



ST ANTONY'S PRIORY
ECUMENICAL SPIRITUALITY CENTRE



A project of the Society of the Sacred Mission



Reg UK Charity No: 1101444

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

A Programme of
Quiet Days Workshops and Retreats
September to December 2018

Regular Groups, Quiet Days and Workshops

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

Wednesday 5th September: Dancing our Prayers, A Taster Session Led by Judy Turner, 2:30-3:30pm

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)

And if interested, there will be regular fortnightly sessions on Wednesdays; 12th and 26th September, 10th and 24th October, 7th and 21st November and 5th December from 2.15 to 3.45pm

Saturday September 8th: Tai Chi and Together in Meditation, St Antony's Team and Terry Doyle, 10-3pm

Terry will lead Chi Gong energy work and Tai Chi. There are also two separate hours of meditation rooted in the Christian tradition at **10 and 11.30** and shared sessions of Tai Chi and meditation in the afternoon

Wednesday 12th September: Dancing our prayers led by Judy Turner, 2.15-3:45pm
(See above for more details)

Thursday September 13th (weekly thereafter) Well-Being Sessions "Listening to the Wisdom of our Bodies" Led by Priory Team, 2:30-3:45pm

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 (to include refreshments from 3:30pm)

Wednesday 26th September: Dancing our prayers led by Judy Turner, 2:15-3:45pm
(See 5th September for more details)

Saturday 29th September: Together in Meditation, 10:30-11:30am

One hour of meditation rooted in the Christian tradition, 10:30 start with refreshments from 10am (please note change from two sessions to one)

Wednesday 10th October: Dancing our prayers led by Judy Turner, 2.15-3:45pm
(See 5th September for more details)

Saturday October 13th : Together in Meditation 10:30-11:30am
(as 29th September)

Wednesday 24th October: Dancing our prayers led by Judy Turner 2.15-3:45pm
(See 5th September for more details)

Saturday October 27th : Together in Meditation 10:30-11:30am
(as 29th September)

Wednesday 7th November: Dancing our prayers led by Judy Turner, 2.15-3:45pm
(See 5th September for more details)

Saturday 17th November: "Night as Bright as Day", led by Janet McHugh, 10.30-4pm

This day draws 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. Janet is a member of St Antony's team who loves the writing and example of Henri Nouwen. (Postponed from May 19th-blame Harry and Megan!)

Wednesday 21st November: Dancing our prayers led by Judy Turner, 2.15-3:45pm
(See 5th September for more details)

Saturday 24th November: Together in Meditation, 10.30-11.30am

One hour of Meditation rooted in the Christian tradition 10.30 start with refreshments from 10am (Please note the change from two to one session)

Wednesday 5th December: Dancing our prayers led by Judy Turner, 2.15-3:45pm
(See 5th September for more details)

Saturday 8th December: Together in Meditation 10:30-11:30am as above

A Simple Vegetarian Lunch is Provided on our Quiet Days