



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

**1. Ignatius' Shoes. Life as a pilgrimage.**

Morning: 10am for 10.30 start. Ends 1pm.

With Sr Marie-Christine

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

10.30am for 11.00 start. Ends 3.30pm.

With Sr Christiane and/or Sr Regula

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

**2. Ignatius' Begging Bowl. Receiving from God**

Morning: 10am for 10.30 start. Ends 1pm.

With Sr Marie-Christine

**Wednesday 25 January: Meditative Evening Prayer: Week of Prayer for Christian Unity.**

*'Do good; seek justice' (Isaiah 1:17)* 7.30 to 8.30pm.

**Wednesday 1 February: Building a strong tower.**

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

Morning: 10am for 10.30 start. Ends 1pm.

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,  
10am for 10.30 start. Ends 4pm. Bring a packed lunch

With Sr Christiane

Dated 1/1/2023. Check our website for updates of the calendar.