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**Using Marcus Borg's book of the same name to look at the Gospels and historical tradition. How can we believe and follow Jesus today? What Jesus did and did not say about himself? What can we let go of and hold on to? 10.30-4**

**Saturday 11<sup>th</sup> November: Be Still and Know-a Day of Meditation and Music-Led by Ruth Grant and Lynn Nausner**, team members of St. Antony's, who will be leading the normal morning sessions at 10 and 11:30

**Deborah Thorne** will use music as a way in to meditation in the afternoon. Deborah follows a Celtic spiritual path, also drawing inspiration from earth based spirituality and mystic traditions worldwide. She plays cello alone, with gongs, and with the Celtic harp for meditation and also delights in exploring the power of voice in toning and chanting

**More and more people from various walks of life, faith traditions, and professions are discovering the benefits of practising meditation. Many yearn to access that 'still centre' in an often demanding and hectic life but can find it difficult to develop a personal discipline. This day is for all who wish to explore various paths into stillness and feel held and supported in a place of peace and serenity 10-3:30**

**Saturday 25th November: Together in Meditation** Two separate hours of Meditation rooted in the Christian tradition **10 and 11.30**

**Saturday 9th December: Together in Meditation** Two separate hours of Meditation rooted in the Christian tradition **10 and 11.30**

**Together in Meditation will be Jan 6th and 20th in 2018**

New Cycle of **Capacitar Wellness Training** begins May 2018 see website and fliers for full details



**ST ANTONY'S PRIORY**  
ECUMENICAL SPIRITUALITY CENTRE



**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**  
**September-December 2017**

## Regular Groups, Quiet Days and Workshops

(more details on our website: [www.stantonyspriory.co.uk](http://www.stantonyspriory.co.uk))

**Wednesday 6<sup>th</sup> September: Dancing our Prayers, A Taster Session** Led by Judy Turner

*Dancing our Prayers is an opportunity to use simple dances prayerfully, dances that have inspired people of various cultures for centuries, as well as modern choreographies in a similar style. They help bring mind, body and spirit into harmony and so bring inner peace. The dances are taught and no previous experience or dance ability is necessary. Comfortable flat-heeled shoes advised. (tel. 0191 3842147 for further details) 2.30-3.30*

And if interested, there will be regular fortnightly sessions on Wednesdays; **13<sup>th</sup> and 27<sup>th</sup> September, 11<sup>th</sup> and 25<sup>th</sup> October, 8<sup>th</sup> and 22<sup>nd</sup> November and 6<sup>th</sup> December** from **2.15 to 3.45**

**Saturday 9<sup>th</sup> September: Tai Chi and Together in Meditation 10-3**, led by Terry Doyle who will lead Chi Gong energy work and Tai Chi. Also the normal two hours of silent meditation at **10:00 and 11:30**

*Together in Meditation has proved to be our most popular group for the last eight years so we are going to offer this twice per month until Easter next year to see what the take up is. We are suspending the mid-week Meditation as the numbers were very low sometimes and hope the offer of every two weeks will afford the opportunity for all who want to come and know the power of shared silence and meditation.*

**Monday 11<sup>th</sup> September (and weekly thereafter): Well-Being Sessions “Listening to the Wisdom of our Bodies”**, led by Paul Golightly and Priory Team. At **2 and 7 pm**

*The Power of Intention, Meditation, Spiritual Practices, Energy and Bodywork are proven in much recent research, to offer great benefits for our wholeness and well-being in the stress of daily life, in coping and dealing with traumatic experiences. For the last three years St Antony's have offered well-being and resilience days to the recovery community and carers. These weekly sessions will use the well trialled methods of these days in an easy flowing hour*

*See website for dates and themes*

**Saturday 23<sup>rd</sup> September Together in Meditation**

**Saturday 14<sup>th</sup> October Together in Meditation**

*Both above dates; two separate hours of Meditation rooted in the Christian tradition at 10 and 11.30*

**Saturday 21<sup>st</sup> October: “The Love of Mary Magdalene”** (rescheduled from March this year) Led by;

**Suzanne Saoirse Magdalena Dance-Suzanne** is an actor, dancer, community worker, teacher of well-being, and feminist

**Clare Lewis**-has been exploring the story of Myriam, Mary the Magdalene as a feminine archetype that is particularly strengthening to the female aspect of God and speaks to the missing links we may feel in our spirituality

*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. More details on website. (This day is for women only) 10:30-3*

**Saturday 28<sup>th</sup> October: Together in Meditation** Two separate hours of Meditation rooted in the Christian tradition **10 and 11.30**

**Saturday 4<sup>th</sup> November: Meeting Jesus Again for the First Time** Led by;

**Helen Stephenson**-Church Related Community Work Minister with the United Reformed Church, having only been introduced to Marcus Borgs work recently, is excited by the opportunities such thinking and understanding can have on opening the Gospels and the teachings of Jesus beyond the boundaries often placed on current teachings and traditions

**Paul Golightly**-St Antony's Priory who has always found Marcus Borg's writing about contemporary Christian faith to be helpful and exciting

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