



# *St. Bede's Pastoral Centre*

**YORK**

**WELCOME TO OUR *ONLINE* AND *IN CENTRE* PROGRAMME**  
**September 2021– July 2022**



**Wellbeing Practices & Restorative Space**  
**Supported Prayer**  
**Themed Workshops & Series**  
**Short Courses & Programmes**  
**Retreat Space & Reflection Days**  
**Ignatian Training & Formation Courses**  
**Social Gatherings**

St. Bede's is a place of welcome, friendly hospitality and formation for people of all faiths and none from the city of York and beyond.

At St. Bede's you will discover quiet space for spiritual renewal and refreshment alongside a range of events, courses and retreats aimed at supporting greater wholeness and fulness of life.

**We look forward to welcoming you!**

We are offering a combination of both: **ONLINE** & **IN CENTRE** content this coming programme year.



We hope you will find something to support and nourish you as the challenge of these times continue. Please do pass on details to anyone you think may benefit.

**Our online** workshops, series, courses and retreats will be delivered using Zoom. We are happy to offer some help and guidance to anyone interested in signing up for our online content – so don't be put off!

We suggest an offering for each event, course and retreat but do not wish anyone to feel excluded because of cost – *please do enquire and we will seek to offer some support.*

To register and pay please contact the office ...by email at: [programmeadmin@stbedes.org.uk](mailto:programmeadmin@stbedes.org.uk)

...or by phone on: 01904 464900

...or book online on our website: [www.stbedes.org.uk](http://www.stbedes.org.uk)

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## Wellbeing Practices and Restorative Space...

### RENEWAL SPACES WITH LINDA COURAGE



**IN CENTRE ONE THURSDAY MORNING EACH TERM 10AM - 1PM**  
**28/10, 17/02, 12/05 (£15 each event)**

Some time apart to gently explore the effects of these times, find space to rest and time to re-create.

These renewal spaces will feature heart-centred meditation alongside some input, time for creative activities, and gentle reflection and sharing.

No experience of using the arts is necessary.

*Linda is a member of the Abbey of the Arts and a coordinator for Living Spirituality Connections. She has a heart for encouraging and guiding others in practices which help to reconnect us to ourselves and restore our vitality and aliveness.*



## GENTLE PRACTICES FOR NURTURING WELLBEING WITH ANNE

HARRISON



These will be offered **in centre** at St Bede's from January 2022. Please keep an eye on our Newsletters or contact Anne direct for information on dates and times: [anneharrison25@gmail.com](mailto:anneharrison25@gmail.com)



All of us from time to time would like to be as well as we can be, physically, mentally, spiritually and emotionally. The gentle exercises and straightforward techniques taught in these sessions are simple but effective in healing and self-care.

These 45 minute sessions are 'short bursts' of wellbeing, introducing one or two gentle body work and mindfulness practices gleaned and adapted from various traditions. The practices have been used with a variety of people and groups within many different cultures.

The practices help transform tension and pain deriving from the stresses of daily life, illness, or trauma, and open the individual towards greater wholeness and wellbeing. As individuals get in touch with their own source of strength and wisdom, they can help others.

### What are some of the practices?

Tai Chi and movement - Meditation and Visualisation - Breathwork  
Fingerholds - Tapping (EFT) - Other energy and work

### What can I expect?

Each session usually lasts approximately 45 minutes.

You don't need special clothing, but wearing something loose and comfortable is usually helpful

A gentle, flowing session, some quiet time, sometimes more energetic movement

A little teaching on the body's own natural healing/energy system

All ages and abilities welcome.

*Anne is a regular contributor at St. Bede's, offering spiritual accompaniment and is qualified in therapeutic and energy work. She finds these practices personally beneficial to her own prayer and meditation, and general wellness.*

## QUIET WEDNESDAYS

The Centre will be kept in silence one Wednesday most months from 9am-12.30pm for those who wish to come for a quiet morning

29/09, 27/10, 24/11, 15/12, 26/01, 23/02, 29/06, 27/07

Individual rooms can be booked (as available) and use of simple art materials. The chapel, upper library with study desk, garden and coffee lounge with complimentary tea & coffee, are available for all.

**Suggested donation: £5 no room/£15 with individually booked room.**

**Note: this is not a drop-in so please do contact the office for details and to book.**

## Supported Prayer...



### ONLINE GUIDED PRAYER WITH MARION BETTENWORTH CJ & SIOBHAN BURKE



#### Autumn Term

ONLINE MONDAY EVENINGS, 5-5.30PM

20/09, 27/09, 04/10, 11/10, 18/10, 01/11, 08/11, 15/11, 22/11, 29/11  
(£5 per session or £30 for all 10 sessions)

#### Spring Term

ONLINE MONDAY EVENINGS, 5-5.30PM

10/01, 17/01, 24/01, 31/01, 07/02, 21/02, 28/02, 07/03, 14/03, 21/03  
(£5 per session or £30 for all 10 sessions)

#### Summer Term

ONLINE MONDAY EVENINGS, 5-5.30PM

09/05, 16/05, 23/05, 06/06, 13/06, 20/06, 27/06, 04/07, 11/07, 18/07  
(£5 per session or £30 for all 10 sessions)

These Monday sessions offer an opportunity to pause for 30 minutes in the day, dip into some quiet and find space to reflect.

#### GUIDED PRAYER OF EXAMEN

Opportunity to be guided through the Ignatian 'Prayer of Examen', a practice which helps us to reflect on how and where we are experiencing the life of God in our everyday experience.

#### GUIDED LECTIO/AUDIO

Quietly guided meditations using an ancient monastic prayer form, Lectio Divina, with scripture and inspirational music.

### PATHWAYS INTO PRAYER WITH SIOBHAN BURKE

#### AUTUMN TERM

 ONLINE THURSDAY EVENINGS, 7PM-9PM: *The original dates were 23/09, 30/09, 07/10, 14/10 but these have been rescheduled and are now 04/11, 11/11, 25/11, 02/12 (£40)*



#### SUMMER TERM

 IN CENTRE WEDNESDAY MORNINGS, 10AM—12PM: 27/04, 04/05, 11/05, 18/05 (£40)

Pathways into prayer is short course for anyone who wants to deepen their relationship with God by exploring different ways of prayer. Each of the four sessions will focus on a particular 'pathway'.

The four Pathways we will explore in this short course will be:

Prayer with Scripture (Lectio Divina)

Imaginative/Gospel Contemplation

Praying with Nature

Praying with Our Everyday Lives (The Examen)

Each session will contain input from the leader, time for experiencing the particular pathway into prayer, space for personal reflection and an opportunity for gentle sharing. No prior experience necessary – all welcome.

## PATHWAYS INTO PRAYER FOR YOUNG ADULTS WITH SIOBHAN BURKE

### AUTUMN TERM



**ONLINE TUESDAY EVENINGS, 7PM-8PM: 02/11, 09/11, 16/11, 23/11 (£15)**



Four sessions for young adults (18 to 35-ish) to come together online (on Zoom) and pray.

Each session will be an opportunity to try out a different method of contemplative prayer, including: *Imaginative Contemplation*; *Lectio Divina*; *Praying with My Life* and *Praying with the World*; and an opportunity to encounter a God who meets us in the reality of our lives.

All of the prayers will be guided, so no previous experience of praying in this way is necessary. There will also be the chance to get to know each other a little and share with one another in small groups.

*Siobhan is trained in Ignatian Accompaniment and is a Spirituality Assistant at St Bedes.*

## OASIS DAYS FACILITATED BY ANGELA SIMEK HALL

### AUTUMN TERM



**ONLINE SATURDAY 25 SEPTEMBER 10AM—3.30PM (£20)**



**IN CENTRE WEDNESDAY 1 DECEMBER 09.30 (COFFEE) 10AM –3.30PM (£20)**

### SPRING TERM



**ONLINE SATURDAY 19 FEBRUARY 10AM—3.30PM (£20)**



**IN CENTRE THURSDAY 31 MARCH 09.30 (COFFEE) 10AM –3.30PM (£20)**

### SUMMER TERM



**ONLINE SATURDAY 07 MAY 10AM—3.30PM (£20)**



**IN CENTRE WEDNESDAY 15 JUN 09.30 (COFFEE) 10AM –3.30PM (£20)**

For those with some experience of contemplative prayer and silent meditation who are interested in exploring/experiencing the Franz Jalics Gries Path of Contemplative Prayer *which works with the breath, hands and the saying of the name of Christ*. Beginners are also welcome, as each step (or 'gateway' into meditation) will be led.

The day will begin with led meditations, leading into periods of silence. It will also include: a brief reflection on contemplative prayer; time for personal reflection; and some opportunities for gentle sharing.

Participants are encouraged to wear comfortable clothing suitable for extended periods of prayer. And to have to hand a blanket and cushion.



*Angela is trained in spiritual accompaniment and has experience in giving the Jalics School of Meditation and in leading people in this particular way of contemplative prayer .*

## Themed Workshops and Series...

### AN INTRODUCTION TO 'THE GREAT TURNING' WITH JULIA MACDONALD



**ONLINE THURSDAY 16 SEPTEMBER 6.30PM—8.30PM (£20)**

This evening workshop is designed to help provide a contextual overview of the current crises we face and the invitations being presented to us at this unprecedented time in human history on the earth.

It offers an introduction to what some name the 'Great Turning' or the 'Great Transition' of our time—the movement away from destructive modes of being on the planet into a life-sustaining society where we become creative and generative members of the whole life community on earth.

The workshop will provide:

- a 'deep time' perspective of our current position at this point in human history on planet earth
- a framework for how we can focus our faith, energies, gifts and talents to enable and support creative change

Space will be given for personal reflection, shared conversation and exploration.



This workshop will be helpful to those working in parish or community settings who wish to root practical local responses to the climate crisis in a bigger picture context and draw inspiration from the 'deep-time' dynamics of the unfolding creation.

*Julia is Director of St. Bede's with a particular interest in spirituality, cosmology & ecology.*



### 'EARTHING' DAYS FACILITATED BY JULIA MACDONALD & IONA REID-DALGLISH



**ONLINE ONE SATURDAY EACH TERM 9.30am-3.30pm**  
**30th November, 19th February, 7th May (£20)**

*"Cherish the natural world because you are a part of it and you depend on it" - Sir David Attenborough*



These days will be offered online but will involve time to be outside in any natural space which can be accessed in your own locality. Each of the three days will be grounded in a theme: **Reverence / 'Sacred Reciprocity' / Belonging.**

Following some introductory input, participants will be invited to explore and engage with the theme experientially through a variety of nature-based practices. Opportunity will be offered during the day to share and hear from others' experience.



These days aim to support a practice of deeper experiential connection to the earth and the non-human community of life that we share the planet with. They are also a space to join with others who are exploring a deepening of their connection with and relationship to the natural world.

## IGNATIAN WISDOM FOR TODAY WITH MARION BETTENWORTH CJ



IN CENTRE THURSDAY 5 MAY 10AM-3PM ( £20)

The 'Ignatian Year 2021 – 2022' celebrates landmarks for 2 of the great Ignatian Saints:

**2021** will mark 500 years since the conversion of St Ignatius of Loyola

**2022** will mark 400 years since the canonisations of St Ignatius and St Francis Xavier

But Ignatius' wisdom is as relevant today as it was all those centuries ago.

During this day we will explore some of the characteristics of Ignatian spirituality and discover how these offer helpful guidance to grow into the freedom and fullness of life in our own particular circumstances.



## Spiritual Accompaniment

Spiritual accompaniment is about listening more deeply to what is going on in your life, noticing God's Spirit in action within that and becoming more aware of what it is you are most deeply searching for.

An accompanier offers to come alongside to aid that listening and exploration and at times offers suggestions as to how to follow the thread of what seems to be unfolding to take it deeper.

We have a list of people who offer Ignatian based Spiritual Accompaniment based around the York area and are happy to try to make connections for those who are looking for accompaniment.

*Contact the office for an accompaniment request form.*

## AGENTS OF ACTIVE HOPE WITH JULIA MACDONALD



ONLINE THURSDAY 14 JULY 6.30PM—8.30PM ( £20)

Drawing on the work of Joanna Macy and Chris Johnstone this half day workshop offers us the opportunity to explore what it means to be an 'agent of active hope' in these challenging & pivotal times of climate breakdown.

Through input, creative personal exploration and discussion, we will:

- reflect on the idea of being 'agents of active hope' in service to a guiding vision of the future we wish to create
- explore what being an 'agent of active hope' might look like in our own specific life contexts
- discover what can help to inspire and sustain us as we seek to make a positive contribution to the 'Great Work' of our time - transitioning into a sustainable future for all life on earth

The workshop is designed to aid cultivation of a hope-filled future for the whole community of life on Earth. It will be helpful to both individuals and also to those working to generate vision and actively inspire others.

*"Active Hope is not wishful thinking.*

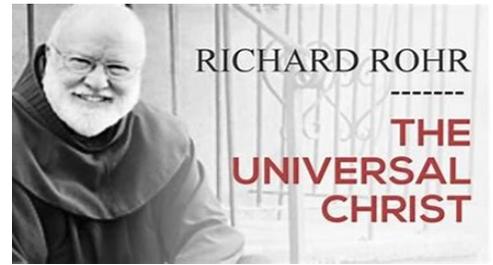
*Active Hope is waking up to the beauty of life on whose behalf we can act."*



## UNIVERSAL CHRIST FACILITATED BY SIOBHAN BURKE



**ONLINE WEDNESDAY EVENINGS MONTHLY 6PM-8PM**  
03/11, 01/12, 05/01, 02/02, 02/03, 06/04, 04/05,  
01/06, 06/07 (£90)



This reflective study series meets over 9 sessions through the year to read and reflect on Richard Rohr's book: *'The Universal Christ—How a forgotten reality can change everything we see, hope for & believe'*.

The group sessions draw on reflection materials provided by Fr. Richard's Centre for Action & Contemplation and are contemplative in nature.

Each session offers a guided structure for individual reflection and group sharing to help expand, deepen and embed the core content of the text.

*"Don't think of Christ as a religious concept. Think of it as a descriptor for everything. Everything we can see. Every visible moment of this creation is a manifestation of the eternal Christ that existed since the beginning of time."* - Richard Rohr

Please buy a copy of the book to use throughout the series.

*Note: a donation from funds received will be made to the Centre for Action & Contemplation*

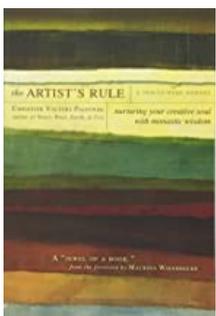
## THE ARTIST'S RULE WITH LINDA COURAGE



**ONLINE THURSDAYS FORTNIGHTLY 3PM-4PM and 5PM-6PM**  
04/11, 18/11, 02/12, 16/12, 30/12, 13/01, 27/01, 10/02, 24/02, 10/03,  
24/03, 07/04 (£150)

This twelve session fortnightly program draws on the insights and practices of Benedictine spirituality to explore the interplay between contemplation and creativity. Through the programme we will explore together how the contemplative and creative parts of ourselves meet.

Each two-part session will be offered on Zoom with the hour between for private reflection and creativity. An information sheet giving more detail about the program is available from the St Bede's office.



You will need to purchase a copy of our primary text for the program: **'The Artist's Rule' by Christine Valters Paintner.**

**Linda** is a member of the Abbey of the Arts and a coordinator for Living Spirituality Connections. She has a heart for encouraging and guiding others in practices which help to reconnect us to ourselves and restore our vitality and aliveness.

## LIVING WORD SERIES WITH SR. PATRICIA HARRISS CJ

*Discovering together how God speaks to us today through different books of the Bible*

### AUTUMN TERM: YOU WILL BE MY WITNESSES

 **IN CENTRE MONDAYS WEEKLY FOR 4 WEEKS 10AM-12PM (£20)**

Forty days after his rising from the dead, Jesus entrusted a tremendous task to his companions. They were to continue his work: to proclaim his message. How did they set about their mission, and what can we learn, from their experience, about 'being Church' in our own time and place? In four sessions on the Acts of the Apostles we shall explore these questions together.



- |                            |   |
|----------------------------|---|
| 13 <sup>th</sup> September | In Jerusalem                                |
| 20 <sup>th</sup> September | Moving further                              |
| 27 <sup>th</sup> September | Paul 's earlier journeys: Jews and Gentiles |
| 4 <sup>th</sup> October    | Paul 'a prisoner for Christ'                |

### SPRING TERM: WHY DO BAD THINGS HAPPEN TO GOOD PEOPLE? AND WHAT DOES IT DO TO THEIR FAITH

 **IN CENTRE MONDAYS WEEKLY FOR 4 WEEKS 10AM-12PM (£20)**

In four sessions on the Book of Job, one of the 'Wisdom Books' of the Old Testament, we shall explore how Job and his three friends faced these questions, how we find ourselves reacting from our own experience – and how God answers them and us.

- |                        |             |  |
|------------------------|-------------|--|
| 7 <sup>th</sup> March  | Ch. 1 – 14  | The scene is set, and the discussion begins                |
| 14 <sup>th</sup> March | Ch. 15 – 21 | The discussion continues                                   |
| 21 <sup>st</sup> March | Ch. 22 – 31 | The discussion concludes                                   |
| 28 <sup>th</sup> March | Ch. 32 – 42 | A fourth friend speaks – and finally God himself steps in. |



**Sr Patricia CJ** is a member of the York CJ community with a particular specialism in scripture studies.

### LENT LUNCH TALKS - details of speakers to come in our New Year newsletter

 **IN CENTRE SIX WEDNESDAY MORNINGS DURING LENT 10AM-1PM (£10)**  
02/03, 09/03, 16/03, 23/03. 30/03, 06/04

Speaker, followed by conversation and Q&A, followed by a simple lunch for those who wish (12-1pm).

## Short Courses & Programmes

### THE GREAT TRANSITION - BRINGING DESIRE TO FORM WITH IONA REID-DALGLISH & JULIA MACDONALD



**ONLINE SATURDAYS 9.30-12.00 (£225)**

*Our next programme will commence in Autumn 2022—please contact the office to register interest.*

*In the meantime, you may find the *Earthing Days* or *Spirit in All Things* helpful tasters.*



We are inhabiting a pivotal time in the history of humankind on the planet and our relationship with the rest of the life community on earth.

Knowing how to respond to the challenges and crises we see around us can often feel overwhelming and beyond us. This 9 session programme aims to:

- create a process or 'container' to enable you to gain deeper clarity about what it is you are most desiring to contribute to a life-giving future
- find the inspiration, courage and freedom needed to bring into form 'inner seeds' which are calling you to become part of a greater movement towards change

During the 9 months of the course you will be:

- supported in tuning into and more clearly articulating the 'desire' sensed within you to make a contribution to wider change in the world
- offered a range of pathways/tools/processes to enable that desire to take more concrete form - stimulating the cognitive, creative/embodied and soul dimensions of your self
- part of a community of others who are also seeking to bring their deeper desires into active form in the world - working within the whole group in the monthly sessions and then as part of a smaller 'seed group' over the 9 months of the programme

The commitment required from you is to:

- attend the nine 2.5 hour monthly online group sessions (consistent attendance is important to follow the flow of the process, to build trust and freedom to work creatively together in the group)
- engage with reading, reflective exercises and experiential material offered to deepen the work in between the group sessions
- meet online once a month with your seed group

The programme is designed for those who already sense a desire to contribute to this 'great call of our time' but are perhaps not quite sure how to move from desire to action and what, more concretely, that action might look like. Each is asked to bring a sense of openness to the process along with a generosity of spirit and a curiosity as to what might emerge.

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*Iona is Ignatian trained and involved in exploring and offering new and creative training and formation opportunities for those wanting to explore questions like: Who am I? What do I deeply desire? What does the world need of me? The other half of her life involves an embryonic project seeking to live more simply, attentively and regeneratively, farming the family land according to permaculture principles, and re-wilding a little patch of Cheshire in the North West.*

*Julia is Director of St. Bede's, trained in spiritual accompaniment with a particular interest in Ignatian spirituality, ecology, embodiment and the creative process.*

## DIFFERENCE - TRANSFORMING RELATIONSHIPS IN THE FACE OF CHALLENGE & CONFLICT WITH MARION BETTENWORTH CJ & SIOBHAN BURKE

 **ONLINE TUESDAY EVENINGS 7.00-8.30PM**  
15/03, 22/03, 29/03, 05/04, 12/04 (£40)



In a divided and fractured world, it can be hard to know where to begin with the issues that surround us and the challenges they can create in our relationships with others.

'Difference' is a 5-session course, developed through an initiative by Archbishop Justin Welby, that explores what it means to follow Jesus in the face of conflict and see real transformation through everyday encounters.

The sessions include testimonies, work with scripture passages, interactive exercises, prayer and discussion to enable us to realise our identity as reconcilers in our own unique contexts.

*Marion is Lead Trainer at St. Bede's working in spiritual formation and faith development. She has particular experience and interest in parish-based and adult formation.*

*Siobhan is trained in Ignatian Accompaniment and is a member of the spirituality team at St Bedes.*

## SPIRIT IN ALL THINGS WITH JULIA MACDONALD

 **IN CENTRE FORTNIGHTLY THURSDAY EVENINGS 7PM-9PM (£75)**  
05/05, 19/05, 02/06, 16/06, 30/06

A 5 session short course engaging with the essential features of a spirituality which honours and celebrates the goodness of life and inherent creativity within creation.

Drawing on the work of Matthew Fox and others each fortnight we will walk through the four paths of Creation Spirituality: Via Positiva, Via Negativa, Via Creativa and Via Transformativa. As we walk the paths, we will explore connections to the urgent call for 'ecological conversion' and look at how these four paths might help open us to personal and collective transformation and change.

These spiralling paths of creation spirituality offer the invitation to:

- fall in love with creation and the entire life community inhabiting earth
- safely engage with the pain of witnessing diminishment and destruction of the beauty and dignity of life in the world around
- open to emergent inspiration to be a creative force for good in the world
- steer our creativity through compassion towards the celebration and flourishing of life

*Evenings run fortnightly balancing input with experiential elements using a variety of creative approaches and include space for reflection and gentle sharing. Participants are offered material to continue working with and reflecting on in-between sessions.*

*There will also be the option of participating in smaller online sharing groups for those who would like the opportunity to connect in-between the main sessions.*



## Retreat Space & Reflection Days...



### ONLINE RETREATS IN DAILY LIFE (individually guided)

*DATES AND TIMES AGREED WITH YOUR ACCOMPANIER (£45)*

A Retreat in Daily Life is for those who wish to explore and go a little deeper in their prayer by being accompanied on a one-to-one basis over the weeks of the retreat by someone trained in spiritual accompaniment.

**The retreat is made over a series of 7 consecutive weeks.**

You will meet weekly with your retreat guide and be encouraged to set aside a daily space for prayer and reflection.

At the beginning of your retreat your retreat guide will give you an overview of how the retreat will work and will confirm dates and times for your weekly meeting.

As you meet with your prayer companion through the retreat, you will be gently supported in exploring ways of praying and reflecting on how and where God might be inviting you into greater freedom and fullness of life.

At the end of the retreat you will be given the opportunity to reflect on, gather up and celebrate the fruits of what the retreat has been about for you.

*Please contact the office for more information and a simple application form to apply.*



### ONLINE SILENT INDIVIDUALLY GUIDED 4/6/8 DAY RETREATS

*ANY DATES THAT WE HAVE CAPACITY TO ACCOMMODATE THROUGH THE PROGRAMME YEAR (£25/DAY)*

For those who have experience of extended times of silent prayer and reflection we are offering the opportunity to be guided through a silent individually guided retreat.

Retreatants will need to ensure that they are able to remain undisturbed and in silence for the full length of the retreat and have access to an internet connection for the daily spiritual accompaniment meeting.

Similarly to the Retreat in Daily Life - your retreat guide will give you an overview of how the retreat will work at your first meeting and will confirm timings for your daily meeting.

*Please contact the office for more information or a simple application form to apply.*



## RESPONDING TO OUR EXILE WITH SIOBHAN BURKE & CHARLES FORMAN



**IN CENTRE SATURDAY 27 NOVEMBER 10AM-3PM (£20)**

Times of exile can be very painful, yet are key parts of our own stories and can be times of growth and enlightenment. Exile takes many forms - physical exile from people or places; exile due to a conflict; exile from our bodies; or, an inner sense of exile from those we live alongside. The global pandemic has given us a new experience of exile from our families, friends, and colleagues. We have also been exiled from the places and experiences which bring us joy and sustain us.



This day is an invitation both to journey with our sense of 'exile', of what we have left behind, however we may have experience of it within our own story but also to reflect with the question: what might we wish to change and which new ways of being will continue to be helpful going forward?

We will journey with the ancient Israelites as they asked how they could sing the Lord's song in a 'strange land'. There will be space to respond to our own needs, to uncover hidden growth and, perhaps, open to joy as we start to touch into our desires and the invitations which may be waiting for us as we look to the future.

*Charles recently trained in Spiritual Accompaniment and offers one-to-one accompaniment and a growing portfolio of work in spirituality and personal development, alongside working as an environmental programme and project manager.*

*Siobhan is also trained in Spiritual Accompaniment and is a member of St Bede's Spirituality team.*

## ADVENT RETREAT DAY: 'GOD MADE FLESH' WITH COLIN BLACK & JULIA MACDONALD



**IN CENTRE SATURDAY 11th DECEMBER 10AM-4PM (£30)**

Art is about using the physical substances of paint, paper, clay to encapsulate something more than just the physical. This reflective day will open up invitation to explore more deeply the mystery of the Incarnation (God Spirit embodied in human form) through the medium of art-making. No prior experience is needed just curiosity and openness to explore.



The day will include some brief inputs, space for making, reflecting and gentle sharing. All materials will be provided with guidance and demonstrations on how to work playfully and creatively with them.

*Colin studied at Chelsea School of Art & the Royal College of Art in London & worked as senior lecturer at Leith School of Art for nearly twenty-five years. His background is in visual communication but he has always returned to his love of drawing and painting. He applies this knowledge of art and design to his teaching & continues to enjoy the dynamic of teaching and learning.*

*Julia is director of St Bede's with a particular interest in the connections between spirituality, embodiment and the creative process.*

**SUPPORT WITH COSTS:** No-one should feel excluded from our programme offerings for financial reasons - please do enquire if you need assistance with costs.

## NEW YEAR RETREAT DAY: 'GATE OF THE YEAR' WITH JULIA MACDONALD & MARION BETTENWORTH CJ



**IN CENTRE SATURDAY 15 JANUARY 10AM-3.30PM (£20)**

*"I said to the man who stood at the Gate of the Year, "Give me a light that I may tread safely into the unknown". And he replied, "Go out into the darkness, and put your hand into the hand of God. That shall be to you better than a light, and safer than a known way" - Minnie Haskins*



This reflective retreat day will create space, as we turn into a new year, to gently look back over the year that has been and prayerfully look forward to the year to come with a sense of hopefulness and possibility.



## LENT RETREAT IN DAILY LIFE IN CENTRE (£50)

**OPENING GATHERING: TUES 1st MARCH 7-9PM**

**CLOSING GATHERING: TUES 26th APRIL 7-9PM**

This Retreat through Lent is a time of being either accompanied one-to-one or meeting in a sharing group once a week between the Opening & Closing Gatherings.

During the retreat, you will be offered materials for prayer and be supported in: exploring ways of praying; reflecting on how & where God is present to you in your everyday life; and, discerning how God might be inviting you into greater freedom & fulness of life.

*Please contact the office for more information or a simple application form to apply.*



## WOMEN IN SCRIPTURE WITH SIOBHAN BURKE



**IN CENTRE SATURDAY 28TH MAY: 10AM - 3.30PM (£20)**

In scripture we often don't get a lot of information about the women mentioned, sometimes only a few lines or a few details. This reflective day aims to shine a light on some of them, to creatively flesh them out and help make them a bit more real. Throughout the day we will take time to meet particular women from the Old and New Testament and see how they listened to the voice of God deep within themselves. We will notice what they have to say to us today, what they show us about who God is, and will create space to hear the voice of God speaking deep within us too.

The day will be a mixture of input, prayer, quiet reflection, creative space and sharing.



## PENTECOST DAY WITH MARION BETTENWORTH CJ & SIOBHAN BURKE



**IN CENTRE WEDNESDAY 8 JUNE 10AM-3.30PM (£20)**

Pentecost is the great feast of the Holy Spirit. The Biblical imagery is rich in describing the action of the Spirit, using images such as: fire; breath; wind; flowing water; a dove; a helper and an advocate.



## SCHOOL OF MEDITATION: CONTEMPLATIVE PRAYING AND LIVING IN THE WAY OF FRANZ JALICS SJ



**ONLINE SUNDAYS, 2.30PM-4.30PM, 16/01, 23/01, 30/01, 06/02, 13/02, 20/02, 27/02, 06/03 (& A WEEKLY ONE –TO-ONE SESSION) (£285) \***

*\* Please note bursary support available for those needing assistance with cost*

### **School of Meditation:**

This School of Meditation will provide a step-by-step introduction to the Gries Path of Prayer. It is based on Franz's book 'Contemplative Retreat: An Introduction to the Contemplative Way of Life and to the Jesus Prayer'.

*"There are many paths to contemplation. I show you just one of them. I'm conscious of the fact that God leads many people to contemplation without any external help. Frequently he uses natural circumstances. A simple life of love, some years on a sickbed, a brush with death, the leaving of one's homeland in order to live among the poor, and other events can lead to contemplation. I also deeply respect the non-Christian ways of contemplation. And there are in the Church itself many other introductions into contemplation. I do not want to exalt my way above others. On the contrary, I am very happy that they exist and I appreciate them. I myself have walked the way I describe: should it help someone else to find his or her way I am satisfied."* - Franz Jalics



The course of 8 sessions will take place on Sunday afternoons 2.30 - 4.30pm via Zoom. For those less familiar with Zoom, the first session will include some guidance on how we will work together with this format and some time to become familiar with the 'Zoom environment'.

Each session will include: an introduction to and guidance through meditation exercises, a reflection, an opportunity for personal reflection, an invitation to group conversation.

In addition to the weekly sessions, participants will be invited to a 'live' (telephone/zoom) conversation with their allocated course guide each week.

### **Who is invited? Anyone...**

- ...seeking a more contemplative way of praying and living
- ...willing to be introduced to a new way of praying
- ...familiar with this form of contemplative praying and living who wishes to refresh and to deepen it

### **What we are asking of participants. A commitment to...**

- ...stay the course, participating in all the sessions
- ...to daily prayer as guided
- ...to weekly conversations with their course guide

### **The team:**

The course will be led by Sr. Mary Dargie, Paddy Rylands and Angela Simek who are trained spiritual directors. All have experience in giving this particular School of Meditation and in leading people in this way of contemplative prayer.

Please contact the office for more information or a simple application form to apply.

## Ignatian Training and Formation Courses

### PERSONAL & SPIRITUAL DEVELOPMENT (PSD) COURSE

PSD is a 2 year ecumenical experiential course rooted in the Ignatian Spiritual tradition. Its key aim is to support and foster greater integration between our relationship with God, the matter of our everyday life and our personhood. Including opportunities for both personal and small group reflection, the course seeks to do this through a two stage process:



- in year one, we focus on developing and deepening experience of different ways of praying alongside facilitating growth in self-awareness, personal reflection and reflective living practices
- in year two, we focus on ways of responding to what is happening in our prayer and reflective practice by developing capacity for spiritual discernment and skills in reflective decision making



**IN CENTRE SEPTEMBER 2021 to JULY 2023: 10 TUES 10AM-12.20PM (£160 TERM)**



**IN CENTRE SEPT EMBER 2022 to JULY 2024: THURS EVE 7PM-9.15PM**

*For more details, see our website or contact the office for a course information leaflet and application form. We still have spaces available for the Tuesday morning course starting September 2021.*

### TRAINING IN SPIRITUAL CONVERSATION SKILLS - LEARNING TO LISTEN AND RESPOND TO OTHERS MORE DEEPLY

The one year course takes place in an ecumenical context and is rooted in the Ignatian spiritual tradition.

The key aims of the course are to become sensitive and alert to opportunities for spiritual conversation in everyday life, to increase confidence to enter into spiritual conversations with others and to grow in being alongside others in a discerning way.



Over the course we will be exploring together:

- ways of fostering our listening skills
- how we can become better attuned in our conversation with others
- what characterises a 'spiritual' conversation
- how we can help people sift their experience
- how we can help people in making decisions
- different contexts for Spiritual Conversation
- how we can create safe space for Spiritual Conversation



**ONLINE OCTOBER 2021 TO JULY 2022. THURSDAY EVENINGS 7PM-9.15PM WITH AN OPENING & CLOSING SATURDAY £80 PER TERM**

*For more details, see our website or contact the office for a course information leaflet and application form.*

## TRAINING IN IGNATIAN SPIRITUAL ACCOMPANIMENT ('YISAC')

Our next Ignatian Spiritual Accompaniment Course will be offered in September 2022.

This ecumenical course aims to provide a foundation for learning to accompany others on their faith journey. It is based in the Ignatian tradition, drawing its inspiration from the Spiritual Exercises of St Ignatius of Loyola.

It is suitable for those who already have some background in spirituality and faith accompaniment. Participants are expected to have made the full Ignatian Exercises prior to commencement of the training.



*Dates and full details will be available on our website in the new year. If you would like to register potential interest, contact the office and we will send details as soon as available.*

## ONGOING DEVELOPMENT WORKSHOPS FOR IGNATIAN TRAINED ACCOMPANIER

Please check our website for any forthcoming ongoing development workshops for those who have undertaken Spiritual Accompaniment training in the Ignatian tradition (either at St. Bede's or elsewhere).

**Please note:** it is possible to pay for some courses, series and retreats by instalment.

A dedicated **BURSARY FUND** is available for our longer courses and retreats.

No-one should feel excluded—please enquire if you need assistance with costs.

## SOCIAL GATHERINGS

**AUTUMN & CHRISTMAS COFFEE MORNINGS + MONTHLY FILM NIGHTS FROM THE NEW YEAR** — look out for dates & times in our newsletter

### FEAST OF ST. BEDE



**IN CENTRE WEDNESDAY 25 MAY 10AM-12PM WITH LITURGY AT 11.30**

Coffee, cake and a blether followed by a celebratory liturgy in the chapel for those who wish to stay on.

### STRAWBERRY TEA



**IN CENTRE SUNDAY 17 JULY 2PM-4PM**

St. Bede's traditionally hosts a Strawberry Tea as a celebration of the year and a chance to get together before the summer break.



## DROP-IN GROUPS MEETING REGULARLY AT ST BEDES...

### PRAYER THROUGH POETRY WITH MARK RUSSELL-SMITH



**IN CENTRE DROP IN SESSIONS ON THE FIRST TUESDAY OF THE MONTH 10AM TO 12PM**

**(£5 per session)**

**Autumn Term:** 7th September, 5th October, 2nd November, 7th December

**Spring Term:** 4th January, 1st February, 1st March, 5th April



Reflective sessions, working with a variety of themes and poets, which offer a space to taste the gift that poetry can bring in opening up our experience of prayer

*Mark is a retired Anglican Priest and Missionary who is now finding poetry an increasingly exciting and challenging pathway for prayer.*

### CENTERING PRAYER GROUP WITH PAULA WATSON



**IN CENTRE FORTNIGHTLY TUESDAY AFTERNOONS 2PM-3PM**

**(BY DONATION)**



**AUTUMN TERM** 14/09, 28/09, 12/10, 26/10, 09/11, 23/11, 07/12

**DATES FOR SPRING AND SUMMER TERMS WILL BE CONFIRMED LATER IN THE YEAR**

Each session will include a time of Centering Prayer and some input relating to the practice and the background as developed by Fr Thomas Keating and Contemplative Outreach.

## SUMMER SCHOOL: 'RADICAL INCARNATION - EARTHING OUR SPIRITUALITY'

**SAVE THE DATES: JULY 20th/21st/22nd 2022**

Join with others wanting to deepen into an 'earthed' spirituality which includes and honours connection to the non-human world, embodiment and the full spectrum of what it is to be whole human beings within the wondrous web of Life on our beautiful blue-green planet.

**Keynote speakers**

**Experiential Workshops**

**Sharing & Connection Space**

**SEE OUR WEBSITE FOR MORE DETAILS—COMING IN THE NEW YEAR...**

## Room Hire at St Bede's...

When not in use for our own events our rooms are available for hire along with equipment and provision of light refreshments.

**For information on availability and rates, please contact us or see our website.**



## Ways to support St Bede's...

### FRIENDS OF ST. BEDE'S

The Friends of St Bede's was established in 1988. Through an annual subscription of £15 members contribute to the life of St Bede's in a variety of practical ways, contributing to the work and development, sharing in its life of prayer and hospitality, telling others about the facilities available at the centre and encouraging others to visit.

**AGM:** Thursday 23 September, 7-9pm

### BILL BRODERICK BURSARY FUND

Fr. Bill Broderick SJ was chaplain to the CJ Community and worked at St Bede's from 1997- 2003. The bursary fund was set up by those who knew him in order to leave something tangible in his memory. The Fund supports those who wish to take up opportunities at the Centre to grow and develop themselves and who otherwise would not be able to afford to do so. It also assists the development of those who offer their time and talents as part of the training & retreat teams.

**If you would like to assist us in this important work please consider making a donation to the Fund. See our website or contact the office for details on how to donate.**

### OTHER...

One-off or regular general donations

Legacies

Donations of good quality spirituality books

Volunteering

Please contact the office for more details



## CHAPEL

Unless in use by other groups our chapel is open for quiet prayer and peaceful reflection: Mon/Tues/  
Thurs/Fri 9am-5pm.

## About St. Bede's...

Originally established by the Benedictines in 1987, St. Bede's Pastoral Centre has, since 1994, been developed and sustained as a charitable work of the Congregation of Jesus (CJ). The work has and continues to be faithfully encouraged and supported by the Friends of St. Bede's.

To the Benedictine ethos of Christian hospitality and acceptance of all people the CJ has added its own knowledge and practice of the spirituality of St. Ignatius Loyola—his teachings on prayer enshrined in his Spiritual Exercises and deep experience of 'God in All Things'.



## How to find us...

*Keep up to date - sign up for our newsletter on the website or contact us to be added to our mailing list.*

**Rail:** York Station is just a few minutes walk away

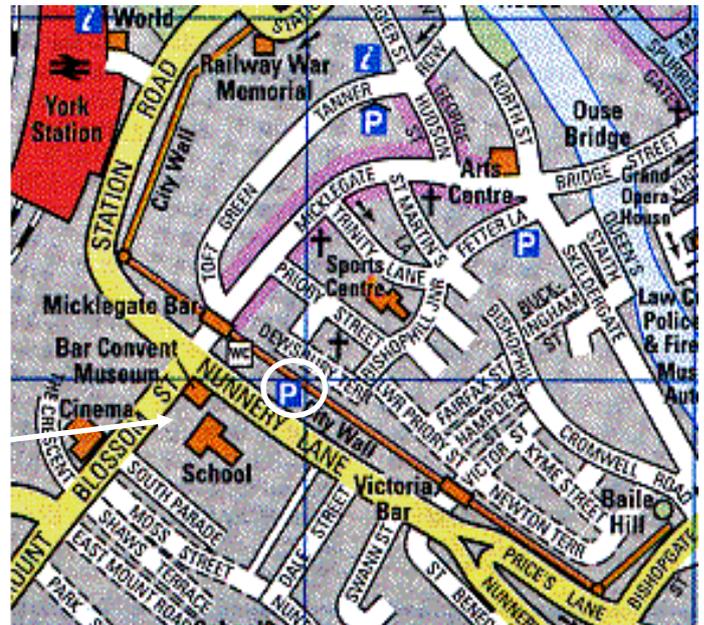


**Road:** York is served by a network of Park & Ride sites making access to the centre easier through the day. See: [www.itravellyork.info/park-and-ride](http://www.itravellyork.info/park-and-ride)

**Parking:** the nearest public car park is on Nunnery Lane

**We are HERE: 21 Blossom Street...**

...next to The Bar Convent Living Heritage Centre.



### Accessibility

There is a disabled access route into the building. Our toilets are on the ground floor (including a disabled toilet). We have a chair lift to the first floor. Please feel free to get in touch with us if you have particular requirements.



**Christmas closing dates:** Friday 17th December, re-opening Tuesday 4th January

**Easter closing dates:** Friday 8th April, re-opening Monday 25th April

**Summer closing date:** Friday 29th July

**St. Bede's Pastoral Centre**  
21 Blossom Street, York. YO24 1AQ  
[admin@stbedes.org.uk](mailto:admin@stbedes.org.uk)  
[www.stbedes.org.uk](http://www.stbedes.org.uk)  
01904 464 900

**DAYTIME OPENING HOURS:** MON, TUES, THURS, FRI & SAT 9am-5pm

**EVENING OPENING HOURS:** MON & WED 6.30pm-9.30pm