

**The Abbey House
Programme of Retreats
and
Quiet Days 2017**



**At Abbey House
Glastonbury**

Please note, Abbey House promotions are marked with an * and the title highlighted in blue. Fuller details and individual leaflets for all Abbey House promotions can be found on our website www.abbeyhouse.org
Abbey House Quiet Days are listed on pages 7–10 of this leaflet.

January & February

Private bookings only except for Abbey House Quiet Day on Monday 20 February (see page 7 for more details)

March

Monday 13 to Friday 17 March

The Enneagram Retreat *£280

Fully booked, waiting list only

with Simon Parke

In a contemplative climate, Simon offers the chance to reflect more deeply on this profound understanding of personality types. This retreat is both for Enneagram beginners and for those who have travelled a little with this teaching



Wednesday 29 March

Wells Cathedral Lent Quiet Day

Contact Alison Wilcox 01749 673689 for details and booking

April

Thursday 6 to Monday 10 April



Céile Dé Annual English Gathering

An intensive four day residential retreat, offering spiritual teachings and practices of the Céile Dé tradition to long-term practitioners and newcomers alike.

For further details and booking see

<http://www.ceilede.co.uk/news/events>

May

Private bookings only except for Retreat Association Quiet Day on Thursday 11 May (see page 8 for more details)

June

Private bookings only except for Abbey House Quiet Day on Tuesday 20 June (see page 9 for more details)

July

Monday 3 to Friday 7 July

CARM Retreat: Seeds for the Spirit

*£340

Embroidery or Painting

CARM retreats are Christian and ecumenical.

There is always a delightful mixture of able painters or embroiderers, complete novices, and everything in between.



NB there is an option of two extra days for the Embroidery retreat

August

Annual Fundraising Open Day Sunday 6 August

The House and grounds are open to all
Starting at 12 noon through till 4.00 light BBQ lunches and cream teas are available with or without our luscious home-made cake and there will also be a bookstall, tea time music and tours of the House. Entrance is only £1.50 and all are welcome

September

Monday 11 to Friday 15 September

Fellowship of Contemplative Prayer
Weekday Retreat



The Fellowship of
Contemplative Prayer

For more details contact

ianandlizpearson@waitrose.com

October

Friday 13 to Sunday 15 October

The Wisdom of Mary for Christian Discipleship *£210

With Revd Canon Dr Georgina Byrne



Despite her evident presence in the Gospels, Mary is often overlooked as a model for Christian discipleship.

This retreat encourages participants to reflect on Mary in four key moments of her life and offers opportunity to ponder our own call to follow her son day by day. This

retreat will offer meditations on key

scriptural texts, making use of images, poetry and music to enable Mary's voice to speak to our own desire to follow her Son as our Saviour



The Revd Canon Dr Georgina Byrne is a residentiary canon of Worcester Cathedral. She was, until 2015, also Diocesan Director of Ordinands for the Diocese of Worcester. She has been ordained for twenty years and is married to Tim, a barrister. They have a son who is six.

November

Tuesday 7 to Thursday 9 November

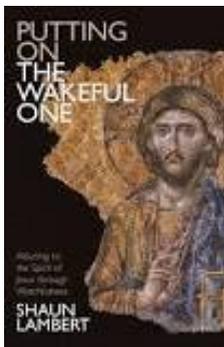
Mindfulness and our Relationships *£200

With Revd Shaun Lambert

Relationships are at the heart of living life in all its fullness. In this retreat Shaun will show us how to cultivate whole and fulfilling dimensions in our relationships: with God, our own self, others and creation. Even in our most intimate relationships we often run them on automatic scripts, becoming aware of this is the first step in changing those relationships. Shaun will



show us some of the other steps along with simple and embodied practices for learning relational and spiritual attention. The retreat will be interactive and dialogue and make full use of Abbey House as a 'thin' place, a place to transcend our self-limitations



Baptist Minister Revd Shaun Lambert is a trained counsellor and psychotherapist, and has been researching mindfulness since 2006, looking particularly at Christian and psychological perspectives. The second edition of his popular work, A Book of Sparks: A Study in Christian Mindfulness was published in 2014. His latest book, Putting on the Wakeful One was published in 2016.

Monday 14th—Friday 18th November

Fellowship of the Holy Spirit Retreat

Contact Jean Thorn for further details

email: jeanthorn@pobroadband.co.uk



ABBHEY HOUSE QUIET DAYS 2017*

Quiet Days start at 10am. You may arrive for coffee from 9.30. Lunch is included and the day usually ends between 3.30–4pm with tea and homemade cake. Cost: £25 (£20 for Friends of Abbey House). Please contact the office for a booking form for the Quiet Days or download one from www.abbeyhouse.org

Monday 20 February

Lynne Sedgmore

Falling upwards

We will draw on these paradoxical words by Richard Rohr to examine the expansive possibilities of our lives and our spirituality as we transition gracefully between the first and second halves of our life. We will explore ways in which we can experience our later years as ones of difference, transformation and growth.



Lynne is an ordained Interfaith Minister, a trained Spiritual Coach, a healer member of NFSH and a Benedictine Oblate. She has been involved in spiritual retreats and workshops for 25 years

Monday 20 March

Evelyn Ridout

William Blake: artist, poet, mystic and activist—envisioning God

William Blake is probably best known as the author or the words of the hymn: Jerusalem. During our time together we will seek to get to know the man himself a little better, along with the forces which drove him, and reflect on why this hymn is the great inspiration it is and why its words should be taken seriously in today's world

Evelyn Ridout is a retired Non-Stipendiary Minister of the United Reformed Church who served the mid-Somerset group for 15 years



Monday 3 April

Angela Steele

What have we done with Jesus?

Jesus said: 'I am the way, the truth and the life ...'
John 14:6

A day during Lent to take time to reflect on how to follow Jesus in our ordinary, everyday lives. We will be looking at what scripture, poetry and the Rule of Benedict have to say to us about what it means to be a follower of Jesus and a people of The Way.

Angela is a URC Minister who retired from ministry and then discovered that God had other plans. She is a 3rd Order Franciscan and a Spiritual Companion



Thursday 11 May

Sally Buddle

Retreat Association Regional Quiet Day: Listening to the dance of the Trinity—joining in with God, Father, Son and Holy Spirit

Through exploring the mutual giving and receiving of love between Father, Son & Holy Spirit, we will discover more deeply how to believe, receive, trust in and celebrate God's love. By accepting the invitation to join in the dance of the Trinity we hope to learn to live better as a community of believers.

Sally is currently the Vicar of Bathford and Deanery Evangelism Adviser for Bath, but before ordination was a bank manager, and worked for a community action organisation



£2.50 discount to members of any Retreat Association member groups for this event only



Tuesday 20 June

Helen Marquis

'Finding God in All Things' - Continuing our experience of praying with the help of St Ignatius of Loyola

At the beginning of his book 'The Spiritual Exercises', he says that just as strolling, walking and running are exercises for the body, so every kind of self-examination, or meditation, of contemplation, of vocal and mental prayer, and of other spiritual activities, are called Spiritual Exercises. During the day we shall experience his different ways of praying, bringing us into a more intimate friendship with Christ, helping us become aware of how God is working in our lives—'Finding God in all things'.



Helen Marquis has been a Secular Carmelite for 20 years, involved in spiritual direction since she retired from teaching and counselling 10 years ago. Since experiencing the full Exercises two years ago she has been giving them to others individually or in groups, and is passionate about helping others to experience that same deep friendship with Christ

Monday 24 July

Simon Hill

'The truth will set you free ...'

Simon will explore these words from John's Gospel and look at different references to truth in the bible
Simon Hill is the Archdeacon of Taunton. He taught in Zimbabwe, Northumberland and Malawi prior to ordination. He has served in parishes in the dioceses of Ripon (now part of West Yorkshire and the Dales), Oxford and Bath & Wells



Wednesday 20 September

Liz Palin

Retreat Association Regional Training Day: How to lead a Quiet Day

The day will look at the many aspects of leading a quiet day: preparing well, exploring a variety of techniques to help people experience 'quiet', and practical issues

Having worked in retreat house ministry for nearly 30 years Liz Palin is now team vicar in a diverse group of parishes in Cheltenham. She is a member of the diocesan worship, prayer and spirituality group and the ecumenical Spirituality Network for Gloucestershire and is passionate about helping people make space to experience the transforming power of spending time in listening to God



Monday 9 October

Paul Swann

What is it that you want?



A Quiet Day which looks at the question of what we want as well as what God may want of us and for us. With a balance of worship, Biblical reflections, silence and space for personal response

Following a short career in Marketing, Paul Swann served in two growing parishes within the Diocese of Worcester. Following a period of ill health which led to his early retirement from full time ministry, Paul has focussed his time on speaking from a place of weakness and fragility, offering Spiritual Direction, leading Quiet Days and

Retreats. He is based at All Saints, Worcester and has served as Diocesan Spirituality Adviser

Monday 6 November

Valerie Bonham

Glimpses of glory—moments of Transfiguration

We will be thinking primarily of the Gospel accounts of Jesus' Transfiguration, but also consider other instances in the Bible where people had glimpses of God's glory. We will conclude with a modern story of a person whose life was transformed and transfigured by an encounter with holiness.

Valerie Bonham trained as a librarian and has written several books on Church history. She was ordained in Oxford Diocese in 1997 and in 2014 she retired from ministry in two parishes in the Bath & Wells Diocese. She now lives in Wells



Monday 12th December

Andy Percey

Homecoming

Deep within each of us there are parts that are searching; wandering, longing for a place to call home. Whether it is the Magi, the shepherds, Mary and Joseph or countless others throughout the centuries ... whether it is you ... Advent is a season for those searchers. Over the course of the day we will have opportunity to engage with poetry, art, scripture and silence as we hear the call of God to come home.

*Revd Andy Percey is minister of Manvers Street Baptist Church in Bath. He is married to Bex, and they have a baby son called Leo. Andy is author of the book **When Rain Ralls Like Lead***



Individual leaflets for our Quiet Days and for each Abbey House Retreat are available from Abbey House or on our website www.abbeyhouse.org where they can be downloaded

These individual leaflets all contain booking forms which you can use to secure a booking.

Why not see if it is possible for you to stay the night before or the night after your Quiet day or Retreat with us? A further stay often means you can make sure what you have learnt or the experience you have had is more firmly rooted than if you have to rush home or come to us in a rush.



Abbey House, built in the 1830's, enjoys a beautiful position overlooking Glastonbury Abbey. From its public rooms and west facing bedrooms there is a long view through the soaring arches of the Benedictine Abbey across the Somerset levels to the Quantock hills.

According to legend the Abbey grounds have been the site of Christian worship from around 60 AD. Although the Abbey was robbed of much of its stonework after the Dissolution, the 40 acres within the perimeter walls always remained as one property, providing an area of peaceful parkland within the town. Abbey House guests enjoy the privilege of access to the ruins from the House gardens during Abbey opening hours.

Abbey House has its own ground floor chapel, a large sitting room and a beautiful library with views of the Abbey. There is also a small, atmospheric cellar chapel for quiet prayer or meditation. 36 guests can be accommodated in 18 single, 2 double, 1 family and 5 twin bedded rooms - all with hand basins. Both double rooms are en-suite, and there are 7 bathrooms and 3 shower rooms. All the bedrooms are on the first floor; there is a chairlift to assist access to 12 of the rooms.

The premises are licensed with a well-stocked bar available every evening in the Hall.

The gardens include a prayer walk and a wide variety of trees, shrubs and wildlife including our own bee hives!



**Abbey House , Chilkwell Street,
Glastonbury · BA6 8DH**

01458 831112 info@abbeyhouse.org

www.abbeyhouse.org

Registered charity No. 224866

