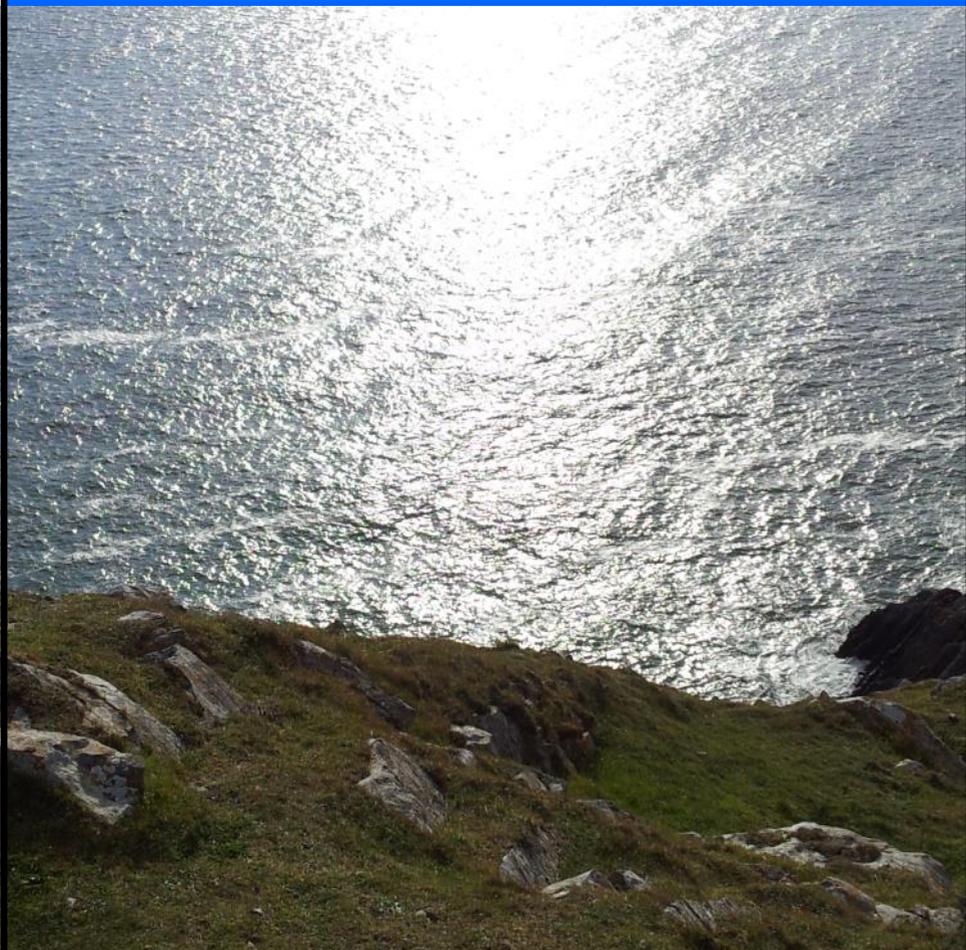


‘Mindfulness and our Relationships’

Leader: Revd Shaun Lambert



**Tuesday 7th—Thursday 9th November
Abbey Retreat House
Glastonbury**

Mindfulness and our relationships

Transforming our relationship with our own self, with others and with God through mindfulness

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. He has led a number of retreats in this area and written and spoken extensively on this social phenomenon, exploring how the church should engage with its application to mental health, work, education and relationships, as well as the spiritual realm. 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. He is currently doing a PhD project at the London School of Theology on watchfulness in Mark's Gospel, and mindfulness within secular psychology.

You can find more details at <http://shaunlambert.co.uk/>, and @shaun_lambert



Abbey House—Booking Form

Mindful Relationships Retreat

Please complete and return with your deposit to the Director

Name:

Address:

.....

Post Code: Telephone:.....

Email:

Please give details of special dietary needs and/or any mobility difficulties.

(Please note any special diets other than vegetarian, vegan or gluten-free will attract a £5 per day surcharge)

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**Please reserve a place for me on the
Mindful Relationships Retreat**

Cost £200 residential* or £120 for non-residents*

This includes accommodation, all meals & refreshments, input from the Retreat leader and use of Abbey House rooms and gardens

From: 4pm Tuesday 7th November 2017
To: 2pm Thursday 9th November 2017

I enclose a non-returnable deposit of £50.00

I will pay the balance of fees by 17th October 2017

Please make cheques payable to Abbey House
(credit & debit cards accepted—please note credit cards subject to 2.5% surcharge)

Please tick if you require a map and travel details

* Please delete as appropriate.



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 doubles, 1 family room and 5 twin bedded rooms - all with hand basins. The two 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 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!



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www.abbeyhouse.org Registered charity No. 224866