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Welcome to the Spring/Summer issue of the newsletter of the Rochester Diocese Spiritual Network, in which we bring to your attention some of the wonderful events taking place during Lent and beyond.

We are very pleased to welcome Margaret Wooding Jones, a Licenced Lay Minister who is licenced to work in the area of spirituality in the diocese, to STREAM, the small group that holds the vision for the network and organizes spirituality events and courses. Margaret will take special responsibility for Quiet Days and you can read more about her vision in our feature article.

More information about our Network as well as this newsletter can be found on the Rochester Diocese website: www.rochester.anglican.org/ministry/spirituality/

If you or anyone you know would like to receive this newsletter and updates via email please contact Revd Susanne Carlsson: susannecarlssons@hotmail.co.uk

Please do pass the newsletter on to anyone you think may be looking for ways to grow in their personal relationship with God, so we may reach out to more pilgrims on the faith journey.

With every blessing,

Karin Dixon (editor)
Margaret Wooding Jones, LLM, heads up the Rochester Clergy Spouses' Network and is jointly leading the Diocese’s response to Thy Kingdom Come 2020. She previously headed up the Volunteer Programme at Ashburnham Place, where she became particularly engaged in setting up a journey towards continual gathered prayer at the Ashburnham Prayer Centre. She has recently joined STREAM with a special interest in the role of Quiet Spaces in spiritual growth. Here she explains the importance of taking time out, to give ourselves permission to find that quiet space within ourselves.

We often lead very busy and stress-filled lives, causing us to feel as though we are on a constant treadmill of never ending activity, for whatever varied and good reasons. To enjoy a hobby, read a book of our choice or simply just to sit can then feel like a luxury that will simply have to wait until we are less busy.

No one, it seems, had a more pressurised ministry than Jesus. Everywhere he went the crowds followed him, demanding his attention and hanging on his every word. Add to that the undercurrent of constant sniping by the authorities and the pressure of just three years to train a mixed bag group of disciples to take on world changing-strategies for mission, and it seems even more amazing that he nevertheless consistently found time to “get away quietly” by himself to pray (eg. Mark 1:35; 6:46). But this was a necessity: each time Jesus took this time out, it prepared him for what lay ahead.

If Jesus felt this need, how much more do we need to make time to come away from our own situations to be still and quiet, to reconsider what our priorities need to be, to let God speak into our own lives? We may of course already take a little time every
day to pray, but there is great merit in spending a longer stretch of time away from our home or desk, away from all that so easily distracts us.

It is our vision in STREAM that all who recognise this desire in themselves should be able to have this ‘quiet space’ when they need it: an opportunity, whether alone or in a group, to spend an extended period in silence, to reflect and hear what God has to say to them. Such a ‘retreat’ can take various forms to suit different preferences and requirements, ranging from simply a room for the day to a more structured and guided retreat, where some input is given and experiences may be shared.

And if your need is for something more active and (re)creative, to enable you to express yourself in ways other than words or silence, there are Quiet Days with an art or music theme. St Benedict’s Centre in West Malling and the Sisters of St Andrew in Lewisham, for instance, are offering such opportunities in the coming year.

So whatever your preference, time away from the relentless busyness of life, even if it is just half a day, will reap huge rewards, refreshing and re-energising you so as to better cope with the demands on your time. In this newsletter you will find a list of events already planned for Lent and beyond, taking place at various places across the Diocese, Kent and London. Why not get some days marked out in your diary right now?
Prayer lies at the heart of the church and our lives.

Every person has his or her unique way of praying: there are no rights and wrongs. But to those who are still searching for a (new) way that suits them, or in those moments when inspiration has run dry and God’s voice and presence seem to have faded, the diocese has put together a prayer pack which will hopefully offer some guidance; a gentle nudge in the right direction.

There are currently ten different ways of praying in the pack, each one explained in a single leaflet that outlines the simple steps to help you get underway:

- Bringing your concerns into prayer
- Centering prayer
- God in my day – Review
- Listening to God in silence and stillness
- Multi-sensory prayer – using images and symbols
- Multi-sensory prayer – using your own creativity
- Praying with music
- Praying with the Bible – Lectio Divina
- Praying with the Bible – using your imagination
- Praying with the five senses
- Review of prayer

Of course prayer cannot be categorised quite as easily as this selection may suggest, and our list is by no means exhaustive: there are indeed so many different ways of praying. Nor is it necessary that you use all of these leaflets all at the same time: your pack can be ‘personalised’, tailored to your needs and/or the needs of your group.
If your parish is interested in using the prayer pack we would encourage you to choose the leaflets you feel are most appropriate for your church community. You could then plan a day or an evening (1 ½ hour) to introduce each way of praying: a 30-minute introduction to the way of praying; 30 minutes practice and 30 minutes sharing in small groups. The sharing is optional and it is up to you to decide if it would be appropriate for your group.

To get more information about the pack and how to arrange for it to be introduced to your church community please contact Susanne Carlsson by phone 07795167603 or by email susanne.carlsson@rochester.anglican.org.

You can download the leaflets from:
https://www.rochester.anglican.org/ministry/spirituality/the-prayer-pack-/
EVENTS

SPIRITUAL NETWORK
SPIRITUAL STYLES
Sat 28 Mar, 10 am-4.30 pm
Venue: St Benedict Centre, West Malling, ME19 6JX
Led by Rev Ronni Lamont

‘Spiritual styles’ is a method of assessment devised by Joyce Bellous, David Csinos, and Denise Peltomaki, based on Csinos’ MA research.
How we connect with our spirituality, (which might include God) and express our ultimate concerns differs from person to person. Within this diversity, four vital spiritual avenues can be identified: the path of the intellect, the way of the emotions, the journey of mystery, and the road to justice.
We will analyse our personal styles through various formats, usually including the completion of individual style assessments; examine how our own style balance impacts on our personal preferences, and consider how we interact with others of differing styles.
Please bring your own lunch; tea and coffee will be provided.
The recommended donation for the day is £10-20.
To book: Rev Susanne Carlsson 07795 167 603
susannecarlssons@hotmail.co.uk

DIOCESE OF ROCHESTER
SPIRITUALITY: PRAYING WITH MUSIC
Wed 4 Mar 10 am-12.30 pm.
Venue: St Benedict’s Centre, West Malling, ME19 6JX
To explore how listening to a piece of music can be especially helpful when settling into prayer, with Revd Pat Percival and Sue Smith. Book online by 25 Feb, http://bit.ly/2PfDnat or email ethlyn.roy-johnson@rochester.anglican.org

OTHER EVENTS – KENT

The following are a selection of events taking place within and beyond the Diocese in Kent. Please check websites or enquire with the organisers for further information.
COMPANIONS OF CHRIST, CHATHAM

65 Maidstone Road
Chatham, Kent, ME4 6DP
Rev Susanne Carlsson 07795 167 603 /
susannecarlssons@hotmail.co.uk
http://www.rochester.anglican.org/ministry/religious-communities/companions-of-christ/

LENT QUIET DAY
Sat 21 Mar (led by Elaine Wilkins and Sue Smith)

PENTECOST QUIET DAY
Sat 30 May (Leader TBC)

ST BENEDICT’S CENTRE, WEST MALLING

52 Swan Street
West Malling, Kent ME19 6JX
Phone 01732 252651 or
bookings@stbenedictscentre.org
Website:
https://stbenedictscentre.org/

ORISONS (PRAYER CARDS)
Thu 27 Feb, 9.30 am – 3 pm
Will include explanation about using the resource with others and time to explore the cards for yourself in a prayerful manner.

THE SAINTS AT ST BENEDICT’S CENTRE PILGRIMAGE DAY
Mon 23 Mar, 10 am -3 pm

QUIET DAY
Tue 21 Apr, 10 am -3 pm
SAYING YES TO LIFE
Mondays: Mar 9, 16, 23, 30, Apr 6
A Lent course using Ruth Valerio’s new book ‘Saying Yes to Life.’

ANGLES AND ANGELS: ICON RETREAT
Sun 14 – Sat 20 Jun
An Icon writing week led by Amanda de Pulford, an experienced Icon writer and teacher.

THE FRIARS
Aylesford Priory, Aylesford
Kent ME20 7BX
Contact 01622 717272
Email retreat@thefriars.org.uk
QUIET DAYS (some themed): 4 Apr, 9 May, 11 May 6 Jun, 8 Jun, 4 Jul.

ST. GEORGE’S, SEVENOAKS
St George’s Church, Church Rd,
Weald, Sevenoaks,
Kent, TN14 6LT. (Carpark next to the church)
Contact Shirley Hayes  shirleyhayesis@hotmail.com
or Ros Durdant-Hollamby  thehollambys@live.co.uk
QUIET DAYS
Hosted on the second Tuesday of the month, 10 am-3.15 pm.
All are welcome to attend. Three short devotional talks to help guide your reflections; prayer ministry is available. Dates:

10 March: Jen Larcombe
14 April: Roger Lumley
12 May: Revd. Canon Anne Le Bas
9 June: Paul Cuthbert
14 July: Revd. Canon Gordon Oliver
8 September: Revd. Canon Don Laurie
13 October: Revd. Canon Jean Kerr
10 November: Margaret Wooding-Jones
THE LIVING WELL
Vicarage Lane
Nonington, Kent CT15 4JT
01304 842 847 /contact@the-living-well.org.uk
QUIET DAYS: 6 Mar, 6 May, 3 Jul

PLAXTOL RECTORY
NATIVITY GARDEN
The Rectory, The Street, Plaxtol TN15 0QG
Contact Peter or Donna: 01732-811081,
donnahayler64@gmail.com
Registered with the international Quiet Garden Movement.
Personal or parish visits may be made by arrangement. Quiet days
at various times, please enquire.

THE VICARAGE, HOLY TRINITY CROCKHAM HILL
Oakdale Lane, Crockham Hill
A QUIET PLACE
First Wednesday each month 8 – 9 pm
Peaceful prayer and time of rest.
Reverend Sue Diggory 01732446466 / 07799892583
sue.diggory@outlook.com / www.crockhamhillchurch.org
www.facebook.com/CrockhamHillChurch

OTHER EVENTS - LONDON

The following are a selection of events taking place in Greater London. Please check websites or enquire with the organisers for further information and to book.

FAITHFUL COMPANIONS OF JESUS SPIRITUALITY CENTRE
FCJ house, 32 Phoenix Road
Somers Town, London NW1 1TA
Contact: Margarita Byron FCJ, Director. 0203 435 8049
DAY EVENTS:
Deepening in faith: 28 Mar, 25 Apr, 22 May, 20 Jun
Day retreats: 7 Mar, 4 Apr, 6 Jun, 4 Jul
LONDON JESUIT CENTRE
114 Mount Street, London W1K 3AH
020 7529 4844 /email ljc@jesuit.org.uk
Major Ignation Meditations, 27 Jun.

ROYAL FOUNDATION OF ST KATHARINE
2 Butchers Row, London E14 8DS
Contact: Carol Ryder, Lay Chaplain 0300 111 1147 /
retreats@rfsk.org.uk
Open reflective days on the second Monday of every month
Quiet Days: 25 Apr, 15 May, 6 Jun.

SISTERS OF ST ANDREW: AN ‘URBAN OASIS’
99 Belmont Hill
London SE13 5DY Lewisham
0208 852 1662 /
email: welcome@sisters-of-st-andrew.com
Website: https://sisters-of-st-andrew.com/

LENTEN RETREAT
Sun 1 Mar – Sat 4 Apr
An Individually Guided Retreat in Daily Life.

LENTEN QUIET DAY
Sat 7 Mar, 10:30 am – 4 pm

LENT QUIET EVENING
Wed 11 Mar, 7:30 pm – 9 pm

‘COME AWAY AND REST A WHILE’ (MARK 6.31)
Thurs 20 Feb, 19 Mar, 23 Apr, 10:30am - 12:30pm
For those who care for a loved one suffering from ill-health.

WEDNESDAY MEDITATIVE EVENING PRAYER WITH TAIZÉ CHANTS
Wed 25 Mar, 27 May, 24 Jun 7:30 pm - 8:30 pm
At 7.00 pm, there is a song practice, for those who wish.
HOLY WEEK
Journeying in Silence with Jesus in the footsteps of His Passion
Mon 6 - Wed 8 Apr, 2 pm – 9 pm

ICON OF THE WOMAN AT THE WELL
Tues 21 Apr – Mon 4 May
The Retreat Association Icon will be at St Andrew’s.

RETREAT DAY WITH THE ICON OF THE WOMAN AT THE WELL
Sat 25 Apr, 10 am – 4 pm
An Art Workshop Day Retreat led by Mary Chamberlin.

A SABBATH DAY WITH THE ICON OF THE WOMAN AT THE WELL
Mon 27 Apr, 10 am - 4 pm

MEDITATIVE EVENING PRAYER WITH THE ICON OF THE ‘WOMAN AT THE WELL’
Wed 29 Apr, 7:30 pm - 8:30 pm
At 7.00 pm, there is a song practice, for those who wish.

MARTHA! MARTHA!
Sat 16 May, 10:30 am – 4 pm
Led by Anna-Stina Ponsford and Sr Marie-Christine.

OPEN AFTERNOON AT ST ANDREW’S
Sun 17 May, 2 - 5:30 pm

A SABBATH DAY CENTRED ON THE GIFT OF CREATION
Mon 1 Jun, 10:30 am – 4 pm

AN URBAN OASIS SILENT RETREAT
Fri 24 Jul – Sun 2 Aug
Individually Guided Retreat (IGR) with personal accompaniment by a Sister of St Andrew.
PILGRIMAGE TO OBERAMMERGAU, 2020
2-9 Sep 2020
Jan Thompson (licensed Reader), is planning to take a small group of people on a quiet, prayerful pilgrimage to the Passion Play at Oberammergau next year. Please contact Jan for full details or to discuss: 01322 683062 or holysmoke@talktalk.net

The information in this newsletter is but a selection of events available in the South-East. Please check details with the organisers or venues. You may also wish to peruse the websites of the following organisations for other events:

LONDON CENTRE FOR SPIRITUAL DIRECTION
Lombard Street, London EC3V 9EA /Ph: 020 7621 1391
Email info@spiritualitycentre.org
https://www.lcsd.org.uk/events/
Offer a range of spirituality courses, day events as well as training to become a spiritual accompanier.

THE RETREAT ASSOCIATION
Phone: 01494 569 056 / email: info@retreats.org.uk
http://www.retreats.org.uk/
The RA is an ecumenical organisation supporting those from both inside and outside the Church. You can find information about quiet days, retreats and training on their courses in spirituality and spiritual direction.

RETREAT HOUSES
A list of retreat facilities in London, Kent, Sussex, Surrey and the North of France can be found via the Rochester Diocese website:
http://www.rochester.anglican.org/ministry/spirituality/retreats
For any enquiries about this newsletter and the Spiritual Network, please contact:

The Revd Susanne Carlsson  
Adviser for Spirituality in Rochester Diocese  
Phone 07795 167 603  
susannecarlssons@hotmail.co.uk

This newsletter is produced by STREAM, the steering group of the Rochester Diocese spirituality network.  
Members: Susanne Carlsson (Adviser for the Spiritual Network), Karin Dixon, Pat Percival, Sue Smith, Paul Stevens, Elaine Wilkins and Margaret Wooding Jones.

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