



**Saturdays Series:** 10 arrivals, 10.30 start, 4.30pm end.

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

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

**Saturday 4 March:** Lenten Quiet Day. With Sister Sigrun

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

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

**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.

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

**Saturday 18 November:** Empty Nest Syndrome, going through the transition.  
A workshop day with input, sharing and personal times.  
With Sister Marie-Christine

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

## Wednesday Morning Series:

10 arrivals, 10.30 start, 1.30pm end.

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**Ignatian Spirituality in Three Objects** (3 meetings in January/February. Book for all, one or two of the meetings).. With Sister Marie-Christine

- Wednesday 11 January: Ignatius' Shoes. Life as a pilgrimage
- Wednesday 25 January. Ignatius's Begging Bowl. Receiving from God
- Wednesday 8 February. Ignatius's Sword. Laying down my weapons.

'Do we have the right to be happy ?'

- Wednesday 10 May, With Anna-Stina Ponsford

**Praying with crafty hands.**

With Sister Marie-Christine

1. Celtic Mandalas. Contemplative colouring 24/5
2. Making my own Blessing Cross. 7/6
3. Creating a comforting prayer shawl. Crochet. 21/6

**The Manresa Mosaics by Marko Rupnik, sj.** A different retreat in Daily Life.

Beginning in Autumn 2023. One Wednesday Morning per month, for 9 months. If possible come for every session. With Sister Marie-Christine

1. God loved us into Creation 20/9
2. Unhealthy choices 18/10
3. Turning away from the source of life 15/11
4. The Annunciations 13/12

## Other

### **Mondays at St Andrew's: 'Nothing can be loved at speed'.**

10 arrivals, 10.30 start, 3.30pm end. With Sister Christiane and/or Sister Regula.  
In average once every two months. Check dates on our website.

**Lenten retreat in daily life:** An opportunity to deepen our prayer life and prepare for the Holy Days with an experience of spiritual accompaniment. Four weeks from 26 February to 26 March and a meeting on Sunday 23 April.

### **Holy Week 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.

**'Come away'**. One Thursday a month: 10.30am – 12.30pm. For those who care for a loved one suffering from ill-health. A time to come away, pause, reflect, listen and share. Check dates on website and contact Sr Regula.

### **Meditative evening prayer with Taizé chants.**

Last Wednesday of each month except July and August. 7.30 to 8.30pm. Arrive at 7.00 if you wish to practice the songs. No need to book. 2023: 25/1, 22/2, 29/3, 26/4, 31/5, 28/6, 27/9, 25/10, 29/11, 13/12.

**Care of Our Common Home:** Some events inviting to reflect, share and pray about our commitment to the 'Care of Our Common Home'. Consult the website.

**Mass with the community.** Weekly Friday evenings 6.30-7.15pm.  
(call to check the previous day).

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

Other possibilities: Groups for the day (up to 25), residential groups (up to 10), individually quiet day, retreat of several days with or without a personal accompaniment, online individually guided retreat, spiritual accompaniment and supervision.

## Information, contact and booking

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