



Newsletter of the Spirituality Network



Autumn/Winter 2020

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Dear readers,

The past seven months or so have presented us with unprecedented challenges and as you will be aware, life still has not quite returned to normal – indeed it may be a while yet.

However, we would like to reassure you that the Spiritual Network is still very much up and running, and endeavouring to offer opportunities for people to grow in their relationship with God.

Gradually venues are starting to open again, in line with Covid19 restrictions of course, and many organisations have been offering online events. This short newsletter gives you details of an online retreat that has been running successfully and will continue to be offered to those wishing to make a retreat in their own space.

Our web pages have also been updated, so you can find out more about what we do on the Rochester Diocese website:

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

With every blessing,

Karin Dixon (editor)



THE PRAYER PACK: TWO NEW LEAFLETS

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 intended to offer some helpful guidance.

Another two leaflets have recently been added: **Praying with Icons (Visio Divina)** and **Journaling**. So we now offer twelve different ways of praying for you and/or your parish to try out:

-  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
-  Praying with icons
-  Journaling



You can download the leaflets from the Diocesan website:

<https://www.rochester.anglican.org/ministry/spirituality/the-prayer-pack-/>

EVENTS

ONLINE GUIDED RETREATS TO CONTINUE

For those who feel drawn to spending more time in prayer at this time, an online guided retreat was organised by the Diocese's Coordinator of Spirituality, Rev Canon Susanne Carlsson, during the lockdown earlier this year.

This has proved so popular that we have decided to continue to offer the opportunity for those who feel drawn to spending more time in prayer, until 24 May 2021.



What it involves is simply that you are encouraged to put aside some time each day for prayer. You will be paired with a spiritual accompanier, who will make contact with you at a pre-arranged time, online or by phone. You will then be able to talk about your prayer experience with them for 20–30 minutes.

The intention is for you to listen to God through praying with scripture and in talking and reflecting with your accompanier; they will listen and may suggest various scripture passages for you to use.

If you would like to find out more, or to book a place, please contact Susanne Carlsson, susannecarlssons@hotmail.co.uk

CLOSER COURSE



Our Closer courses in Chatham and Chislehurst have had to be postponed due to Covid, but there are now plans to start the Chislehurst-based course in January 2021. More information about the Closer course can be found on the Diocesan website:

<https://www.rochester.anglican.org/ministry/spirituality/closer-course/>

If you are interested in joining, or know someone who might be, please contact either

Paul Stevens, paullouis@xlnmail.com

or

Elaine Wilkins, elaine.l.wilkins@btinternet.com

NETWORK DAY 26 NOVEMBER – CHRIS CHAPMAN

Along the unknown road:

Meeting God in experiences of uncertainty

26 November 10.30 - 12.30 –on Zoom

So much that we took for granted has been swept away by Covid19. Yet God is present and active amidst this uncertainty. Where is God when we cannot see our way ahead clearly and when we struggle to understand? What invitation towards life might these experiences hold for us?

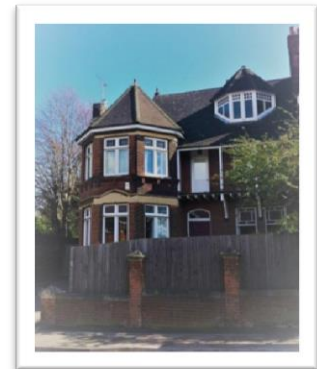
Christopher Chapman is an experienced spiritual director and retreat leader. He is the author of *Seeing in the Dark*, *Earthed in God* and *Send my Roots Rain*, and an associate tutor at St. Augustine's College of Theology.

To book contact Susanne Carlsson and you will be sent a link for the Zoom meeting. Donations £10 to support the work of Spirituality during this time.

susannecarlssons@hotmail.co.uk / 07795 167 603

QUIET DAY IN CHATHAM 9 DECEMBER 2020

A Quiet Day in Advent is planned to take place on 9 December. This will hopefully at be held at the Companions of Christ, 65 Maidstone Road, Chatham, unless restrictions in force at the time will prevent us from welcoming you in person. If that should be the case, we are hoping to offer the Quiet Day online instead.



susannecarlssons@hotmail.co.uk / 07795 167 603

RETREATS

ATTIC RETREATS IN CHATHAM REOPENED

You are welcome to come to Attic retreats for:

- Space
- Time to reflect and pray
- A retreat with spiritual accompaniment
- An Ignatian retreat with the full Spiritual Exercises

To enquire and book please contact
susannecarlssons@hotmail.co.uk or phone 07795 167 603

ST BENEDICT'S CENTRE IN WEST MALLING REOPENED

On Monday 21 September, the St Benedict's Centre in West Malling partially reopened, starting with bookings for individual study rooms for a day. Find out more from their website:

<https://stbenedictscentre.org/>



SISTERS OF ST ANDREW: AN 'URBAN OASIS' REOPENED

99 Belmont Hill

London SE13 5DY Lewisham

0208 852 1662 /

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

Website: <https://sisters-of-st-andrew.com/>



OTHER 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>

THE RETREAT ASSOCIATION

Phone: 01494 569 056 / email: info@retreats.org.uk

<http://www.retreats.org.uk/>

An ecumenical organisation supporting those from both inside and outside the Church. They have a directory with information about quiet days, retreats and training.

For any enquiries about this newsletter and the Spiritual Network, please contact:

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susannecarlssons@hotmail.co.uk



This newsletter is produced by STREAM, the steering group of the Rochester Diocese spirituality network.

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