



## St. Bede's Pastoral Centre

YORK

### WELCOME TO OUR ONLINE PROGRAMME FOR THE 2020 **SUMMER TERM...**



Here are the details of our adapted programme for the Summer term following the need to temporarily close the building in response to the demands of the COVID-19 pandemic.

These exceptional circumstances have given us the opportunity to explore opportunities for offering our content online which we hope will help to support and nourish you at this challenging time. Please do pass on details to anyone you think may benefit.

**All these events, courses and retreats will be delivered online using Zoom.** The Zoom invite and details on how to access the calls will be sent out in advance of each event session. We are happy to offer some help and guidance to anyone interested in signing up but not familiar with using Zoom – so don't be put off!

We suggest an offering for each event, course and retreat but do not want anyone to feel excluded because of cost – please do enquire and we will offer some support.

**For the dates, times and costs of the programme contents described below, please refer to the programme summary sheet.**

To register and pay please contact the office by email at:  
**[admin@stbedes.org.uk](mailto:admin@stbedes.org.uk)**

### Guided Prayer

These Monday sessions offer an opportunity to pause for 30 minutes in the day to dip into a time of quiet and find space to pray and reflect.

#### Guided Prayer of Examen

Opportunity to be guided through the Ignatian 'Prayer of Examen', a practice which helps us to reflect on how and where we are experiencing the life of God in our everyday experience.

#### Guided Lectio/Audio

Quietly guided meditations using an ancient monastic prayer form, Lectio Divina, with scripture and inspirational music.



## Wellbeing Practices and Restorative Space

### Gentle Guided Practices for Nurturing Wellbeing with Anne Harrison

All of us from time to time would like to be as well as we can be, physically, mentally, spiritually and emotionally. The gentle exercises and simple techniques taught in these sessions are simple but effective in healing and self-care.

They cover gentle body work and mindfulness practices gleaned and adapted from various traditions. The practices have been used with a variety of people and groups within many different cultures.

The practices help transform stress and pain deriving from stresses of daily life, illness, or trauma, and open the individual towards greater wholeness and wellbeing. As individuals get in touch with their own source of strength and wisdom, they can help others.



### What are some of the practices?

- Tai Chi and movement
- Meditation and visualisation – Breathwork - Fingerholds
- Tapping (EFT) - Other energy work

### What can I expect?

- Each session usually lasts approximately 1.5 hrs.
- You don't need special clothing, just wearing something loose and comfortable is usually helpful
- A gentle, flowing session, some quiet time, sometimes more energetic movement
- A little teaching on the body's own natural healing/energy system
- All ages and abilities welcome.

*Anne Harrison is a regular contributor at St. Bede's, offering spiritual accompaniment to others, and is qualified in therapeutic and energy work. She finds these practices personally beneficial to her own prayer and meditation, and general wellness.*

*To find out more, or book an online place email Anne: [anneharrison25@gmail.com](mailto:anneharrison25@gmail.com)*

### Restorative Practices for Challenging Times with Linda Courage

These sessions will offer space to gently experience and explore practices which can help restore us and build resilience in these challenging times and circumstances.



**Session 1: Introduction & exploring the restorative qualities of our breathing**

**Session 2: Connecting to our heart centre and opening to compassion for ourselves, others and the world**

**Session 3: Discovering the gifts of connection with a valued wisdom figure**

**Session 4: Exploring rhythms and seasons**

Each will include:

- time to be introduced to and guided in a practice
- individual space for restorative time (with suggestions for relaxation/play/creative expression/contemplation)
- coming together for light sharing for those who wish on how you spent your time, what was helpful and what you might like to take forward as ongoing practice

No prior experience necessary or any affiliation with any particular spiritual or religious tradition. Open to all but especially those who are in caring roles (professional & lay).

*Linda Courage, trained in nursing, is a member of the Abbey for the Arts and a coordinator for the Living Spirituality Connections. Linda has a heart for encouraging and guiding others in practices which help to reconnect us to ourselves and restore our vitality and aliveness.*

## Introductory Short Course

### Pathways into Prayer with Sr. Marion Bettenworth CJ & Julia MacDonald

Pathways into prayer is a short course for anyone who wants to deepen their relationship with God by exploring different ways of prayer. Each of the four sessions will focus on a particular 'pathway'.

The four Pathways we will explore in this short course will be:

- Prayer with Scripture (Lectio Divina)
- Imaginative/Gospel Contemplation
- Praying with Nature
- Praying with Our Everyday Lives (The Examen).

Each session will contain input from the leaders, time for experiencing the particular pathway into prayer, space for personal reflection, and an opportunity for gentle sharing.

No prior experience necessary – all welcome.

*Sr. Marion Bettenworth CJ is on team at St. Bede's working in spiritual formation and faith development. Julia MacDonald is Director of St. Bede's. Both are trained in Ignatian spiritual accompaniment.*



## Themed Series & Workshops

### Mary Ward – A Woman for Our Times with Sr. Marion Bettenworth CJ

This mini-series will explore the life and spirituality of Mary Ward – and how this extraordinary woman has a lot to say to us today!

**Session 1: 'A Woman in her times':** this introductory session sets the scene. In the first part we will explore the political and religious situation in England around the time of Mary Ward's birth. In the second half we will focus on how this particular context influenced and shaped her life's journey.

**Session 2: 'Following the Will of God':** this session explores how discerning and following the will of God was the central focus and motivation of Mary Ward's life. This will give us an opportunity to explore our own understanding of the will of God – and how we can discern it in our own lives.

**Session 3: 'The just soul' - 'freedom, justice and sincerity':** these were key values for Mary Ward and major characteristics of her spirituality. We will look at how these played out in Mary Ward's life and how they can be relevant in our own lives in the 21<sup>st</sup> century.



## 'The Great Pause' with Julia MacDonald & Iona Reid-Dalgleish

This time of crisis arising out of the COVID-19 pandemic has created what some are terming, 'The Great Pause' - 'liminal' space that offers us a moment to stop, breath, reflect and re-frame.

During this workshop, we will seek to open up and begin to explore together:

- our own personal experiences of this time of enforced slowing and re-framing – reflecting on the challenges and the opportunities that seem to be presenting themselves in our immediate contexts
- how this particular and exceptional moment in our global human experience might relate to greater transformational movements which are calling us to 'ecological' conversion – into a future which will be sustainable for the planet and life-giving for all members of the life-community on earth
- creative ways of inhabiting liminal spaces and times, individually and collectively

The workshop will include a mix of input, opportunity for personal reflection and small group conversation as part of an interactive whole group experience.

*Julia MacDonald is Director of St. Bede's, trained in spiritual accompaniment with a particular interest in Ignatian spirituality, ecology, embodiment and the creative process. Iona Reid-Dalgleish is a nomadic Spirituality Worker for the Jesuits involved in exploring and offering new and creative training and formation opportunities for those wanting to explore questions like: Who am I? What do I deeply desire? What does the world need of me? The other half of her life involves an embryonic project seeking to live more simply, attentively and regeneratively, farming the family land according to permaculture principles, and re-wilding a little patch of Cheshire in the North West.*

## Retreat Space

### Individually Guided Retreat in Daily Life

A Retreat in Daily Life is for those who wish to explore and go a little deeper in their prayer by being accompanied on a one-to-one basis over the six weeks of the retreat by someone trained in Ignatian spiritual accompaniment. The retreat will commence during the week of 15<sup>th</sup> June and finish during the week of 20<sup>th</sup> July. You will meet for around 40 minutes once a week with your retreat guide and be encouraged to set aside a daily space of about 30-40 minutes for prayer and reflection.

At the beginning of your retreat your retreat guide will give you an overview of how the retreat will work and will confirm dates and times for your weekly meeting. As you meet with your prayer companion through the retreat, you will be gently supported in exploring ways of praying and reflecting on how and where God might be inviting you into greater freedom and fulness of life. At the end of the retreat you will be given the opportunity to reflect on, gather up and celebrate the fruits of what the retreat has been about for you.



## Silent Individually Guided 4/6/8 Day Retreats

For those who have experience of extended times of silent prayer and reflection we are offering the opportunity to be guided through a silent individually guided retreat in the Ignatian tradition.

Retreatants will need to organise their own accommodation to ensure they are able to remain undisturbed and in silence for the full length of the retreat (and have access to an internet connection for the daily spiritual accompaniment meeting).

Dates can be agreed to suit along with times for the daily accompaniment meeting of around 40-45 minutes.

*Please contact us for more information or for the simple application form to apply for a retreat.*

## Social Space

### Coffee Mornings



We will host a Zoom coffee morning each Wednesday morning for anyone who would like to join and catch up with other members of the St. Bede's family and friends.

All welcome to remotely 'pop along' for as long as you wish while the call is open. If you're not familiar with Zoom and need any support accessing the call, we will be happy to help. It is also possible to call in from a landline for those who don't have access to a laptop or computer.

### Strawberry Tea

St. Bede's traditionally hosts a Strawberry Tea in July as a celebration of the year and a chance to get together before the summer break.

The plan this year, if regulations and weather allow, will be to meet on the Knavesmire for a suitably 'socially distanced' celebratory gathering – each bringing something to eat/drink as suits. Should this not be possible, we will still gather at the same time for a 'Zoom' version – and we will get our thinking caps on to make this as creative as we can! We will confirm nearer the time which option we will go for.



## Ways to support St Bede's...

### BILL BRODERICK BURSARY FUND

Fr. Bill Broderick SJ was chaplain to the CJ Community and worked at St Bede's from 1997- 2003. The bursary fund was set up by those who knew him in order to leave something tangible in his memory. The Fund supports those who wish to take up opportunities at the Centre to grow and develop themselves and who otherwise would not be able to afford to do so. It also assists the development of those who offer their time and talents as part of the training & retreat teams.

**Contact us for details on how to donate.**

### OTHER...

One-off or regular donations. Legacies. Donations of good quality spirituality books. Volunteering.

**Note: Friends of St. Bede's receive a discount of £2 per event on day events. To event participants from the same household we offer a second place half price.**

St. Bede's Pastoral Centre  
21 Blossom Street, York. YO24 1AQ.

admin@stbedes.org.uk  
www.stbedes.org.uk

<b>JUNE</b>				<i>*one-off payment for all sessions in the same event series</i>		
Mon 15	5-5.30pm	<b>Guided Lectio-Audio Divina</b>		*£5-£10	<b>Opportunity for Guided Retreat Space</b>	
Wed 17	10-11am	<b>Zoom coffee morning</b>				
Thurs 18	10-11.30am	<b>Gentle Guided Practices for Nurturing Wellbeing</b> <i>with Anne Harrison</i>		Donation to Anne		
Mon 22	5-5.30pm	<b>Guided Prayer of Examen</b>				
Tues 23	9.30-11.30am	<b>Mary Ward - A Woman for Our Times (1)</b> <i>with Sr. Marion Bettenworth CJ</i>		*£15		
Wed 24	10-11am	<b>Zoom coffee morning</b>				
Thurs 25	10am - 2.30pm	<b>Restorative Practices for Challenging Times (1)</b> <i>with Linda Courage</i>		*£20		
Sat 27	10am-2.30pm	<b>'The Great Pause'</b> <i>with Julia MacDonald &amp; Iona Reid-Dalgleish</i>		£15		
<b>JULY</b>						
Mon 29	5-5.30pm	<b>Guided Lectio-Audio Divina</b>				Individually Guided Retreat in Daily Life – 6wks over the Summer programme commencing wk of 15 <sup>th</sup> June.
Tues 30	9.30 – 11.30am	<b>Mary Ward - A Woman for Our Times (2)</b> <i>with Sr. Marion Bettenworth CJ</i>				
Wed 01	10-11am	<b>Zoom coffee morning</b>				
Thurs 02	10am-2.30pm	<b>Restorative Practices for Challenging Times (2)</b> <i>with Linda Courage</i>				
Fri 03	9.30-11.30am	<b>Pathways in Prayer (1)</b> <i>with Sr. Marion Bettenworth CJ &amp; Julia MacDonald</i>		*£20		
Mon 06	5-5.30pm	<b>Guided Prayer of Examen</b>				
Tues 07	9.30-11.30am	<b>Mary Ward - A Woman for Our Times (3)</b> <i>with Sr. Marion Bettenworth CJ</i>				
Wed 08	10-11am	<b>Zoom coffee morning</b>				
Thurs 09	10am-2.30pm	<b>Restorative Practices for Challenging Times (3)</b> <i>with Linda Courage</i>				
Fri 10	9.30-11.30am	<b>Pathways in Prayer (2)</b> <i>with Sr. Marion Bettenworth CJ &amp; Julia MacDonald</i>				
Mon 13	5-5.30pm	<b>Guided Lectio-Audio Divina</b>			Silent Individually Guided 4/6/8 day retreats during July.  £20/day	
Wed 15	10-11am	<b>Zoom coffee morning</b>				
Thurs 16	10-11.30am	<b>Gentle Guided Practices for Nurturing Wellbeing</b> <i>with Anne Harrison</i>				
	----- 10am-2.30pm	<b>Restorative Practices for Challenging Times (4)</b> <i>with Linda Courage</i>				
Fri 17	9.30-11.30am	<b>Pathways in Prayer (3)</b> <i>with Sr. Marion Bettenworth CJ &amp; Julia MacDonald</i>				
Sun 19	2-3pm	<b>Strawberry Tea</b>				
Mon 20	5-5.30pm	<b>Guided Prayer of Examen</b>				
Wed 22	10-11am	<b>Zoom coffee morning</b>				
Thurs 23	10-11.30am	<b>Gentle Guided Practices for Nurturing Wellbeing</b> <i>with Anne Harrison</i>				
Fri 24	9.30-11.30am	<b>Pathways in Prayer (4)</b> <i>with Sr. Marion Bettenworth CJ &amp; Julia MacDonald</i>				