

Saturday May 26th: Together in Meditation- 10-12.30 two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am

Saturday June 2nd: "This is wonder without end!" So Rumi described sitting in the shade of an ancient tree. Come and spend some time contemplating in the garden of creation: come to find in the natural world a gateway to the Sacred, 10-1pm conclude with lunch. **Quiet Day Leader Ruth Grant** is a member of the St Antony's team

Saturday June 9th: Tai Chi and Together in Meditation – with **Terry Doyle** who will lead Chi Gong energy work and Tai Chi **10-3pm** two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am and shared sessions of Tai Chi and meditation in the afternoon in the afternoon

Saturday June 23rd: Together in Meditation – 10-12.30 two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am

Saturday July 7th: Together in Meditation—10-12.30 two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am

Monday July 9-16th : Painting and Prayer retreat with Kay Andrews and Margaret Stein CARM (*creative arts in retreat movement*) 8 days residential £420 (To book use reverse of booking form)

Monday July 30th-Sunday August 5th: 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



A project of the Society of the Sacred Mission

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

A Programme of
Quiet days Workshops and Retreats
January to August 2018

Regular Groups, Quiet Days and Workshops

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

Saturday January 6th: Together in Meditation – 10-12.30 two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am

Monday January 8th: 7pm and **Thursday 11th** at 2.30pm (weekly thereafter) (**Please note the change of day for afternoon session**)

Well-Being Sessions “Listening to the Wisdom of our Bodies” Led by Paul Golightly and Priory Team

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 deal 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

Wednesday January 10th: Dancing our Prayers (Fortnightly thereafter) 2.15-4pm **Led by Judy Turner.** Dance is the language that unites body, mind and spirit (Jan 24th, Feb 7th and 21st, March 7th and 21st. April 11th and 25th, May 9th and 23rd, June 6th and 20th)

Saturday January 20th: Together in Meditation – 10-12.30 two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am

Saturday February 10th: Together in Meditation – 10-12.30 two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am

Tuesday February 13th: Praying with your Bus Pass – 3 sessions Exploring prayer and spirituality for the second half of life with **Bishop Mark Bryant** Beginning with prayer at 12.30 then lunch (**optional**) Full session 1.30-3.30pm Use public transport and get a reduction on the price of the day (**then February 27th** and **March 13th** same format)

Saturday February 24th: Together in Meditation – 10-12.30 two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am

Saturday March 10th: Together in Meditation – 10-12.30 two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am

March 16th-18th: The Enneagram Introductory workshop with **Veronica Whitty** Beginning 6.30 p.m. on the Friday ending 4.30 on Sunday

The Enneagram is based on the wisdom of the Desert Fathers and Mothers. They observed the obstacles to spiritual and personal development among their brethren and devised ways to help them deal with these obstacles and mature personally and spiritually. This ancient tradition has been further developed and combined with modern psychology for everyone's benefit. It is not therapy. You decide your space by reflecting on your life, not on deep wounds but on how you deal with e.g. decisions, anger, relationships. Why do some spiritual practices help some but not others? Discover what helps you. Learn about the Three centres on the Enneagram: Heart, Head and Instinctual and the nine spaces within them. There will be large and small group work, pair work and individual work with specially-tailored practices to help you decide. (To book use reverse of booking form)

Saturday March 24th: Together in Meditation–10-12.30 two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am

Saturday April 14th: Together in Meditation–10-12.30 two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am

Saturday April 21st: Viriditas – Greening Power Quiet Day Leader: Lynn Nausner, a team member of St. Antony's Priory and a Hildegardian at heart

In the beginning was Viriditas (a central theme within Hildegard of Bingen's theological reasoning and a cherished notion throughout her work). Creation and humanity is showered with Viriditas, a lush, moist greening power and vitality that is alive in every atom and every cell of our 'beingness'. We will focus on meditation, body prayer and movement, touching the earth and celebrating the Creator whom Hildegard calls 'The purest Spring'. 10.30-4pm

Saturday May 5th: Tai Chi and Together in Meditation– with Terry Doyle who will lead Chi Gong energy work and Tai Chi 10-3pm two separate hours of meditation rooted in the Christian tradition at 10 and 11.30am and shared sessions of Tai Chi and meditation in the afternoon.

Saturday May 19th: “Night as Bright as Day” drawing on the teachings of Henri Nouwen about God's gift of discernment to those who wish to shine the light of Jesus in the darkness. Quiet Day leader Janet McHugh is a member of the Priory team who loves the writing and example of Henri Nouwen. 10.30-4pm

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