



**Wednesday 11 January: Ignatian Spirituality in Three Objects**

**1. Ignatius' Shoes. Life as a pilgrimage. (Morning)**

With Sr Marie-Christine

**Monday 23 January: Mondays at St Andrew's: 'Nothing can be loved at speed'.**

With Sr Christiane and/or Sr Regula

**Wednesday 25 January: Ignatian Spirituality in Three Objects**

**2. Ignatius' Begging Bowl. Receiving from God (Morning)**

With Sr Marie-Christine

**Saturday 4 February: The drama triangle, the winners' triangle.**

Living our relationships out in competition and/or cooperation: a workshop,

With Sister Christiane

**Wednesday 8 February: Ignatian Spirituality in Three Objects**

**3. Ignatius' Sword. Laying down my weapons. (Morning)**

With Sr Marie-Christine

**Friday 17-Sunday 19 February: Stepping Stones into Silence:**

A silent retreat for beginners with personal accompaniment by a sister (Individually Guided Retreat)

**Sunday 26 February to Sunday 26 March: Lent retreat in daily Life:**

'Your word is a lamp for my steps and a light for my path.' Psalm 119.105.

Four weeks. Led by a team of spiritual accompaniers and the sisters

**Saturday 4 March: Lenten Quiet Day.**

With Sister Sigrun

**Monday 13 March: Mondays at St Andrew's: 'Nothing can be loved at speed'.**

With Sr Christiane and/or Sr Regula

**Sunday 26 March: Closing of the Lent retreat**

**Monday 3, Tuesday 4 and Wednesday 5 April: "Remain here with me, watch and pray."**

5.30 to 7.30 pm, in silence in the chapel or in one of the rooms. 7.30 pm Prayer with the Community.

**Saturday 6 May: Voice and Prayer. Can singing together bring us closer to God?**

With Sister Fiona

**Wednesday 10 May, 'Do we have the right to be happy ?'(Morning)**

With Anna-Stina Ponsford

**Saturday 20 May: Biblical Theatre Workshop.** Rediscover a Bible Story through drama.

With Sister Fiona

**Wednesday 24 May. Praying with crafty hands.**

**1.Celtic Mandalas.** Contemplative colouring (Morning)

With Sr Marie-Christine

**Wednesday 7 June: Praying with crafty hands.**

**2. Making my own Blessing Cross.** (Morning)

With Sr Marie-Christine

**Saturday 10 June: "Looking into the Art of Ignatian Prayer- 2".**

Exploring some of St Ignatius' ways of praying using Art Materials. A workshop day with Mary Chamberlin.

**Wednesday 21 June: Praying with crafty hands.**

**3. Creating a comforting prayer shawl.** Crochet. (Morning)

With Sr Marie-Christine

**Friday 21 to Sunday 30 July: An Urban Oasis Silent Retreat.** 8-Day, 5-Day or 3-Day silent retreat with personal accompaniment by a sister (Individually Guided Retreat).

**Wednesday 20 September: The Manresa Mosaics by Marko Rupnik sj.** A different retreat in Daily Life.

**1.God loved us into Creation** (Morning)

With Sr Marie-Christine

**Saturday 23 September: Reflection day in the 'Season of Creation'.**

With Sr Regula

**Saturday 30 September: Biblical Theatre Workshop.** Rediscover a Bible Story through drama. With Sister Fiona

**Saturday 14 October: Voice and Prayer. Can singing together bring us closer to God?** With Sister Fiona

**Wednesday 18 October: The Manresa Mosaics by Marko Rupnik sj.** A different retreat in Daily Life.

2. **Unhealthy choices** (Morning) With Sr Marie-Christine

**Friday 27-Sunday 29 October Stepping Stones into Silence**

A silent retreat for beginners with personal accompaniment by a sister (Individually Guided Retreat)

**Wednesday 15 November: The Manresa Mosaics by Marko Rupnik sj.** A different retreat in Daily Life.

3. **Turning away from the source of life** (Morning) With Sr Marie-Christine

**Saturday 18 November: Empty Nest Syndrome, going through the transition.**

A workshop day with input, sharing and personal times. With Sr Marie-Christine

**Sunday 26 November: St Andrew's Open Afternoon**

**Saturday 2 December Advent Quiet Day-** With a sister.

**Wednesday 13 December: The Manresa Mosaics by Marko Rupnik sj.** A different retreat in Daily Life.

4. **The Annunciations** (Morning) With Sr Marie-Christine

**Wednesday 13 December: Meditative prayer with Taizé Chants**

(no Prayer on the last Wednesday of December)

## **Information, contact and booking**

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**Sisters of St Andrew, 99 Belmont Hill, SE13 5DY Lewisham**

**T: 0208 852 1662**

**e-mail: [welcome@sisters-of-st-andrew.com](mailto:welcome@sisters-of-st-andrew.com)**

**website: [www.sisters-of-st-andrew.com](http://www.sisters-of-st-andrew.com)**

registered charity number no 227315

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