

Sacrista Prebend Retreat House

What's On: Summer 2023

Retreat Learning Stillness Reflection Prayer Study Meditation

Summer Bloom:

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



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



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This Summer we have a shorter but very varied programme as people are often busier in these months, in gardens and away. Summer is the season of flourishing, which is captured by the booked events.

Julian of Norwich noted of the small hazelnut, "It lasteth and ever shall, because God loveth it. And so hath all things being by the love of God." How shall we savour God's love and grow into God's likeness this Summer?

The day on Julian of Norwich and the motherhood of God with Alison Milbank starts the season and Angela Ashwin's quiet day on praying with John helps us end well.

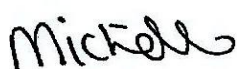
Continuing to explore wellbeing from a Christian perspective, we have a day focussing on the merits of awe and wonder. How does it help us body mind and spirit? We will enjoy embedding new practices into our lives.

We then have a day considering the significance of relationship building for a thriving church. This may appeal to those looking for church to be and to offer something different, something more. Come to join in the search for the way forward.

You will see that we are continuing with more events during the week by popular request. Of the three events that were fully booked this term, two were on weekdays so this is obviously meeting a need.

We have a growing mailing list, so I would urge you to book early to secure your place. To join that list, sign up for our newsletter on the Southwell Minster website at www.southwellminster.org/newsletter or ask for this to be done for you when you book an event.

We hope to see you soon,



Michèle Hampson (warden)

Julian of Norwich: Motherhood of God

Saturday 13th May 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 awesomeness of wellbeing

Wednesday 17th May 2023

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



Experiences of awe and wonder have a dramatic impact on our wellbeing. The good news is that we can make them happen-on a daily basis!

We will explore how such experiences affect us body, mind and spirit and discover a surprisingly diverse range of ways of achieving it. And of course we will put that into practice!

Come and share in this day of exploration, discussion, reflection, and practical activities.

Michèle Hampson was a psychiatrist and now is a priest, spiritual director, and has just resigned as warden of Sacrista. She is involved with others exploring Christian wellbeing nationally. She has previously run days on wellbeing from a Christian perspective. 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/awesomeness>

Dry bones hear the word of the Lord

Wednesday 21st June 2023

A day of listening, learning and meaningful conversations

10am to 4pm at

Sacrista Prebend Retreat House



“...fellowship (*koinonia*) is a crucial theological concept which has a central place in Christian thought. The main focus of the *miseo dei* is to restore the broken relationships between God and creation. Christ prays that the disciples should be one – so that the World will know the love of God. The community of faith is the training ground within which disciples are nurtured, equipped and sent forth. We therefore neglect the practice of fellowship at our own peril” *

Relational Church aims to “refocus our attention as Anglicans on the importance of fellowship as a foundational principle which underpins our shared mission and corporate worship.” This day is open to those of all church denominations.

The facilitators from Relational Church will come from a range of backgrounds and theological perspectives and regard diversity of opinion as a strength not a weakness.

This day is intended as a discussion starter, not a discussion ender. This is a journey, not a conclusion. We merely hope to encourage further conversation and engagement with these issues, as we seek to become a simpler, humbler, and bolder Church.

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

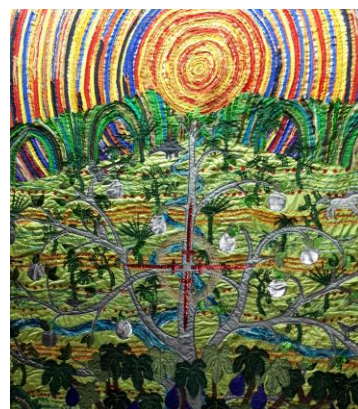
<https://www.southwellminster.org/sacrista/dry-bones>

From Introduction to the book “Building a Relational Culture: Finding Fellowship in the Church of England” <https://relationalchurch.uk/introduction>

Praying with St John's gospel

Wednesday 28th June 2023

A quiet day
10am to 4pm at
Sacrista Prebend Retreat House



The Fourth Gospel is a wonderful, multi-layered piece of writing, which invites us to engage ever more deeply with Jesus through our prayerful response.

On this basically silent day, we will reflect on what it means to 'abide in Jesus' (John 15) and explore some of the rich imagery that Jesus applies to himself. We will also look at what happens when Jesus encounters certain individuals in their vulnerability, and see what this might be saying to us now.

Angela Ashwin lives in Southwell, and has written several books about prayer and discipleship, including *Faith in the Fool: Risk and Delight in the Christian Adventure*.

She is a lay Canon of Newcastle Cathedral, and a licensed Reader in Southwell Minster. <http://www.angelaashwin.com>.

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/st-john>

Image from Threads of Creation exhibition, by Jacqui Parkinson, at Southwell Minster 2022

Sacrista Theology Group

**Meets fortnightly on Tuesdays from 11 April
7.30pm-9pm at Sacrista Prebend Retreat House**

The group selects what to read. Recently they have studied works of Julian of Norwich, Rowan Williams, Tom Wright and C S Lewis.



Alison Milbank is Professor of Theology and Literature at the University of Nottingham and Canon Theologian at Southwell Minster.

To book a place please email:

alison.milbank@nottingham.ac.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
via Zoom or
use the written reflection at a time that suits you**

Stilling Prayer offers the chance to participate in half an hour of silent prayer after a short preliminary reflection. Being part of a group is probably one of the best ways to start, as well as to continue an exploration of it.



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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