



ST BEDE'S PASTORAL CENTRE

December 2011

Dear All

May we wish you all a very Happy Advent and Christmas this year—and perhaps a little less snow than last year!

As many of you already know 2012 is the 25th Anniversary of St Bede's and on May 26th 2012 we hope to have Open House from 11– 5.30 and perhaps we will see you there?

We have yet to fine tune the details but, as advance notice, our hope is that as many of the founding Benedictines as possible will be able to join us for midday and perhaps be around to meet old friends during the early afternoon.

The plan at this stage is to have various different exhibitions of some of the things that go on at St Bede's [or that have done so in the past 25years], a PowerPoint loop showing the changes over the years and to end the day with a Thanksgiving liturgy at 5pm organised by the Friends of St Bede's. In this way we hope as many people as possible will be able to drop in when convenient for them to celebrate with us. There will be nibbles and drinks throughout the day!

Meanwhile the events this term have been very well attended again [everyone seemed to have gone away for the summer events!], the latest PSD [Personal and Spiritual Development] course has got off the ground with a very full house which is lovely and the Spiritual Direction training course [Yisac] has come to its end with 16 more people now able to offer spiritual direction locally—a real tribute to their very hard work over the past 2 years!

With best wishes for 2012 and may it be a blessed year for you

from us all at St Bede's,

Cecilia CJ



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Website: www.stbedes.org.uk

Event and Speaker	Date	Time	Suggested Donation
Relationships Human and Divine with Sr Cecilia CJ	Mondays 9 & 30 Jan 20 February 5 & 12 March	2-4	£7/ £32
Becoming the Place we Pray In with Julia Ling	Thursday 12 January	10-4	£12
Journalling with John Knowles	Thursday 19 & 26 Jan 2, 9 & 23 February 1 March	1.45-4.15	£7/ £40
The Gospel and Dementia with Sr Siobhan	Saturday 21 January	10-4	£12
Following Mary Ward Today with Sr Patricia Harriss CJ	Tuesday 24 January	2-4	£5
Art in Miniature with Sophie Weston	Thursday 26 January	10-4	£12
From Contemplation to Compassion with Eley McAinsh and Jenny Sandler	Wednesday 1 February	10 for 10.30 - 3.30	£12
Meditating with Icons with Kit Dollard	Tuesday 7 February	10-3.30	£12
Sword of Sorrow with Sr Louise CJ	Wednesdays 8 & 22 February 7 & 21 March	2-4	£5/ £18
The Origins of Christian Art with Sophie Weston	Thursday 23 February	10-4	£12
Reasons To Be Cheerful with Diane Westmoreland	Monday 27 February	10.30- 3.30	£12
Julian in her Medieval Context with Santha Bhattacharji	Saturday 17 March	10-3.30	£12

All sessions start at the time stated but you are welcome to come earlier for coffee. Refreshments are included in the price. Lunch can be bought in the Bar Convent cafe; alternatively, bring your own to eat at St Bede's. Length of lunchtimes varies. No one should feel excluded for financial reasons please contact the office for further details.



Journalling with John Knowles

Thursdays 19 Jan - 1 March

Journalling is a creative way of using words (written for our eyes only) to explore the many aspects and layers of our life and to illuminate their meaning for us. This workshop, spread over three terms, provides an oasis to contemplate and integrate the personal and spiritual dimensions of our life for future use. Based on the work of Proggoff, each session (6 per term) will consist of input, time for writing and personal reflection. Please bring a hard-back, loose-leaf file and paper and a pen with you to each session.

Relationships Human and Divine

with Sr Cecilia Mondays 9 Jan - 12 March (see below)

This course sets out to explore how our human journey is mirrored in our relationship with God and how we are called to integrate both as our life develops. The sessions will have input based on the writings of those who have described their relationship with God over the centuries, as well as provide time to reflect on our own spiritual journey - and to see the similarities. Group work is optional.

Jan 9th Learning to Love

Jan 30th Bread and butter Prayer

Feb 20th Deepening and Transition

March 5th When God goes missing

March 12th In God's own landscape

Sword of Sorrow

with Sr Louise Wednesdays 8 Feb - 21 March

Four afternoons of prayer and reflection in which we will contemplate the Lenten journey of Mary of Nazareth.

8 February Sign of Contradiction 22 February Loss in Jerusalem

7 March "Who is my mother?" 21 March Standing at the Cross



Retreat in Daily Life during Lent with the Sign Community.
Contact St Bede's for further details.

IGNATIAN SPIRITUALITY AT St BEDE'S. Please see our website for more details.

We offer various days, workshops and training courses specifically based on Ignatian spirituality for those who are interested in learning more, and also for those who are working as spiritual directors.

WHITBY RETREAT dates will be available on 1st December 2011 please phone for more information.

PERSONAL AND SPIRITUAL DEVELOPMENT [PSD] a two year experiential course open to all, next course starting September 2013. For more details please phone or email St Bede's Office

FOLLOW UP TO YORK IGNATIAN SPIRITUAL ACCOMPANIMENT COURSE [DISAY]
A year of input and practice direction for those offering spiritual accompaniment. Please contact Cecilia Goodman CJ [cecilia.goodman@virgin.net] if interested.

OCCASIONAL DAYS ON THE PROGRAM are provided and are designed to be of value to anyone interested in learning more about Ignatian spirituality.

REGULAR GROUPS AND PRAYER MEETINGS

NEW GROUP STARTING AT ST BEDE'S:

MEISTER ECKHART READING GROUP. A small, friendly group meeting every Tuesday morning, 10.30 – 12.30 to read and discuss works written by and about the Medieval Mystic, Meister Eckhart. You would be most welcome to join us – no prior knowledge of Eckhart is assumed or needed.

For more details contact Maureen: 01759 318837 or Anne: 01904 647272

TO FIND GOD IN ALL THINGS: discovering the Ignatian way of praying the scriptures, with Sr Louise CJ. £1 per meeting.

**Tuesdays 7.30-8.45pm: 10 & 24 January,
7 & 21 February, 6 & 20 March**



YORK JUSTICE AND PEACE GROUP: a group interested in a wide variety of justice issues.

Usually 7.30pm on the second Monday each month.

Contact Nan Saeki 01904 783621

CHRISTIAN MEDITATION: an ancient form of contemplative prayer, seeking God in stillness and silence.

Wednesdays 8–9pm: 11 & 25 Jan, 8 & 22 Feb, 14 & 28 March

Contact St Bede's for more details.

CITY PRAYER: a group of enthusiastic people who meet to pray and sing together. **Mondays, 7.30pm** Contact David Copeland 01904 330 608

MASS IS SAID AT NOON IN OUR CHAPEL ON WEDNESDAYS AND A EUCHARISTIC SERVICE SAID ON MONDAYS

**IN TERM TIME AND AT NOON IN THE BAR CONVENT ON FRIDAYS.
PLEASE RING TO CONFIRM IF NOT A REGULAR ATTENDER.**





INDIVIDUAL EVENTS

Becoming the Place We Pray In - Living the New Cosmology

with **Julia Ling**

Thursday 12 January

This day will be led by Julia Ling from the Ignatian Spirituality Centre in Glasgow. The spiritual journey is sometimes described as an 'at-one-ing' process: a journey of discovering our oneness with God, others and the whole creation.

As we find ourselves facing ever increasing global environmental and social crises, the journey towards oneness seems to be the essential adventure of our time.

This day will seek to offer space and inspiration to enter into the adventure of the journey.

As the day unfolds, opportunity will be given to explore how the 'new cosmology' is helping us enter more profoundly into the mystery of our oneness with all things – a mystery known and lived by the great mystics of the Christian Tradition. The day will include:

input on contemporary cosmology

meditative pauses drawing on the wisdom of the mystics

space for personal reflection

some ways of creatively engaging with the material offered

opportunity to share and enjoy reflective conversation with others.

The Gospel and Dementia. A Message of Hope.

"Come to me all you who labour and are overburdened and I will give you rest."

with **Sr Siobhan O'Keeffe**

Saturday 21 January



In this day of prayer and reflection we will explore together how a gospel message offers hope and comfort to all living with or affected by a dementia.

An overview of dementia and some guidelines and coping strategies will be offered. Participants will support each other on this sacred journey.

This is a day for people living with a dementia, family members, carers, friends, chaplains, pastoral care workers, service providers.

Sister Siobhán O'Keeffe is a Sister of the Sacred Hearts of Jesus and Mary. (Chigwell Sisters) She is a Registered General Nurse with specialist interest in palliative care and dementia support. She holds a Diploma in Person Centred Dementia Care and a Masters Degree in Applied Theology, Justice, Peace and Mission Studies. She is the Co-ordinator of the Harmony House Early Onset Dementia Support Service in Dagenham, Essex. She is the author of "Petals of Prayer" Prayers, reflections and resources for people with dementia and their



Following Mary Ward Today with **Sr Patricia Harriss** Tuesday 24 January

Over 60 members of Mary Ward's Institute, representing 17 countries, met recently as the General Congregation of the Congregation of Jesus. They spent the whole month of October in Loyola, Spain, the home of St. Ignatius, looking at progress made, issues that have evolved all over the world since the last such meeting in 2002, and priorities for the next nine years They also elected a new general superior and her four assistants.

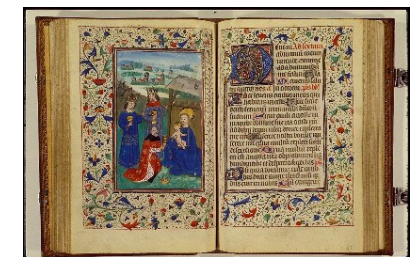
Sister Patricia Harriss, who was one of the English representatives in Loyola, has experience as assistant to a previous general superior in Rome, which included visits to all the countries where our sisters work. She has also worked in Slovakia and Russia, as well as in several of the communities in England, and is now a member of the York community for the third time, this time as novice director. During the afternoon she will share her experience of General Congregation 2011, and reflect on some of the challenges facing Mary Ward's followers as they move further into the 21st century.

Art in Miniature - the World of the Medieval Illuminated Manuscript

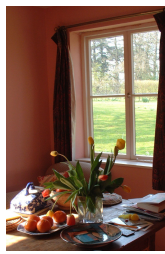
with **Sophie Weston**

Thursday 26 January

A chance to explore these exquisite books - who made them, and how did they do it?. What types of books were made, and who were they made for? Above all, a chance to look in detail at the superb illustrations.



From Contemplation to Compassion with Eley McAinsh and Jenny Sandler Wednesday 1 February



A day to explore the relationship between contemplation and compassion, with Eley McAinsh and Jenny Sandler. In his book *Into the Silent Land*, Martin Laird says that *contemplation is the way out of the great self-centred psychodrama. When interior silence is discovered, compassion flows. If we deepen our inner silence, our compassion for others is deepened.* Is this true, and if it is true, why is it true? What is the connection between spiritual experience and love for our neighbour, between contemplation and action?

The day will combine input from Eley and extended periods of silent meditation guided by Jenny.

Jenny Sandler was a principal dancer with a number of leading European ballet companies. She has taught and practised meditation and t'ai chi for many years and leads various groups concerned with meditation, spiritual exploration and ecological awareness.

Eley McAinsh is Director of the Living Spirituality Network, a small research project working at the interface between traditional Christian faith and practice and newly emerging spiritualities. She was for many years the main producer of *Something Understood*, Radio 4's weekly spiritual anthology.

The Eyes Have It – Meditating with Icons with Kit Dollard Tuesday 7 February



The eyes are the pathway to the soul yet why do we so seldom use pictures or images in our prayer? This workshop will help us address this shortfall. If you would like to bring a copy of one of your own favourite pictures or icons with you there will be a brief opportunity for you to share your own thoughts or prayers. Of course this is entirely voluntary but experience shows that everybody gains in the process!

Kit Dollard works for CCR a small Christian Charity promoting adult formation and learning in England by providing retreats, workshops and facilitation for a wide variety of church and secular clients. For 12 years previously together with his wife he had been based at Ampleforth Abbey and in Middlesbrough Diocese. His special interests are leadership, film & art and psychology and he is a Fellow of the IPD. He has a Diploma in Advertising and an MA in Theology from Durham. He is co-author with Abbot Timothy Wright of *Doing Business with Benedict* published in 2002 by Continuum.

The Origins of Christian Art with Sophie Weston Thursday 23 February



Many of us know the great religious art of the late medieval and Renaissance periods - but where did it originate? This day will aim to explore the very earliest Christian art as seen in Rome, Ravenna and further afield. When and where do these images first appear? What stories do they depict and why? A richly illustrated study day which will reveal a fascinating story.

Reasons To Be Cheerful with Diane Westmoreland Monday 27 February

A quiet day which will use music and guided meditation to help us develop a grateful outlook both in our prayer and throughout our lives.

Revd Dr Diane Westmoreland is a parish priest in the Church of England, currently based at Amble in north Northumberland. Alongside her parish work, she has just completed doctoral research in practical theology, looking at whether spiritual maturity can be nurtured in the local church congregation.

Julian in her Medieval Context with Santha Bhattacharji Saturday 17 March

The more the writings of this 14th Century anchoress are studied, the more they yield both to academic investigation and to more prayerful reading. This study day will look in depth at key aspects of Julian's thought, seeing where she is highly original and where she is more typical of her time than people might assume. For example, Julian's teaching on the motherhood of Christ builds on a standard medieval concept, and even the difficult and unusual Parable of the Lord and the Servant may be drawing on a similar analogy in Anselm. In contrast, where she is often thought to be typically medieval, as in her visions of the crucified Christ, she has some unusual and unexpected emphases.

Santha Bhattacharji, M.A., Ph.D., has taught Old and Middle English at Oxford University for nearly 20 years, and is currently Senior Tutor at St. Benet's Hall. A former nun in an Anglican contemplative community, she now speaks and writes regularly on the medieval mystics and medieval liturgy.

