



*St. Bede's Pastoral Centre*

YORK

WELCOME TO OUR **ONLINE** PROGRAMME FOR **2020-21...**



**Wellbeing Practices and Restorative Space**

**Guided Prayer**

**Themed Workshops & Series**

**Short Courses & Programmes**

**Retreat Space**

**Training & Formation Courses**

**Social Gatherings**

The ongoing circumstances created by the COVID-19 pandemic mean **we are continuing to offer our content ONLINE throughout this coming programme year.**

We hope you will find something to support and nourish you as these challenging times continue. Please do pass on details to anyone you think may benefit.

**ALL** these online workshops, series, courses and retreats will be delivered online using Zoom. 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.*

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

...or by phone on: 01904 464900

...or book online on our new website: [www.stbedes.org.uk](http://www.stbedes.org.uk)

Wellbeing Practices and Restorative Space	p.1
Guided Prayer	p.2
Themed Workshops & Series	p.3
Short Courses & Programmes	p.6
Retreat Space	p.8
Training & Formation Courses	p.11
Social Gatherings	p.13
At a Glance	p.14

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## Wellbeing Practices and Restorative Space

### GENTLE WELLBEING PRACTICES FOR NURTURING WELLBEING WITH ANNE HARRISON

*EACH TUESDAY MORNING 10-10.45AM 15/09, 22/09, 29/09, 06/10, 13/10, 20/10, 27/10, 03/11, 24/11, 01/12 - see At a Glance below for Winter & Summer term dates*

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.

These 45minute sessions are 'short bursts' of wellbeing introducing one or two 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 and work

#### What can I expect?

- Each session usually lasts approximately 45 minutes.
- 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 a place email Anne direct: [anneharrison25@gmail.com](mailto:anneharrison25@gmail.com)*



## RESTORATIVE PRACTICES FOR CHALLENGING TIMES WITH LINDA COURAGE

*This series will run again in the new year – dates to be confirmed later in the term (check our website for details)*

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.*

## Guided Prayer

**EACH MONDAY EVENING, 5-5.30PM FROM MONDAY 5<sup>TH</sup> OCTOBER THROUGH TO MONDAY 7<sup>TH</sup> DECEMBER. (£5 per session or £30 for all 10 sessions) - see At a Glance below for Winter & Summer term dates**

These Monday sessions offer opportunity to pause for 30 minutes in the day, dip into some quiet and find space to 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.

## Themed Workshops & Series

### AN INTRODUCTION TO 'THE GREAT TURNING' WITH JULIA MACDONALD

FRIDAY 13 NOVEMBER 9.30AM-1.30PM (£20)

This half day workshop is designed to help provide a contextual overview of the current crises we face and the invitations being presented to humanity at this unprecedented time.

It offers an introduction to what some name the 'Great Turning' or the 'Great Transition' of our time—the movement away from destructive modes of being on the planet into a life-sustaining society where we become creative members of the whole life community on earth.

The workshop will provide:

- a 'deep time' perspective of our current position at this point in human history on the planet
- a framework for how we can focus our faith, energies, gifts and talents to enable & support creative change.

*Julia is Director of St. Bede's with a particular interest in spirituality, cosmology & ecology.*



### AGENTS OF ACTIVE HOPE WITH JULIA MACDONALD

FRIDAY 04 JUNE 9.30AM-1.30PM (£20)

Drawing on the work of Joanna Macy and Chris Johnstone this half day workshop offers opportunity to explore what it means to be an 'agent of active hope' in these challenging & pivotal times of climate breakdown.

Through input, discussion and creative person exploration, we will:

- reflect on the idea of being 'agents of active hope'
- explore what being an 'agent of active hope' might look like in our own specific life contexts
- discover what can help to inspire and sustain us as we seek to make a positive contribution to the 'Great Work' of our time - transitioning into a sustainable future for all life on earth

*Julia is Director of St. Bede's with a particular interest in spirituality, cosmology & ecology.*

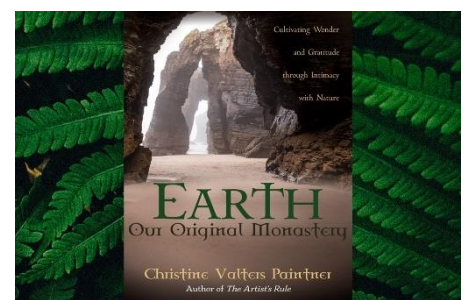


### EARTH AS ORIGINAL MONASTERY WITH LINDA COURAGE

FRIDAYS 10AM-2.30PM OCT 30/NOV 27/DEC 18/JAN 29/FEB 26/MARCH 26/APRIL 30 (£140)

A seven month journey through 'Earth, Our Original Monastery' by Christine Valters-Paintner.

Paintner invites us to enter the journey of contemplative living by focusing on the image of the earth as our original monastery—the



place where we learn your most fundamental prayers, participate in each day's liturgy of praise, and experience the wisdom of the seasons. Linda writes *"this book helps us to find and know our rightful place in relationship with Earth. Each chapter engages our senses to penetrate, sink into, and rest in this finding and knowing"*.

With time together and individual reflective space (off screen!), we'll explore and experience Earth as original Cathedral, as original Scripture, as original Saint, as original Spiritual Director, as original Icon, as original Sacrament, and as original Liturgy.

*Please buy your own copy of the book to use throughout the series.*

*Christine is a Benedictine Oblate, and Abbess of the virtual global online monastery, The Abbey of the Arts ([www.abbeyofthearts.com](http://www.abbeyofthearts.com))*

*Linda Courage is Coordinator of the Arts and Spirituality Special Interest Area of Living Spirituality Connections ([www.livingspirit.org.uk](http://www.livingspirit.org.uk)), where she is a member of the Work and Discernment Group. Her primary spiritual home is in the Abbey of the Arts.*

### **'PILGRIMAGES' - A SERIES OF MEDITATIVE PODCASTS CREATED BY POET KENNETH STEVEN**

**WEDNESDAYS 12.00-1.30PM NOV 11/NOV 25/DEC 09 + JAN 13/JAN 27/FEB 10 (£15 per session, £75 for 6)**

We are delighted that Kenneth Steven agreed to develop this series of podcasts specially commissioned for St. Bede's – a creative emergence from the restrictions of our current times!

Each session will be lightly hosted by Julia MacDonald who will:

- introduce the Kenneth's podcast;
- allow space to listen and respond to each of Kenneth's reflective creations; and
- then invite group members to explore a series of questions/'wayposts' offered by Kenneth as a way of deepening engagement with each of his works.



We will explore each of Kenneth's podcasts through a combination of personal reflection time and gentle group sharing to give participants the opportunity to contemplate and discuss 'new paths' inspired by each theme at greater length.

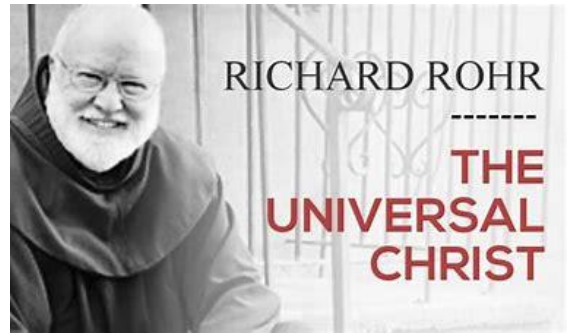
This is a unique opportunity to hear Kenneth personally sharing these newly created works.

*Kenneth Steven is best-known as a poet. 14 of his collections have been published over the years, & individual poems have appeared in top literary journals across the globe. Much of his poetry is inspired by the wildscape of his native Highland Scotland; much has resulted from his love of the Celtic Christian story whose deepest roots are for him found in the island of Iona off Scotland's west coast. He has written & presented numerous poetry programmes for BBC Radio & travels widely to give readings and talks, he lectures both at home and abroad.*

## UNIVERSAL CHRIST FACILITATED BY JULIA MACDONALD

MONTHLY WEDNESDAYS 6PM-8PM NOV 04/DEC 02/JAN 06/  
FEB 03/MARCH 03/APRIL 14/MAY 05/JUNE 02/JULY 07 (£90)

This reflective study series meets over 9 sessions through the year to read, reflect on and discuss Richard Rohr's book: *'The Universal Christ—How a Forgotten Reality Can Change Everything We See, Hope for & Believe'*.



The group sessions draw on material provided by Fr. Richard's Centre for Action & Contemplation and are contemplative in nature. Each session offers structured facilitation for individual reflection and group sharing to help expand, deepen and embed the core content of the text.

*Julia is Director of St. Bede's with a particular interest in contemporary practice of faith and spirituality and the with the 'new cosmological & ecological paradigm'.*

*Please buy your own copy of the book to use throughout the series. Note: a donation from funds received will be made to the Centre for Action & Contemplation*

## SPIRIT IN ALL THINGS WITH ALI NEWELL & JULIA MACDONALD

*This series will run in the new year – dates to be confirmed later in the term (check website for details) (£120)*



An 8 session series engaging with the essential features of a spirituality which honours and celebrates the goodness of life and inherent creativity within creation.

Drawing on the work of Matthew Fox and others we will walk through the four paths of Creation Spirituality: Via Positiva, Via Negativa, Via Creativa and Via Transformativa. As we walk the paths, we will explore connections to the urgent call for 'ecological conversion' and look at how these four paths might help open us to personal and collective transformation and change.

These spiralling paths of creation spirituality offer the invitation to:

- fall in love with creation and entire life community inhabiting earth
- safely engage with the pain of witnessing diminishment and destruction of the beauty and dignity of life in the world around
- open to emergent inspiration to be a creative force in world
- steer our creativity through compassion towards the celebration and flourishing of life

*Evenings run fortnightly from 7pm-8.30pm balancing input with experiential elements using a variety of creative approaches and include space for reflection and gentle sharing.*

*Rev. Ali Newell (Associate Chaplain at the University of Edinburgh) regularly leads retreats with her husband Philip Newell on Iona & at Casa del Sol in the high desert of New Mexico. She is committed caring for our planet & working for peace in the world. She appreciates fresh language in expressing faith & a spirituality that is embodied. Julia is Director of St. Bede's with a particular interest in spirituality, ecology and creative, embodied spiritual practice.*

**KEEP AN EYE ON OUR WEBSITE FOR DETAILS OF:**

- **LIVING WORD SCRIPTURE SERIES WITH SR. PATRICIA HARRISS CJ...MORE DETAILS LATER IN THE TERM**
- **OUR LENT LECTURE SERIES...MORE DETAILS TO IN THE NEW YEAR**

## Short Courses & Programmes

### **PATHWAYS INTO PRAYER WITH SR. MARION BETTENWORTH CJ & JULIA MACDONALD**

**TUESDAY EVENINGS, 7-9pm: 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> NOVEMBER, 1<sup>st</sup> DECEMBER (£40)**

Pathways into prayer is 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 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.

*Julia MacDonald is Director of St. Bede's Pastoral Centre. Sr. Marion Bettenworth CJ is on team at St. Bede's working in spiritual formation and faith development.*



### **THE GREAT TRANSITION - BRINGING DESIRE TO FORM WITH IONA REID-DALGLISH & JULIA MACDONALD**

**MONTHLY SATURDAYS 9.30-11.30AM 24 21 NOV/19 DEC/23 JAN/20 FEB/20 MARCH/08 MAY/05 JUNE/03 JULY (£225)**

We are inhabiting a pivotal time in the history of humankind on the planet and our relationship with the rest of the life community on earth.

Knowing how to respond to the challenges and crises we see around us can often feel overwhelming and beyond us. This 8 session programme aims to:

- create a process or 'container' to enable you to gain deeper clarity about what it is you are most desiring to contribute to a life-give future
- find the inspiration, courage and freedom needed to bring into form 'inner seeds' which are calling you to become part of a greater movement towards change



During the 9 months of the course you will be:

- supported in tuning into and more clearly articulating the 'desire' sensed within you to make a contribution to wider change in the world
- offered a range of pathways/tools/processes to enable that desire to take more concrete form - stimulating the cognitive, creative/embodied and soul dimensions of your self
- part of a community of others who are also seeking to bring their deeper desires into active form in the world - working within the whole group in the monthly sessions and then as part of a smaller 'seed group' over the 9 months of the programme

The commitment required from you is to:

- attend the eight 2 hour monthly online group sessions (consistent attendance is important to follow the flow of the process, to build trust and freedom to work creatively together in the group)
- engage with reading, reflective exercises and experiential material offered to deepen the work in between the group sessions
- meet online once a month with your seed group

The programme is designed for those who already sense a desire to contribute to this 'great call of our time' but are perhaps not quite sure how to move from desire to action and what, more concretely, that action might look like. Each is asked to bring a sense of openness to the process along with a generosity of spirit and a curiosity as to what might emerge.

*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. 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.*

## **DIFFERENCE - TRANSFORMING RELATIONSHIPS IN THE FACE OF CHALLENGE & CONFLICT WITH SR. MARION BETTENWORTH CJ**

**TUESDAYS 7.00-9.00PM APRIL 20/27 MAY 04/18/25 (£40)**

In a divided and fractured world, it can be hard to know where to begin with the issues that surround us and the challenges they can create in our relationships with others.

'Difference' is a 5-session course, developed through an initiative by Archbishop Justin Welby, that explores what it means to follow Jesus in the face of conflict and see real transformation through everyday encounters.

The sessions include testimonies, work with scripture passages, interactive exercises, prayer and discussion to enable us to realise our identity as reconcilers in our own unique contexts.

*Sr. Marion Bettenworth CJ is on team at St. Bede's working in spiritual formation and faith development. She has particular experience and interest in parish based and adult formation.*





## Retreat Space

### ADVENT WEEKEND RETREAT: 'CARRIERS OF THE DIVINE' WITH BRIDGET MACAULAY

FRIDAY 04 DEC 7-8.30PM + SATURDAY 05 DEC 10AM-4PM (£30)

Making use of image and poetry this Advent Retreat will reflect on the biblical accounts of the ordinary earthed experience of Zechariah, Elizabeth, John the Baptist and Mary. We will explore how as human beings we are created as 'carriers' of the Presence of God, infecting the world with thoughtful words, patient hope and the powerful purpose of the Divine Life brought to us in Jesus.

*Bridget is a priest, artist & Ignatian trained spiritual director working in West Cornwall. She is also co-founder of the Vessel Trust which explores the practical living of Christian faith in the everyday world.*



### AUTUMN INDIVIDUALLY GUIDED RETREAT IN DAILY LIFE – AUTUMN TERM

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 weeks of the retreat by someone trained in spiritual accompaniment.

**The retreat is made over a series of 7 consecutive weeks. These can start and finish anytime between the week commencing 5<sup>th</sup> October and the week finishing Friday 11<sup>th</sup> December as suits.**

You will meet weekly with your retreat guide and be encouraged to set aside a daily space 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.

*Please contact the office for more information or a simple application to apply (£45).*



### LENT RETREAT IN DAILY LIFE

OPENING: TUES 16<sup>TH</sup> FEB 7-9PM / CLOSING: TUES 13<sup>TH</sup> APRIL 7-9PM (£50)

This Retreat in Daily Life through Lent is a time of being either being accompanied one-to-one or meeting in a sharing group once a week between the Opening & Closing Gatherings of all those making the retreat.

During the retreat, you will be offered materials for prayer and be supported in: exploring ways of praying; reflecting on how & where God is present to you in your everyday life; and, how God might be inviting you into greater freedom & fulness of life.

For those for whom this might be a new experience, the team will offer a free introductory session on Monday 8 February to support your preparation for the retreat.

*Please contact the office for more information or a simple application to apply.*

### **NEW YEAR RETREAT DAY: 'GATE OF THE YEAR' WITH JULIA MACDONALD & SR. MARION BETTENWORTH CJ**

**SATURDAY 09 JAN 10AM-3.30PM (£20)**

I said to the man who stood at the Gate of the Year, "Give me a light that I may tread safely into the unknown". And he replied, "Go out into the darkness, and put your hand into the hand of God. That shall be to you better than a light, and safer than a known way" - Minnie Haskins



This reflective retreat day will create space, as we turn into a new year, to gently look back over this challenging year that has been and prayerfully look forward to the year to come with a sense of hopefulness and possibility.

### **RESIDENTIAL RETREAT (BEECH HILL, CHESHIRE) – BECOMING THE PLACE WE PRAY IN FACILITATED BY IONA REID-DALGLISH & JULIA MACDONALD**

**22ND -25TH JULY (ARRIVALS 4-5PM ON THURSDAY AND DEPARTING AFTER LUNCH ON SUNDAY) (£140)**

This retreat creates a space for those who want to really explore at depth what it means to be fully alive and connected to/ attuned to/open to Life - to the mystery of our own selves and bodies, the natural world and life community around us, the Source of all Life- and to experience that in soulful community.



The retreat will include time for:

- guided experiential practices
- personal prayer, reflection and exploration time in the beautiful environment of Beech Hill's meadows and woodland
- space to gently listen, share our days encounters with 'Life' around our evening campfire

The setting is purposefully simple and rustic in nature to open us to immediate connection to our surrounding environment. Accommodation is in tents (please bring your own if you have one), with basic showering & toilet facilities. We hope for good summer weather but come prepared for varied conditions. Meals will be vegetarian and eaten communally outside where weather allows.

<https://www.beech-hill.org.uk/>

*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. 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.*

## SILENT INDIVIDUALLY GUIDED 4/6/8 DAY RETREATS

*Any dates as we have capacity to accommodate through the programme year (£25/day)*

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.

Retreatants will need to ensure that 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.

Similarly to the Retreat in Daily Life - your retreat guide will give you an overview of how the retreat will work at your first meeting and will confirm timings for your daily meeting.

Please contact the office for more information or a simple application to apply.



## SCHOOL OF MEDITATION: CONTEMPLATIVE PRAYING AND LIVING IN THE WAY OF FRANZ JALICS SJ

*SUNDAYS, 2-4pm, 18<sup>TH</sup> OCTOBER – 6<sup>TH</sup> DECEMBER (+ weekly one-to-one session) (£280) – please note bursary support is available for those needing assistance with cost*

About the School of Meditation:

This School for Meditation will provide a step-by-step introduction to the Gries Path of Prayer. It is based on Franz's book Contemplative Retreat. An Introduction to the Contemplative Way of Life and to the Jesus Prayer.

*"There are many paths to contemplation. I show you just one of them. I'm conscious of the fact that God leads many people to contemplation without any external help. Frequently he uses natural circumstances. A simple life of love, some years on a sickbed, a brush with death, the leaving of one's homeland in order to live among the poor, and other events can lead to contemplation. I also deeply respect the non-Christian ways of contemplation. And there are in the Church itself many other introductions into contemplation. I do not want to exalt my way above others. On the contrary, I am very happy that they exist and I appreciate them.*

*I myself have walked the way I describe: should it help someone else to find his or her way I am satisfied."*  
- Franz Jalics (Contemplative Retreat p.6)



The course of 8 sessions will take place on Sunday afternoons 2.00-4.00pm via Zoom.

For those less familiar with Zoom, the first session will include some guidance on how we will work together with this format and some time to become familiar with the 'Zoom environment'.

Each session will include: an introduction to and guidance through meditation exercises, a reflection, an opportunity for personal reflection, an invitation to group conversation.

In addition to the weekly sessions, participants will be invited to a 'live' (telephone/zoom) conversation with their allocated course guide each week.

Who is invited? Anyone...

- seeking a more contemplative way of praying and living
- willing to be introduced to a new way of praying
- familiar with this form of contemplative praying and living who wishes to refresh and to deepen it

What we are asking of participants:

- A commitment to...
- stay the course, participating in all the sessions
- to daily prayer as guided
- to weekly conversations with their course guide

The team:

The course will be led by Sr Mary Dargie, Paddy Rylands and Angela Simek who are trained spiritual directors. All have experience in giving this particular School of Meditation and in leading people in this way of contemplative prayer. Julia MacDonald will join to assist in hosting the course in this online format.

Please contact the office for more information or a simple application to apply. ***Places still available for this retreat – further retreats may be made available in 2021.***

## Training & Formation Courses

### EXPLORING PRAYER

*TUESDAYS 7 -9PM JAN 12/19/26 FEB 02/09 (£55)*

Our 5 session Exploring Prayer course aims to help deepen our relationship with God by exploring prayer within the guiding framework of Ignatian Spirituality: a spirituality which sees and experiences 'God in All Things'.



Alongside exploring ways to settle into and reflect on our prayer experiences, topics will include: ways of praying with Scripture; the use of art & creativity as a form of prayer; connecting with the body and the senses in prayer; and praying through difficult times.

Sessions will include input from the leaders, time for experiencing prayer in different ways, opportunity for individual reflection and some space for gentle sharing.

Participants will be expected to attend all 5 sessions.

Please ask for a bursary if you have any difficulties regarding costs as we do not want anyone to be excluded for financial reasons.

Please contact us for further information, an application form or information on bursary support.



## PERSONAL & SPIRITUAL DEVELOPMENT

PSD is a 2 year ecumenical experiential course rooted in the Ignatian Spiritual tradition. Its key aim is to support and foster greater integration between our relationship with God and the matter of our everyday life and personhood. Including opportunities for both personal and small group reflection, the course seeks to do this through a two stage process:



- in year one, we focus on developing and deepening experience of different ways of praying alongside facilitating growth in self-awareness, personal reflection and reflective living practices
- in year two, we focus on ways of responding to what is happening in our prayer and reflective practice by developing capacity for spiritual discernment and skills in reflective decision making

Please note: **the next course is scheduled to begin in September 2021** – we hope to hold a Taster Session in the Summer term for those interested in applying.

For more details, see our website or contact the office for a course information leaflet and application form.

## TRAINING IN SPIRITUAL CONVERSATION SKILLS & IGNATIAN SPIRITUAL ACCOMPANIMENT

We are currently reviewing the above training programmes. We anticipate running a Spiritual Conversation Skills course in September 2021 and our next training in Ignatian Spiritual Accompaniment in September 2022.



Dates and full details of forthcoming courses will be available on our website in the new year.

## ONGOING DEVELOPMENT WORKSHOPS FOR IGNATIAN TRAINED ACCOMPANERS

Please check our website for any forthcoming ongoing development workshops for those who have undertaken Spiritual Accompaniment training in the Ignatian tradition (either at St. Bede's or elsewhere).

### ONLINE SUMMER SCHOOL: 'RADICAL INCARNATION- EARTHING OUR SPIRITUALITY'

MORE DETAILS COMING IN THE NEW YEAR – SEE OUR WEBSITE FOR DETAILS

SAVE THE DATES: JULY - 06/07/08

## Social Gatherings

### FEAST OF ST. BEDE OUTING

River Walk to Bishopthorpe

We will enjoy a leisurely one hour stroll from York centre along the river to Bishopthorpe where we will enjoy a picnic together. And then a gentle return stroll back into York.

More details will be posted on the website nearer the time. Please let the office know if you would like to join (for all or part).



### STRAWBERRY TEA

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

We will look forward to a good get together next Summer. Details to come nearer the time via the newsletter and website.



## 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.

**See our website or contact the office for details on how to donate.**

**If you would like to assist us in this important work please consider making a donation to the Fund.**



### OTHER...

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

### DONATIONS TOWARDS COSTS

St. Bede's suggests a donation for events, courses and retreats. No-one should feel excluded for financial reasons - please do enquire if you need assistance with costs.

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

[admin@stbedes.org.uk](mailto:admin@stbedes.org.uk)

[www.stbedes.org.uk](http://www.stbedes.org.uk)

## ST BEDE'S 2020-21 PROGRAMME: AT A GLANCE...

Wellbeing Practices and Restorative Space	DATE	TIME	COST
<b>Guided Wellbeing sessions</b> <i>Anne Harrison</i>	<b>Autumn Term</b> <b>Tuesday mornings</b> 15/09, 22/09, 29/09, 06/10, 13/10, 20/10, 27/10, 03/11, 24/11, 01/12  <b>Spring &amp; Summer dates</b> <b>to be confirmed</b>	10.00-10.45	£5 per session  <i>Enquiries &amp; payment</i> <i>directly with Anne</i>
Guided Prayer	DATE	TIME	COST
<b>Guided Prayer (10 sessions per term)</b> <i>Marion Bettenworth CJ</i> <i>&amp; Julia MacDonald</i>	<b>Autumn Term</b> <b>Monday evenings</b> 05/10, 12/10, 19/10, 26/10, 02/11, 09/11, 16/11, 23/11, 30/11, 07/12  <b>Spring Term</b> <b>Monday evenings</b> 11/01, 18/01, 25/01, 01/02, 08/02, 15/02, 22/02, 01/03, 08/03, 15/03  <b>Summer Term</b> <b>Monday evenings</b> 19/04, 26/04, 03/05, 10/05, 17/05, 24/05, 07/06, 14/06, 21/06, 28/06	17.00-17.30	£5 per session  or  £30 for a term (10 sessions)
<b>Pathways into Prayer</b> <i>Marion Bettenworth CJ</i> <i>&amp; Julia MacDonald</i>	<b>Autumn Term</b> <b>Tuesday evenings</b> 10/11, 17/11, 24/11, 01/12	19.00-21.00	£40
Themed Workshops & Series	DATE	TIME	COST
<b>Introduction to the Great Turning</b> <i>Julia MacDonald</i>	<b>Autumn Term</b> Friday 13 Nov	09.30-13.30	£20

<b>Agents of Active Hope</b> <i>Julia MacDonald</i>	<b>Summer Term</b> Friday 04 June	09.30-13.30	£20
<b>Short Courses &amp; Programmes</b>	<b>DATE</b>	<b>TIME</b>	<b>COST</b>
<b>Universal Christ</b> <i>Julia MacDonald</i>	<b>Wednesday evenings</b> <b>Monthly</b> 04/11, 02/12, 06/01, 03/02, 03/03, 14/04, 05/05, 02/06, 07/07	18.00–20.00	£90 for all 9 sessions <i>Can pay in instalments</i>
<b>Spirit in All Things</b> <i>Julia MacDonald</i>	Winter Term – dates to be confirmed later in the autumn term	Fortnightly sessions 19.00-20.30	£120 for all 8 sessions <i>Can pay in instalments</i>
<b>The Great Transition – Bringing Desire to Form</b> <i>Julia MacDonald &amp; Iona Reid-DalGLISH</i>	<b>Saturday mornings</b> <b>Monthly</b> 21/11, 19/12, 23/01, 20/02, 20/03, 08/05, 05/06, 03/07	09.30-11.30	£225 for all 8 sessions <i>Can pay in instalments</i>
<b>Pilgrimages</b> <i>Kenneth Steven with Julia MacDonald facilitating</i>	<b>Wednesdays</b> Autumn Term Nov 11/Nov 25/ Dec 09 Winter term Jan 13/Jan 27/Feb 10	12.00-1.30	£15 per session or £75 for 6



<b>Earth as Original Monastery</b>  <i>Linda Courage</i>	<b>Fridays monthly</b> 30/10, 27/11, 18/12, 29/01, 26/02, 26/03, 30/04	10.00-14.30	£140 for all 7 sessions  <i>Can pay in instalments</i>
<b>Difference: Transforming Relationships in the Face of Challenge &amp; Conflict</b>  <i>Marion Bettenworth CJ</i>	<b>Summer Term Tuesday evenings</b> 20/04, 27/04, 04/05, 18/05, 25/05	19.00-21.00	£40 for all 5 sessions
<b>Retreat Space</b>	<b>DATE</b>	<b>TIME</b>	<b>COST</b>
<b>Autumn Retreat in Daily Life</b>	<b>Autumn Term</b> Any 7 consecutive weeks between 05/10 and 11/12	To be agreed with the Spiritual Accompanier	£45
<b>Lent Retreat in Daily Life</b>	<b>Spring Term</b>  Opening Gathering 16/02  Closing Gathering 12/04  1:1 or small group once a week  <i>Introductory session for those who are new to Retreats in Daily Life Monday 8th February</i>	Timings for the Opening & Closing 19.00-21.00	£50

<b>School of Meditation (Sunday afternoons)</b>  <i>Paddy Rylands &amp; Julia MacDonald</i>	<b>Autumn Term Sunday afternoons</b> 18/10 to 06/12  And 8 one to one sessions	14.00-16.00  One to one sessions timings to be agreed	£280  <i>Can pay in instalments</i>
<b>Silent Individually Guided Retreats (IGRs)</b>	Any dates we have the capacity to accommodate during the Programme year	To be agreed with Spiritual Accompanier	£25 per day
<b>Carriers of the Divine</b>  <i>Bridget Macaulay</i>	<b>Autumn Term Advent Weekend Retreat</b> 04/12 & 05/12	Fri 19.00-20.30 & Sat 10.00-16.00	£30
<b>Gate of the Year (Retreat Day)</b>  <i>Julia MacDonald</i>	<b>Spring Term</b> 09/01	10.00-15.30	£20
<b>Residential Retreat:</b> <b>'Becoming the Place We Pray In'</b>  <b>Venue: Beech Hill in Cheshire</b>  <i>Iona Dalglish &amp; Julia MacDonald</i>	<b>Summer Term</b> 22/07 until 25/07	Arrivals after 16.00 Thursday  Departure after lunch on Sunday	£140  <i>Non refundable deposit £40</i>
<b>Online Summer School</b>	<b>DATE</b>	<b>TIME</b>	<b>COST</b>
<b>Radical Incarnation: Earthing our Spirituality</b>	<b>Summer Term</b> 06/07, 07/07, 08/07 Save the dates!	TBC	TBC

<b>Training &amp; Formation Courses</b>	<b>DATE</b>	<b>TIME</b>	<b>COST</b>
<b>Exploring Prayer</b>	<b>Spring Term Tuesday evenings</b> 12/01, 19/01, 26/01, 02/02, 09/02	19.00-21.00	£55
<b>Spiritual Conversation</b>	Next course expected to start September 2021	TBC	TBC
<b>Ignatian Spiritual Accompaniment Training</b>	Next course anticipated to start September 2022	TBC	TBC
<b>Social Gatherings</b>	<b>DATE</b>	<b>TIME</b>	<b>COST</b>
<b>Feast of St Bede (River Walk: York to Bishopthorpe)</b>	Sunday 23/05	14.00-17.00	No charge – just contact the office to register interest in attending
<b>Strawberry Tea</b> (venue to be confirmed)	Sunday 18/07	14.00-16.00	No charge - just contact the office to register interest in attending

**FOR MORE INFORMATION OR TO BOOK...**

....call: 01904 464900 Monday, Wednesday or Friday

...or email: [admin@stbedes.org.uk](mailto:admin@stbedes.org.uk)

...or visit: [www.stbedes.org.uk](http://www.stbedes.org.uk)

