



Wednesday 11 January: Ignatian Spirituality in Three Objects. (Morning)

With Sr Marie-Christine

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

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

Wednesday 1 February: Building a strong tower.

A time to reflect upon the chaos of our life and to build up our inner resilience

With Revd Caroline Risdon

Saturday 4 February: The drama triangle, the winners' triangle. (Day)

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

With Sr Christiane

Wednesday 8 February: Ignatian Spirituality in Three Objects

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

With Sr Marie-Christine

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 Sr Sigrun

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

With Sr Christiane and/or Sr Regula

Friday 17-Sunday 19 March: Stepping Stones into Silence:

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

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 meeting rooms. 7.30 pm Prayer with the Community.

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. (Day) 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 (Day)

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: Wonder and Hope in a time of Climate Crisis (Day) With Sr Regula

Saturday 30 September: Biblical Theatre Workshop. Rediscover a Bible Story through drama. (Day)
With Sr Fiona

Saturday 14 October: Voice and Prayer. Can singing together bring us closer to God?(Day) With Sr 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- (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)

More information

Saturday programme: 10am for 10.30 start. Ends 4pm. Bring a packed lunch

Wednesday programme: 10am for 10.30 start. Ends 1pm.

Series: Ignatian spirituality in three objects (January/February)

Praying with crafty hands (June)

The Manresa Mosaics by Marko Rupnik sj. A different retreat in Daily Life. Begins in Autumn

Mondays at St Andrew's: Nothing can be loved at speed. 10.30am for 11.00 start. Ends 3.30pm.

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.

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. 2.30 to 5.30pm, prayer with the community at 4.30pm.

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.