

**Northern Spirit Pilgrimage Monday July 3rd –Friday 7th Residential Retreat
Led by Tess Ward (see entry for March 4th)**

“This earth we are riding keeps trying to tell us something with its continuous scripture of leaves.” - William Stafford. This is a pilgrimage that will focus on the earth and the elements of each place that we visit and how the spirit of that place speaks to us. We will travel to Holy Island, Cuthbert’s Cave, Whitby and Durham Cathedral and hear the stories of Aidan, Hilda and Cuthbert but we will also travel to some hidden places and see some cup and ring marked stones, moors, rivers, a well and a waterfall. Each day will be marked with poetry, silence, blessing and ritual in the beautiful chapel of St Antony’s and in each of the places we visit so we will journey with each other and with those who have gone before as well as paying attention to our own path. This pilgrimage is open to those with any faith or none. Suggested Donation £250 Begins with Supper on Monday 3rd and ends 2 p.m. Friday 7th

Monday 31st July-Sunday 6th August

A six day individually guided silent retreat in the Ignatian tradition. A daily meeting with a retreat guide to help your prayer, a daily Eucharist and shared silent prayer each evening. Suggested Donation for Residential: full board £360 (see reverse of booking form). Begins with Supper on Monday evening finishing after lunch on Sunday

Thursday 17th August-Sunday 20th August

Viriditas-Hildegard Retreat with Lynn Nausner, “When Heaven Kisses Earth”-An Introduction to the Life and Spirituality of Hildegard von Bingen. As we walk in the footsteps of Saint Hildegard, a 12th century visionary, we will have time to reflect, be still in nature, share in her wisdom and be creative. Lynn Nausner is a team member of St. Antony’s Priory, trained in Counselling and Spiritual Direction and has a special bond with this earthy Saint. Suggested donation £180, there may be some non-residential spaces, the suggested donation in this case would be £100



ST ANTONY'S PRIORY 74 Claypath Durham, DH1 1QT

A project of the Society of the Sacred Mission

Reg UK Charity No: 1101444

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A Programme of
Quiet days Workshops and Retreats
January-August 2017

Regular Groups, Quiet Days and Workshops

(more details on our website: www.stantonypriory.co.uk)

Monday 9th January (Weekly thereafter): Well-Being Sessions “Listening to the Wisdom of our Bodies” 2pm and 7pm Led by Paul Golightly and Priory Team. See separate flier.

Wednesday 11th January: Dancing our Prayers (Fortnightly thereafter) Led by Judy Turner and Mary Grimes. Dance is the language that unites body, mind and spirit. Jan 25th, Feb 8th and 22nd, March 8th and 22nd, April 5th and 26th, May 10th and 24th, June 7th All 2.15-4pm **(No previous experience necessary)**

Wednesday 11th January (Weekly thereafter): Mid-week Meditation. 6:30-7:30pm

Saturday 14th January: Together in Meditation Two separate hours of Meditation rooted in the Christian tradition. Come to either or both. 10 and 11.30am

Saturday 4th February: “Being the Beloved” Led by Janet McHugh. Drawing on the life of Henri Nouwen, this day hopes to encourage each person’s understanding and experience of how beloved they are of God and out of this to enable each one to deepen their love of God and neighbour. Janet is a member of St Antony’s team and her passion is to help others find and grow in their Christian faith. 10:30-4pm

Saturday 11th February: Together in Meditation see above. 10 and 11:30am

Tuesday 28th February: Lenten Quiet Day “Beginning the Journey into Light” Led by Chris Smith. Lent can be more than a time of fasting; it can be a season of feasting. Shrove Tuesday marks the end of one season and looks towards the beginning of the Lenten Journey. This day will explore and reflect upon how we might use Lent to fast from certain things and to feast on others. Chris Smith a Catholic laywoman involved in the ministries of faith accompaniment and counselling. 10:30-4pm

Saturday 4th March: “Finding the way home” Led by Tess Ward

“This is the temple of my adult aloneness and I belong to that aloneness as I belong to my life. There is no house like the house of belonging.” (-David Whyte: *The House of Belonging*) This day will explore what we mean by a sense of home and will explore our belonging to our bodies, ourselves, each other, the earth and the Divine. We will do this with the help of poetry, music, movement, creativity, prayer and silence, together and alone. Tess has been a hospice chaplain, and is a writer and retreat leader, she celebrates the seasons in the Celtic wheel of the year, and was a celebrant for people’s ceremonies and stages. 10:30-4pm tessward.wordpress.com.

Saturday 11th March: Together in Meditation see Jan 14th 10 and 11:30am

Saturday 18th March: “Wonders of the Universe “ Led by Ruth Grant, A day to be open to awe, radical amazement and transformation as we consider the wonders of the universe we are coming to know. Ruth is a member of St Antony’s Team and loves watching the moon rise. 10:30-3:30pm

Saturday 25th March: “The Love of Mary Magdalene” Led by Suzanne Saoirse Magdalena Dance. In this workshop we will consider together who Mary Magdalene really was, and why she has been marginalized, and misrepresented by the traditional church. We will also explore how we may devalue and belittle ourselves. And how understanding the Archetype of the Magdalene can help us to reclaim our rightful place as women of power and grace. And we will consider Mary Magdalene as the embodiment of the healing of the split between the sexual and the sacred, and how that affects each one of us. (This day is for women only) More details on website. Suzanne is an actor, dancer, community worker, teacher of well -being, and feminist. 10:30-3pm

Saturday 8th April: Together in Meditation see Jan 14th. 10 and 11.30am

Saturday 29th April: “A New Creation” Led by David Kirkham. A writing course for the Easter Season following on from the well-received “Let the Spirit Flow” day, a further opportunity to use the resources of the Easter season and the Priory garden in springtime to express in writing, faith and meaning for each of the participants. **(No Previous experience necessary)** David’s background is in English language teaching. 10-4.30pm

Saturday 13th May: Tai chi and Together in Meditation Terry Doyle will lead Chi Gong energy work and Tai chi. Also there will be the normal two separate hours of silent meditation at 10 and 11.30am. The input for the day will be from 10-3pm

Saturday 17th June: Together in Meditation see Jan 14th. 10 and 11.30am

Northern Spirit Pilgrimage 3rd-7th July Residential Retreat: See back page for more details

Saturday 8th July: Tai chi and Together in Meditation Details as for 13th May above

A Simple Vegetarian Lunch is Provided on all of our Quiet Days