 March 2023

A day of learning, discussion, and reflection

10am to 4pm at

Sacrista Prebend Retreat House

The Revelations of this fourteenth century woman are the earliest writings in English by a woman that survive and are theologically very rich.

We shall look at her key ideas on the nature of sin, the hope of universal salvation and especially her writings on Christ as mother. These will lead to a broader discussion about the maternal nature of God in the medieval period and what we might learn from it today.

No knowledge of the text is assumed but you may wish to prepare by reading the Elizabeth Spearing translation in the Penguin edition, which is easy to read. The longer text has more about the theological ideas. Our eucharist, while following canon law in all respects, will experiment with female imagery.

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/motherhood>

Image from Kettle Yard Cambridge courtesy of Adrian Chatfield

The Ladder of Love: Walter Hilton

Saturday 25 March 2023

A day of learning, discussion, and reflection

10am to 4pm at

Sacrista Prebend Retreat House



One of the great figures of Christian English mysticism lived down the road in Thurgarton in the 14th century. His writings were extremely influential, reaching well beyond monasteries into the lives of women and men trying to live their faith in the midst of relationships and responsibilities. Hilton is less well known than his contemporary Julian of Norwich, but his writings on the spiritual life have steadily inspired seekers and disciples over the centuries, including C.S. Lewis.

Through silent reflection and shared conversation we will explore Hilton's teaching on prayer, contemplation, and experiencing the fire of God's love and how they relate to our lives today.

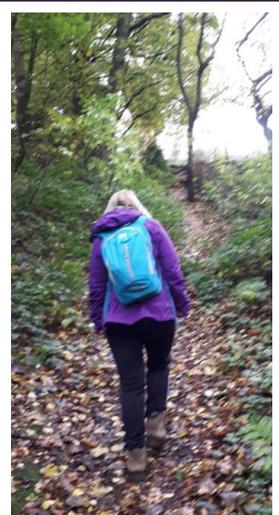
Father Kevin Goodrich, O.P., is a friar under life vows in the Anglican Order of Preachers (Dominicans). His spiritual devotion to and academic research on Hilton have brought him across the pond from North America to Southwell and Thurgarton on many occasions. He is the author of the book, *Mystic Bonfires: Walter Hilton and the Development of Practical Spiritual Theology*.

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/walter-hilton>

Image of Stairwell at Thurgarton Priory courtesy of Father Kevin

Walter Hilton Pilgrimage Eucharist and Tea



Sunday 26 March 2023

11am Eucharist at Thurgarton Priory

Afternoon Tea 1430-1520 at Sacrista Prebend Retreat House

Choral Evensong 1530 in Southwell Minster.

Celebrate Walter Hilton, whose feast day is 24th March with a Eucharist at Thurgarton Priory at 11am and Southwell Minster Choral evensong with a homily linked to Walter Hilton. Afternoon tea is available at Sacrista, opposite the west end of the Minster. **Prior booking is required.**

There is an annual five-mile pilgrimage walk from Thurgarton to Southwell, (for details see <https://britishpilgrimage.org/>). The route goes along farm tracks and through fields that would have been very familiar to our local mystic, Walter Hilton. **We are not organising the walk.**

Stout shoes or walking boots are advised. You need to bring a packed lunch.

The No 26 bus from Nottingham to Southwell stops at Thurgarton. If driving and attending the afternoon tea, you may leave your car in the Sacrista Car Park. The bus stop is a very short walk from here. More transport details will be sent to those who book around 22nd March.

Alison Milbank is Professor of Theology and Literature, University of Nottingham, and Canon Theologian at Southwell Minster. She is currently writing on divine indwelling and the agency of nature in natural philosophy. Father Kevin Goodrich, who the day before leads a day on Walter Hilton, will be joining us.

Places for afternoon tea are purchased with a donation. We recommend a minimum of £5 per person. Please book your place(s) at:

<https://www.southwellminster.org/sacrista/pilgrimage-tea>

Before the Cross all is stripped bare.

Maundy Thursday 6 April 2023

A quiet day

10am to 4pm at

Sacrista Prebend Retreat House



This is a creative and reflective retreat day in quiet based on the characters of the passion.

Focussing on Jesus being stripped of his clothing, and that the cross similarly strips away all our sin and false masks, this creative retreat explores the characters found in the Passion narrative and their journeys.

Using music, reflections, poetry, and times of personal prayer, we are invited to enter into the lives of these witnesses to the Passion as we embark upon our own Holy Week journey to the cross.

James Pacey is a Church of England Priest currently serving as a hospital chaplain. Prior to ordination he worked as a theatre director and holds a particular interest in the relationship between theatre and worship.

Easter 2023 sees him directing The Nottingham Passion, a new and dynamic portrayal of the Passion, being staged in St. Mary's in the Lace Market March 31st and April 1st. Anyone signing up to the retreat day will receive a complimentary ticket to the performance.

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/cross>

Sacrista Theology Group



**Meets fortnightly on Tuesdays
(24 January, 7 and 28 February, 14 and 28 March)
7.30pm-9pm at Sacrista Prebend Retreat House**

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

The group 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 please email:
michele.hampson@southwellminster.org.uk

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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