

The current

Newsletter of the Spirituality Network



Autumn 2019

In this issue

CLOSER COURSE.....	3
THE PRAYER PACK.....	4
From the Prayer Pack: intercessory prayer.....	5
EVENTS	9
Spiritual Network.....	9
Companions of Christ, Chatham	10
St Benedict's Centre, West Malling, Kent	11
Sisters of St Andrew: an 'Urban Oasis'	12
Burrswood Health and Wellbeing, Groomsbridge, Kent.....	15
Other venues	15
RETREAT HOUSES	17



Welcome to the Autumn issue of the Newsletter of the Rochester Diocese Spiritual Network, in which we list some key spirituality events happening over the coming months, leading into Advent.

We also put the spotlight once more on our **Closer** course and are pleased to announce that the next one will start in Chatham on 22 February 2020.

We encourage you again to please do pass this newsletter on to anyone you think may be interested in spirituality-related events, and help grow the Spiritual Network.

You can read a little more about the Network and download this newsletter from the Rochester Diocese website:

www.rochester.anglican.org/ministry/spirituality/

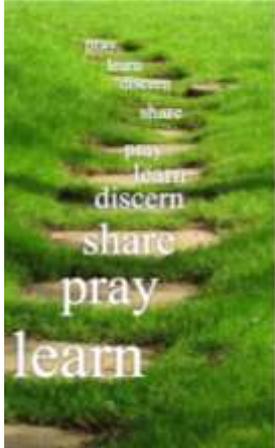
If you or anyone you know would like to be added to the mailing list, please contact Revd Susanne Carlsson:
susannecarlssons@hotmail.co.uk

With every blessing,

Karin Dixon (editor)



COME CLOSER...



...**You are invited** to deepen your personal relationship with God through different ways of praying and by sharing your prayer experiences with others in small groups.

You will also learn about establishing a rhythm in your prayer life, and see how this can help in your decision making.

The programme involves eight meetings on non-consecutive Saturdays, from 10:30 am – 3.00 pm.

As there is some group work involved, participants should be committed to attend all sessions, for their own benefit as well as the other participants.

The next course starts in Chatham (65 Maidstone Road) on 22 February 2020:

22 Feb: What is prayer?

29 Feb: Images of God and self

4 Apr: Different ways of praying

16 May: Different ways of praying

27 Jun: Spirituality in the Christian faith tradition

12 Sep: Discernment and decision making

24 Oct: Deepening and review

28 Nov: Close

Hear a little more about the course in the 'Growing Disciples' video on the Rochester Diocese website:
<http://www.rochester.anglican.org/ministry/spirituality/>

To book, please contact
Susanne Carlsson
susanncarlssons@hotmail.co.uk



Suggested Donation: £10-15 per session

THE PRAYER PACK



The 'Prayer Pack' explains some different ways of praying that can be used individually or within groups to deepen their prayer life.

We have delivered quite a number of presentations to church groups already, and the comments we have received about these have been very positive.

If you would like the Prayer Pack to be presented in your parish, and/or if you want to learn how to deliver the pack yourself, please contact susannecarlssons@hotmail.co.uk

The leaflet below has been included to give you a taste of what the Prayer Pack is all about.

You can download the complete pack from <http://www.rochester.anglican.org/ministry/spirituality/the-prayer-pack-/>

From the Prayer Pack:

Bringing your concerns into prayer



“Lord, I am here before you...”

Intercession means simply being with God with particular people or situations in mind.

“Lord, I am here before you, with ...(*name*)... on my heart.”

You only need to mention a person or situation with a real intention to hold them before God. It’s not about rushing through a list, but naming people or situations in loving care.

It doesn’t matter how the thoughts or words come out – the more personal and genuine the language, the better.

Use the simple phrase above if you like, or something like:
“Circle, Lord, your servant ...(*name*)... with your healing love...”

Talk to God about your particular concern. After naming the person or describing the situation that is troubling you, be silent – whatever feels right to you.

Light a candle

You may want to light a candle, remembering Jesus' words: "***I am the light of the world***" and the person or situation you are praying for. When we light a candle, our prayers become smaller symbols of the One Light of Christ.

Use a prayer box, prayer board or tree

It may help you to write down the name of the person or the situation you are praying for on the cards provided.

The prayers in the box will not be read out loud, but prayed for quietly on a Sunday morning. However, if you do want other people to know and pray for the particular person or situation you have on your heart, please put your prayer on the prayer board.

When you're ready, **end your prayer** by saying thank you or using words that are familiar such as the Lord's Prayer (Our Father) – whichever feels right and comfortable.



All of us pray in different ways at different stages in our lives. Sometimes our way of praying changes as we grow in our relationship with God

Intercessory prayer comes from the Latin word *intercedere*, 'to go between', 'intervene on behalf of another'. In intercessory prayer we plead on the behalf of another person or a particular situation. Intercessory prayer has a long history. In the Old Testament, Moses, Abraham and the prophets plead on the behalf of God's people. In the New Testament, Jesus models intercessory prayer by praying for his disciples. Intercessory prayer plays an important part in the majority of Christian traditions, especially within the context of Sunday Worship.

However, it is important to remember that this is only one of many ways of praying, and prolonged moments of repetitive lists of intercessory prayer can sometimes get in the way of a deeper listening place. So a certain balance needs to be found here.

Book suggestions

Clements-Jewery, Philip (2005) *Intercessory Prayer, Modern Theology, Biblical Teaching and Philosophical Thought*. Ashgate Pub. Ltd.

Hauser, Richard (2003) *Finding God in Troubled Times*. Loyola Univ Press.

Prichard, John (2011) *The Intercessions Handbook*. SPCK Publishing

Vennard, Jane E. (1995) *Praying for Friends and Enemies*. Augsburg Fortress.

Front cover image: www.clker.com/ K Dixon

EVENTS

Spiritual Network

THE ENNEAGRAM AND SPIRITUAL ACCOMPANIMENT

For those who have previously done some work on the Enneagram and would like to use their experience in Spiritual Accompaniment.

12 Nov: 10 am – 4 pm

Venue: St Benedict's St Benedict's Centre, 52 Swan Street, West Malling, ME19 6JK.

The Enneagram is an ancient tool for understanding the deep motivations of our actions and thoughts. During the workshop we will reflect on our own Enneagram stance, and how the Enneagram can be of help to others we know, including those we accompany – obviously without naming people.

Bring your own lunch; tea and coffee will be provided.

Donation: £10-20

To book: contact susannecarlssons@hotmail.co.uk

TRAINING IN THE SKILLS OF SUPERVISION WITHIN THE MINISTRY OF SPIRITUAL ACCOMPANIMENT (Rochester and Canterbury Dioceses)

A course for those who have experience of giving spiritual accompaniment and would like to use their experience to supervise others.

Facilitated by Rev Canon Chris Dench, Director of Formation and Ministry in Rochester Diocese, and Rev Canon Susanne Carlsson, Adviser for Spirituality in Rochester Diocese.

7, 8, 13 Nov: 10.30 am – 4 pm each day.

Venue: 65 Maidstone Road, Chatham, ME4 6DP

Bring your own lunch, drinks will be provided.

Donation: £15 per day

To book: contact susannecarlssons@hotmail.co.uk

Companions of Christ, Chatham

65 Maidstone Road
Chatham, Kent
ME4 6DP



“IN THE BEGINNING WAS THE WORD...”
A CREATIVE WRITING QUIET DAY
Sat 12 Oct: 10 am – 3 pm

There is something special about creative writing that brings us into the presence of Jesus. The Living Word meets us as we express to God the thoughts and desires of our hearts. On this quiet day, there will be space to prayerfully experiment with words and ways of writing, and an opportunity for spiritual refreshment as we listen to what God might be saying in us and through us.

Rev. David Kichenside is Team Vicar of Holy Trinity South Chatham. He has been a parish priest for nine years, and a dabbler in all things creative and artistic since he can remember...

To book: contact Rev Susanne Carlsson
07795 167 603 / susannecarlssons@hotmail.co.uk

ADVENT QUIET DAY

Date TBC.

For more information on the Companions of Christ please visit:
<http://www.rochester.anglican.org/ministry/religious-communities/companions-of-christ/>

St Benedict's Centre, West Malling, Kent

52 Swan Street
West Malling, Kent ME19 6JX
Phone 01732 252650 /
bookings@stbenedictscentre.org
Ph 01732 252 651



WHAT IS OUR STORY OF OLD AGE

Thurs 19 Sep: 10 am - 4 pm.

How can we learn about our own aging and others? This day will present a range of different stories encouraging us to listen carefully to the nature of narration. Aimed at those who would like to reflect on their own ageing, and/or those who support older people. Offered in collaboration with Rochester Diocese and The Gift of Years.

Refreshments and lunch provided. £35 including refreshments.

THE BIBLE COURSE

Tue 1 Oct; 8 Oct; 15 Oct; 29 Oct; 5 Nov; 12 Nov; 19 Nov; 26 Nov: 7 pm. An 8-session course in partnership with the Bible Society, to help you see the Big Picture; discover how the Bible applies to your life; enhance and inform your Bible study – whether you are new to the Bible or want to go deeper. Course fee £10.

MORE THAN TEA AND BISCUITS...

Hospitality in Church and Community.

Sat 5 Oct: 9.30 am - 4 pm

This day will explore hospitality in the Bible, local church and wider community, and help us discover how we can shape our practices and teams to enable authentic welcome, connection and relationship. In collaboration with Rochester Diocese.
£20 incl refreshments.

LECTIO DIVINA QUIET DAY

Thu 10 Oct: 10 am - 4 pm

With Sister Anne from the Benedictine Community at Malling Abbey. £20 incl refreshments.

THIS IS MY STORY, THIS IS MY SONG

Thu 14 Nov: 9.30 am - 4 pm.

Reflecting on the hymns and songs of our faith, with Tracey Jones. £25 incl refreshments.

CHRISTMAS CRAFTS AND CAROLS

Sat 14 Dec: 9.30 am - 4 pm

Join us for a day of festive gift making and crafts, ending with carol singing in the Pilgrim Chapel, and traditional mince pies. £25 incl refreshments and craft materials.

For individuals:

Study rooms with WiFi, desk and comfortable chairs for you to write, read, rest, retreat or recharge. Enjoy some of the beautiful grounds and gardens; you are also welcome to attend services in the Community Chapel. Tea and coffee available as required, and you can bring your own lunch or buy something in West Malling. Rooms available from 9–6 pm Monday to Saturday for a daily charge of £12.

For groups:

A variety of rooms available for groups from 2 to 45 people.

Sisters of St Andrew: an 'Urban Oasis'

99 Belmont Hill

SE13 5DY Lewisham

Phone: 0208 852 1662

email: welcome@sisters-of-st-andrew.com

www.sisters-of-st-andrew.com



MEDITATIVE EVENING PRAYER

With Taize chants; last Wednesday evening of the month

25 Sep; 30 Oct; 27 Nov; 11 Dec (Advent prayer): 7.30-8.30 pm

A time to contemplate the Passion through word, music and image; prayer with the community. (Practice chants from 7 pm.)
No need to book.

A DAY RETREAT WITH THE ICON OF FRIENDSHIP.

Sat 28 Sep: 10 for 10.30 am – 4 pm. Led by sr Sigrun.

CELEBRATING THE SEASON OF CREATION

With the film 'Journey of the Universe'.

Tue 17 Sep and 1 Oct (follow up): 7:30 pm to 9 pm

Arrive 6.30 pm for prayer with the community or 7 pm with a 'packed supper' for a 7.30 pm start. Please let us know if you are coming. Sr Regula.

ST MARK BIBLE GROUP

One Thursday every month (Usually the first Thursday)

3 Oct / 7 Nov: 10.15 for 10.30 am – 12.30 pm. Led by Sister Sigrun.

A 'SABBATH DAY – 'ON THE SEVENTH DAY GOD RESTED'.

Wed 16 Oct: 10 am for 10.30 am – 4 pm. Come for the morning, afternoon or both: short input, a time to pause, rest, reflect in silence, available tools include music, image and word. Booking essential. Led by sister Regula.

STEPPING STONES INTO SILENCE

Fri 18 - Sun 20 Oct A silent retreat for beginners with personal accompaniment (IGR)

Booking essential. Led by the Sisters of St Andrew

DIFFICULT TRANSITIONS.

Looking for strength and courage in times of challenge

Sat 9 Nov: 10 am for 10.30 am – 4 pm. A reflection day with inputs, personal times (and sharing for those who wish). Led by sr Marie-Christine. Booking essential.

A 'SABBATH DAY – 'ON THE SEVENTH DAY GOD RESTED'.

Wed 13 Nov: 10 am for 10.30 am – 4 pm. Come for the morning, afternoon or both: short input, a time to pause, rest, reflect in

silence, available tools include music, image and word. Booking essential. Led by sister Sigrun.

QUIET PAUSE IN ADVENT

Saturday 30 Nov: 10 for 10.30 am to 4 pm. Led by sr Sigrun. Booking essential.

'COME AWAY'

Thurs 19 Sep; 17 Oct; 21 Nov; 19 Dec: 10.30 am – 12.30 pm

For those who care for a loved one suffering from ill-health. A time to come away, pause, reflect, listen and share.

Led by sr Regula.

MASS WITH THE COMMUNITY Weekly Friday evenings 6.30-7.15pm. (*call to check the previous day*).

SILENCE AND SELF-CATERING

We give priority to those looking for a place of quiet.

OASIS DAYS FOR INDIVIDUALS

A time to chill out in silence for a couple of hours, a day or overnight. To pause, reflect, rest. Come before or after a programme event. Own room, use of the chapel and gardens. Booking essential.

RETREAT DAY FOR INDIVIDUALS with a talk with a sister. Booking essential.

WELCOME OF GROUPS:

Day groups are welcome in our rooms in the ground floor. Up to 25-30 people. Possibility to use the chapel and grounds.

Suggested donation per person. Booking in advance essential.

Residential groups:

Small groups (3-6) possibility to use a self-contained space with bedrooms, meeting room and kitchenette (self-catering). Booking essential.

Bigger groups: up to 10 bedrooms, meeting room for 25-30 people and kitchenette. Suitable for groups if there are other possibilities of accommodation for part of the group.

Burrswood Health and Wellbeing, Groomsbridge, Kent



Bird in Hand Lane, Groomsbridge,
Tunbridge Wells TN3 9PY.

Reservations: 01892 865988.

Announcement: Having prayerfully considered and explored a very wide range of alternative options over some years, sadly the Trustees have come to the conclusion that Burrswood's current financial situation is untenable, and as a result all operations at this venue have now ceased (as from July 2019)

Burrswood Quiet Days

The Quiet Days previously being held at Burrswood are now being held at **St George's Weald** on the **second Tuesday of the month**, starting at 10 am and finishing at 3.15 pm. All are welcome to come and spend time listening to God and joining others in worship and prayer. There will be three short devotional talks to help guide your reflections. Prayer ministry is available.

To book to attend the quiet day please contact:

Shirley Hayes: shirleyhayesis@hotmail.com or

Ros Durdant-Hollamby: thehollambys@live.co.uk

St George's Church,
Church Rd,
Weald, Sevenoaks,
Kent, TN14 6LT.

There is a carpark next to the church

Other venues

A QUIET PLACE – FIRST WEDNESDAY EACH MONTH, 8 –9 pm

The Vicarage, Oakdale Lane, Crockham Hill

Peaceful prayer and time of rest.

Contact: Reverend Sue Diggory, Holy Trinity, Crockham Hill
01732446466 or 07799892583

sue.diggory@outlook.com / www.crockhamhillchurch.org

www.facebook.com/CrockhamHillChurch

NATIVITY GARDEN AT PLAXTOL RECTORY

Registered with the international Quiet Garden Movement, five stations themed around the Annunciation, the Visitation, the Journey to Bethlehem, the Shepherds and the Nativity can be used for contemplative prayer. A guidebook is provided and hot drinks are available. Personal or parish visits may be made by arrangement.

Contact Peter or Donna: 01732-811081,
donnaahayler64@gmail.com

PILGRIMAGE TO OBERAMMERGAU, 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.

The tour will be with McCabe Pilgrimages **between 2-9 Sep 2020**, at a cost of £1515 (plus £195 for a single room). It includes one overnight stay in Oberammergau with a first class ticket for the performance, and in a lovely hotel in the Tyrol in the village of Imst the other nights. **Please contact** Jan for full details or to discuss: 01322 683062 or holysmoke@talktalk.net

THE BOTHY, ST JAMES CHURCH, NORTH CRAY, KENT



North Cray, Kent, DA14 5EQ,

The Bothy is situated in historic and idyllic surroundings in the Churchyard of St James Church, which is on the edge of Footscray Meadows, close to the Five Arches Bridge. Within easy reach of the A2/ A20.

Facilities: Kitchen; meeting room for 30 people; enclosed garden area; off-road parking; access to the church if required.

**To book: please contact Lynne Meads on 07966 315518 or
Rev Ren harding on 01322 528923**

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 as well as training to become a spiritual accompanier.

RETREAT HOUSES

A list of retreat facilities in London, Kent, Sussex, Surrey and the North of France can be found on 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.

[Back to Contents](#)