



(Ref: M.J. Sawyer Trinity I 2002)

**District Retreat**  
**19 – 21 January 2021**  
**Open to lay and ordained**

**Walking on the shore – Grown  
up conversations about God  
with self and others in our  
contemporary world**

“When we are living, we are in the Lord,  
and when we are dying, we are in the Lord;  
for in our living and in our dying,  
we belong to God; we belong to God.”

Roberto Escamilla and John Bell StF 485

**Purpose:** The Covid pandemic has sharpened our awareness of personal isolation within a world of global communication which is full of both true and false stories. We all rely on shared meanings and life stories and find ourselves caring about what we say and how we say it, as well as needing to understand and be understood.

Our aim is to invite participants to go beneath the surface and to identify who and where they are before God - to find the words to express their relationship with God to themselves, another person, the wider group, and the world using music, art and words, prayer and reflection.

**Description:** Michael and Margaret Sawyer will create a safe and nurturing environment in which to offer food for thought around faith sharing, facilitate personal and group conversation in bounded ways and unpack some myths about Spiritual Direction to equip participants to continue developing their personal spirituality.

**Biographies:** Both Margaret and Michael are practising Spiritual Directors trained and certified by the London Centre for Spirituality and in supervision with the Berks. Bucks. Oxon Spiritual Direction (SpiDir) Network. They reside within the Northampton district where they worship and preach.

**Michael** is a supernumerary minister in the Oxford circuit having recently spent 20 years with Margaret in West London. He enjoys watercolour painting, rambling, getting soil under his fingernails on the allotment and generally being close to the earth.

**Margaret** has a background in Early Years education and working for the Connexional Team in a senior management role. With Michael she enjoys parenting adult children and grandparenting their children. She also enjoys working with textiles creatively, music, the arts and gardening especially growing food on the allotment. Long walks in the Oxfordshire countryside keep her body and soul together.

**Places are limited, and financial assistance is available.**

**For enquiries and booking please contact the District Office:**

[northampton.distoffice@gmail.com](mailto:northampton.distoffice@gmail.com)