

Friday 19 to Sunday 28 July: An Urban Oasis Silent Retreat A silent retreat including personal accompaniment with a sister (IGR). 3 to 8-Day retreat. 2 nights minimum.

Saturday 28 September: “Stations of the Universe”, A day of prayer and reflection in the Season of Creation with Sr Regula

Friday 25-Sunday 27 October Stepping Stones into Silence A silent retreat for beginners including personal accompaniment with a sister(IGR)

Saturday 30 November Advent Quiet Day- with a sister.

Sunday 1st December: St Andrew’s Open Afternoon

Tuesday 10 December: Meditative Evening prayer including Taizé Chants (no Prayer on the last Tuesday of December)

‘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. Contact Sr Regula.

Meditative evening prayer including Taizé chants.

Change of day: From January 2024, the prayer will be held on the last **TUESDAY** of the month instead of the last Wednesday. Every month except July, August and December. 7.30 to 8.30pm. Arrive at 7.00 if you wish to practice the songs. No need to book. 30/1, 27/2, 26/3, 30/4, 28/5, 25/6, 24/9, 29/10, 26/11, 10/12.

Mass with the community. Weekly Friday evenings 6.30-7.15pm. (call to check the previous day).

Other possibilities: Groups for the day (up to 25), residential groups (up to 9), quiet day or retreat of several days with or without personal accompaniment, online individually guided retreat, spiritual accompaniment and supervision of spiritual accompaniment..

Information, contact and booking

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