

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

#### **3. Ignatius' Sword. Laying down my weapons.**

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

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.

Opening of the retreat in the afternoon, time to be confirmed.

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

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

With Sr Sigrun

### **Monday 13 March: 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

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

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

5 pm on Friday to 5pm on Sunday.

### **Sunday 26 March: Closing of the Lent retreat . Afternoon. Time to be confirmed**

### **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: 10am for 10.30 start. Ends 1pm.

With Anna-Stina Ponsford

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

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

With Sister Fiona

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

#### **1. Celtic Mandalas.** Contemplative colouring

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

With Sr Marie-Christine

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

#### **2. Making my own Blessing Cross.**

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

With Sr Marie-Christine

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