

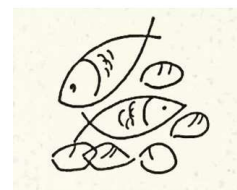


# *St Andrew's Calendar 2023*

(From February on)

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Sisters of St Andrew, 99 Belmont Hill, SE13 5DY Lewisham  
T: 0208 852 1662  
e-mail: [welcome@sisters-of-st-andrew.com](mailto:welcome@sisters-of-st-andrew.com)  
website: [www.sisters-of-st-andrew.com](http://www.sisters-of-st-andrew.com)  
registered charity number no 227315  
Dated 5/2/2023. Check our website for updates of the calendar.



**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 2.30 to 5.00 pm.

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

**'Come back to me, with all your heart, don't let fear keep us apart.'** Hosea 11

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. 2.30 to 5.00 pm.**

**Monday 3, Tuesday 4 and Wednesday 5 April: "Remain here with me, watch and pray."**

Every day: 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

**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

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

**Wednesday 21 June: Praying with crafty hands.**

**3. Creating a comforting prayer shawl.** Crochet hook  
Morning: 10am for 10.30 start. Ends 1pm. 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).

**Saturday 23 September: Wonder and Hope in a time of Climate Crisis (Day)**

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

**Friday 27-Sunday 29 October 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.

**Saturday 18 November: Empty Nest Syndrome, going through the transition.**

A workshop day with input, sharing and personal times.  
10am for 10.30 start. Ends 4pm. Bring a packed lunch. With Sr Marie-Christine

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

2.30 to 5.30pm. 4.30 prayer with the community

**Saturday 2 December Advent Quiet Day- (Day)**

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

**Wednesday 13 December: Meditative prayer with Taizé Chants. 7.30 to 8.30pm.**  
(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)**

**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.