

## 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)**

**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.

**'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.

