



St Bede's Pastoral Centre

YORK

ONLINE & IN-CENTRE PROGRAMME

September 2022 - July 2023

A place of welcome, friendly hospitality and formation for those in the city of York and beyond

*Wellbeing Sessions & Workshops - Themed Talks, Workshops & Reflective Days - Series & Short Courses
Supported Prayer–Guided Retreat Space - Ignatian Training & Formation Courses - Social Gatherings*

You will discover quiet space for spiritual renewal and refreshment alongside a range of events, courses, workshops and retreats all aimed at supporting greater wholeness and fullness of life.

We look forward to welcoming you!



ST BEDE'S PASTORAL CENTRE SEEKS TO BE A PLACE OF WARM WELCOME AND BELONGING...

In all we do, our desire is to offer opportunities to explore, expand and deepen the relationship with our own selves, with others, with the Earth and with the great Mystery we name God - to awaken and foster a dynamic connection to the Source of all life and potential.

Honouring the uniqueness of each person and rooted in the Christian Wisdom tradition, we seek to meet all those we welcome wherever they are on their journey, and to accompany and nurture them into greater wholeness and fullness of life.

Our deepest hope is for each person to be gifted with freedom to...

...flourish

*...joyfully give and receive
love in the world*

*...generously embody the creative,
generative energy of the one Spirit at the heart
of all life*

ALL ARE WELCOME!



Originally established by the Benedictines in 1987, St. Bede's Pastoral Centre has, since 1994, been developed and sustained as a charitable work of the Congregation of Jesus (CJ).

The work has been and continues to be faithfully encouraged and supported by the Friends of St. Bede's.

To the Benedictine ethos of Christian hospitality and acceptance of all people, the CJ has added its own knowledge and practice of the spirituality of St. Ignatius of Loyola (and his teachings on prayer & discernment enshrined in his Spiritual Exercises) courageously exemplified in the life of its foundress Mary Ward.



Ignatian spirituality is rooted in finding and responding to the dynamic presence of the Divine in all things. A spirituality which helps us to discern how to align most deeply with the Source of life and find freedom to fully express our Truest Self in the world.

Ignatian spirituality weaves together the practice of contemplation and engaged action in the world. Here at St Bede's we always seek to explore how Ignatian Spirituality can be creatively lived and shared in response to the particular and pressing needs of our times.

ONLINE  & **IN-CENTRE**  content.

Online workshops, series, courses and retreats are delivered using Zoom.

We would never wish anyone to feel excluded from participating in anything we offer for financial reasons. If cost is an issue, please do enquire and we will seek to offer some support. We also have a dedicated bursary fund for our Ignatian-based courses, events and workshops.

DAYTIME OPENING HOURS: 9am-5pm MON, TUES, THURS, FRI & SAT

EVENING OPENING HOURS: 6.30pm-9.30pm MON ONLY

We hope you discover things to support and nourish you. Please do pass on details of what's on offer to anyone you think may benefit.



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To register, pay or find out more please feel free to contact the office:

email: programmeadmin@stbedes.org.uk

phone: 01904 464900

Or book online through our **website: www.stbedes.org.uk**



WELLBEING SESSIONS & WORKSHOPS

FINDING LIFE IN AN ERA OF CHANGE *with Anne Harrison*

A monthly space for reflection, meditation, creativity and gentle wellbeing exercises to help us reconnect with our own deep spiritual resources at this time of planetary and global upheaval.

At a time of increasing threat to life at many levels, whether global pandemics, war, strains in our national support infrastructure, and ecological crisis, we would be forgiven for sometimes feeling overwhelmed. We can also often feel the vicarious trauma of too much bad news!

These gentle two and a half hour sessions offered on a monthly basis, create space for quiet reflection and mindful body movement for recharging, healing and finding joy in everyday life. Through focus on an aspect of creation during these sessions, we can be nourished by a renewed sense of our own strength and wisdom, in harmony with our planet Earth.

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

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

We will use simple and effective practices to promote healing, healthy balance and self-care:

Simple Tai Chi and visualisation

Meditation and the power of intention

Gentle energy and body work

Various other spiritual practices from different traditions



IN-CENTRE £20 PER SESSION

**FRIDAYS - MONTHLY
10AM-12.30PM**

09/09, 07/10, 04/11, 09/12, 13/01, 03/02, 03/03, NONE IN APRIL, 05/05, 09/06, 07/07



CREATIVE CONNECTIONS - RENEWAL SPACES

with Linda Courage

Some time apart to gently reconnect to ourselves and restore our vitality and aliveness. Each session will have a similar structure and use a similar range of creative activities for different purposes. No experience of using the arts is necessary.

Those already familiar with the approach are welcome to come along and use the activities to explore whatever is on their hearts and minds.

Each session will feature heart-centred meditation alongside some input, time for creative activities, and gentle reflection and sharing. The creative activities typically include making a collage, creative writing, using timelines, and capturing responses to nature.

IN-CENTRE £15



THURSDAY MORNINGS (ONE PER TERM)

10AM- 1PM

27/10, 16/02, 11/05



CREATIVE CONNECTIONS - FULLER EXPLORATIONS

Similar in structure and purpose to the Renewal Spaces, these full days with Linda give the opportunity to focus more fully on participants' responses to a guided meditation offered at the beginning of the day.



The creative activities will focus on using one main medium and will follow the same themes as the Renewal Spaces sessions.

IN-CENTRE £30



WEDNESDAY (ONE PER TERM)

10AM-3PM

19/10, 01/03 AND 26/04

THEMES FOR THE SESSIONS

Autumn: Before, during and after... *The full day will focus on using clay to explore this theme*

Spring: Looking for beauty... *The full day will focus on using felt making to explore this theme*

Summer: My story... *The full day will mainly use fabric to explore this theme*

PLEASE NOTE SPACES ARE LIMITED



Sr. Marion Bettenworth CJ...*is a member of the York CJ community and Lead Trainer at St Bede's working in spiritual formation*

Siobhan Burke...*is a Spirituality Assistant at St Bede's working in spiritual formation*

SUPPORTED PRAYER

ONLINE GUIDED PRAYER *with Marion Bettenworth CJ & Siobhan Burke*

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

GUIDED PRAYER OF EXAMEN

An 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 the everyday circumstances of our lives.

GUIDED LECTIO/AUDIO

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

These sessions allow you to come as you are and quietly receive in the loving presence of God.

ONLINE MONDAY EVENINGS, 5PM-5.30PM
£3 PER SESSION OR £30 FOR ALL 10 SESSIONS (EACH TERM)



AUTUMN TERM

19/09, 26/09, 03/10, 10/10, 17/10, 31/10, 07/11, 14/11, 21/11, 28/11

SPRING TERM

09/01, 16/01, 23/01, 30/01, 06/02, 20/02, 27/02, 06/03, 13/03, 20/03

SUMMER TERM

17/04, 24/04, 08/05, 15/05, 22/05, 05/06, 12/06, 19/06, 26/06, 03/07



IN-CENTRE NO CHARGE



SECOND WEDNESDAY OF THE MONTH (VARIES APRIL/JULY)

12 NOON-1PM

DROP-IN TAIZE PRAYER

These meditative sessions using traditional Taizé chants are held in the quiet of the Basement Meeting Room at St Bede's.

Everyone is welcome - if you have never experienced a Taizé gathering before, why not come along and give it a try? You don't need to be an experienced singer - just willing to participate. When you first come, you might want to just sit and listen.

You will find that the chants are very beautiful short phrases sung to music which are repeated several times over, helping you to enter a peaceful, prayerful space.

GUIDED REFLECTION MORNINGS led by Marion Bettenworth CJ & Siobhan Burke

Once a term we offer a reflective morning in-centre, with the possibility to stay on in the afternoon.

During the morning there will be guided reflections, time for personal prayer and a creative response, and some gentle sharing. Each morning will focus on a particular theme:

23rd November: Praying with Feminine Images of God - This morning will help us explore how the feminine images of God are present throughout the Bible and how they can expand and enrich our relationship with God and our prayer-life.

22nd March: Praying with the Mystics - This morning will offer the opportunity to reflect on how mystics through the ages had an experiential sense of God's presence and how this can help us in our own journey into the mystery of God.

21st June: Praying with Nature - This morning will invite us to ponder how Jesus used the book of nature in many of his parables and how we too can encounter God through nature.

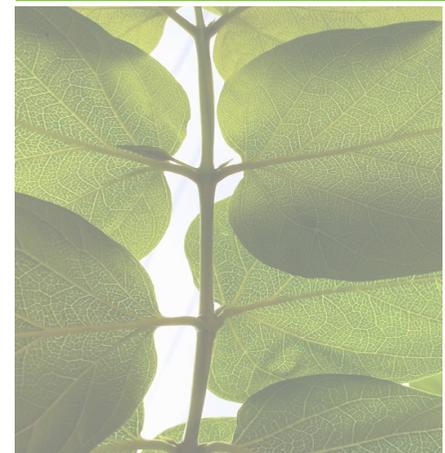
IN-CENTRE
£10 PER MORNING



TERMLY WEDNESDAY

10AM-12.30PM

23/11, 22/03, 21/06



SUPPORTED PRAYER



THEMED TALKS, WORKSHOPS & REFLECTIVE DAYS

AUTUMN TERM 2022...

RECONNECTING TO EARTH – THE PRACTICE OF SACRED WANDERING with Julia Ling-MacDonald

As we enter the liturgical 'Season of Creation', this experiential workshop will introduce the practice of Sacred Wandering as a way of aiding our reconnection to the Earth.

The evening will include some light input followed by an invitation to go outside in your own context for a short wander (perhaps a local field, park, garden or simply along a street path).

We will come back together and allow room for reflection on the experience and include some space for gentle sharing.

Why not join and see if this is a practice you might like to continue experimenting with through the special season of 'Creationtide'.

ONLINE £15



TUESDAY 06/09

7PM-9PM

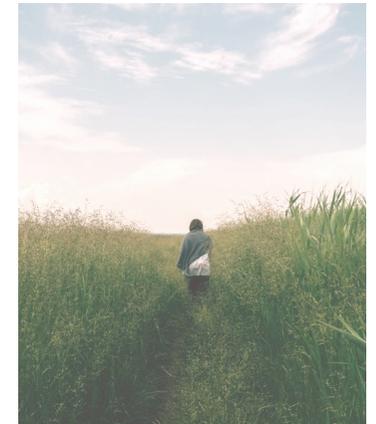
Angela Simek...*has experience giving the Franz Jolics School of Meditation and in leading people in this particular way of contemplative prayer.*

Julia Ling-MacDonald...*is Director of St Bede's with a particular interest in spirituality, cosmology, creativity and ecology.*

Kenneth Steven...*is a poet inspired by the wildscape of his native Highland Scotland and his love of the Celtic Christian story whose deepest roots are, for him, found in the island of Iona off Scotland's west coast. 14 of his collections have been published over the years and he has written & presented numerous poetry programmes for BBC Radio. He travels widely to give readings and talks, and he lectures both at home and abroad.*

Colin Black...*trained at Chelsea School of Art and was senior lecturer at Leith School of Art for 25 years. He brings rich experience to his workshops and creates a dynamic teaching and learning atmosphere.*

Sarah Prime...*is a New Testament scholar and recent graduate of the Seminary of the Wild who seeks to live in deep connection with the wilds of Dartmoor.*



IGNATIAN WISDOM FOR TODAY with Marion Bettenworth CJ

St Ignatius of Loyola lived 500 years ago – and yet his spiritual wisdom is still relevant and life-giving for so many people today and combines an interwoven commitment to both contemplation and action in the world.

During this reflective day we are going to ‘un-pack’ some of the key themes of Ignatian spirituality and explore how Ignatius’ guidance on prayer and discernment might become a compass for our own life journey.

This compass might help us to notice more about God’s presence in our everyday life and so show us a path to greater freedom.

The day will contain input, time for personal prayer and reflection, creative space and some gentle sharing.

IN-CENTRE £20



WEDNESDAY 28/09

10AM-3PM



IN-CENTRE £30



TUESDAY 01/11

7PM-9PM (APPROX.)



HALLOMAS with Kenneth Steven

Kenneth Steven is best-known as a poet: his many collections celebrate the Celtic Christian world and the story of Iona. Much of his writing too is inspired by his love of the natural world and of Highland Scotland where he grew up.

His volume of new and selected poems ‘Iona’ was published by Paraclete Press in 2021. We will gather together with Kenneth for this evening reading as he shares with us poems from ‘Iona’ and work being gathered for a new collection.

The readings will be complimented by pauses and an offering of live reflective music from a guest musician.

Following the readings, there will be an opportunity to stay on and mingle and enjoy cheese and wine.

Photograph: Kristina Hayward

ADVENT WORKSHOP with Colin Black

Art is about using physical substances such as paint, paper, clay to encapsulate something more than just the physical. This reflective workshop will open up invitations to explore more deeply the mystery of the Incarnation ('God Spirit' embodied in human form) through the medium of art-making.

The day will include some brief inputs, space for making, reflecting and gentle sharing. All materials will be provided with guidance and demonstrations on how to work playfully and creatively with them.

We will enter into the gift and mystery of the Advent season through creative exploration and response, working with the everyday object of the bowl.

Beginning with wondering about what a bowl means/symbolizes for us; exploring work of artists who have drawn inspiration from the simple form of vessels and bowls; leading into time for our own creative investigation, exploration and response; and, drawing the workshop to a close with space to share what has emerged and spoken through this time to play, make and respond.

No prior experience is needed, just curiosity and openness to explore!

IN-CENTRE £30



SATURDAY 10/12

10AM-3.30PM



WINTER/SPRING TERM 2023...



ONLINE £20



SATURDAY 14/01

10AM-3.30PM

GATE OF THE YEAR with Marion Bettenworth CJ & Julia Ling-MacDonald

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 better than a light, and safer than a known way". - Minnie Haskins

At the threshold of a new year this quiet reflective day will create space to pause and prayerfully reflect back over the year that has been and to creatively look forward to the year ahead.



LENT TALKS

The word *Lent* comes from the Old English word for *Spring*, which points us towards a way of understanding Lent as a *Springtime with God*, a time of awakening, emerging and transformation in response to the warmth of God’s love.

This series of four Lent talks will pick up on strands of this theme. Each talk will be held on Zoom and will include time for reflection and conversation. Speakers and topics will be confirmed closer to the time. Check our website for details.

The series of four talks can be booked on the website. If you would like to book individual talks, please contact the office

OASIS DAY led by Angela Simek Hall

This day is designed for those with some experience of contemplative prayer and silent meditation and who are interested in exploring and experiencing the Franz Jalics Gries Path of Contemplative Prayer which works with the breath, hands and the saying of the name of Christ.

Beginners are also welcome, as each step (or ‘gateway’ into meditation) will be led.

The day will begin with led meditations, moving into periods of silence. It will also include: a brief reflection on contemplative prayer; time for personal reflection; and some opportunities for gentle sharing.

Participants are encouraged to wear comfortable clothing suitable for extended periods of prayer and to have to hand a blanket and cushion.

ONLINE

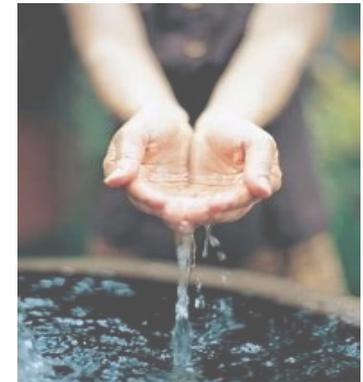


£5 EACH SESSION

FOUR WEDNESDAYS IN LENT

01/03, 08/03, 15/03, 22/03

7PM-8PM



IN-CENTRE £20



WEDNESDAY 15/03

9.30AM FOR 10AM START
FINISHING 3.30PM

THEMED TALKS & WORKSHOPS

JOIN THE 'GREAT TURNING'! with Julia Ling-MacDonald

As we respond to the call to 'turn' through Lent, this half day workshop offers space to explore and connect more deeply with the great 'call' of our times.

It will offer an introduction to what some are describing as the 'Great Turning' or the 'Great Transition' – the movement away from destructive modes of being on the planet into a life-honouring society where humans act as creative and generative 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 planet earth
- a framework for how we can focus our faith, energies, gifts and talents to enable and support creative change.

There will also be space for personal reflection and shared conversation as we explore both the current crises and the invitations being presented to us at this unprecedented time in human history on the Earth.

This workshop will be helpful to those in parish or community settings who wish to root practical local responses to the climate crisis in a bigger picture context and draw inspiration from a 'deep-time' perspective of our dynamic, unfolding Creation.

THE MORE CLEARLY
WE CAN FOCUS OUR ATTENTION
ON THE
WONDERS
AND REALITIES
OF THE UNIVERSE ABOUT US,
THE LESS TASTE WE SHALL HAVE
FOR DESTRUCTION. -RACHEL CARSON

ONLINE £15



SATURDAY 04/03

10AM-1PM



ST BEDE'S CHAPEL & GARDEN

Our chapel is sometimes in use by groups but, when not, it is available for individual quiet prayer and peaceful reflection. We also have a small, peaceful courtyard garden.

Monday, Tuesday, Thursday, Friday and Saturday from 9am-5pm

Feel welcome to come and just 'be' for a while.



SUMMER TERM 2023...

WOMEN IN SCRIPTURE with *Siobhan Burke*

In scripture we often don't get a lot of information about the women mentioned: sometimes only a few lines or a few details.

This reflective day aims to shine a light on some of them, to creatively flesh them out and help make them a bit more real.

Throughout the day we will take time to meet particular women from the Old and New Testament and see how they encountered and responded to God. There will be the opportunity to reflect on what they have to say to us today, what they show us about who God is, and to listen to where God is at work in our own lives.

The day will be a mixture of input, time for personal reflection, opportunity for a creative response and gentle sharing.



IN-CENTRE £20



SATURDAY 20/05

10AM-3.30PM



ONLINE £15



SATURDAY 27/05

10AM-1PM

PENTECOST REFLECTION DAY: BEFRIENDING THE FLAME WITHIN with *Sarah Prime*

A quiet morning to honour Pentecost.

During our time together we will create space to explore and more deeply befriend our unique 'inner treasure' - the 'flame within'.

The morning will include some input, space for reflection and invitation into some gentle sharing.

BEING AGENTS OF ACTIVE HOPE *with Julia Ling-MacDonald*

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

Through input, exploration of our human capacity for creativity, and discussion, we will:

- reflect on the idea of being 'agents of active hope' in service to a guiding vision of the future we wish to create
- 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

Aiming to cultivate a hope-filled future for the whole community of life on Earth, this workshop will be helpful to both individuals and to those working to generate vision and inspire others.

ONLINE £15



SATURDAY 10/06

10AM-1PM



SUPPORT WITH COSTS: No-one should feel excluded from our Programme offerings for financial reasons - please do enquire if you need assistance with costs.

It is possible to pay for some courses, series and retreats by instalment. We also have a dedicated **BURSARY FUND** which is available for our longer Ignatian based courses and retreats.

Contact us at programmeadmin@stbedes.org.uk to see what's possible.

SERIES & SHORT COURSES

SPIRIT IN ALL THINGS led by *Julia Ling-MacDonald*

A nine session short course engaging with the essential features of a spirituality which honours and celebrates the goodness of life and Creation.

Drawing on the work of Matthew Fox and others, each month 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 the entire life community on 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 for good in the world
- steer our creativity through compassion towards the celebration and flourishing of life

The monthly evenings balance input with experiential elements using a variety of creative approaches and include space for reflection and gentle sharing.

Participants are offered material to continue working with and reflecting on in-between sessions.

There will also be the option to participate in smaller online sharing groups for those who would like the opportunity to connect with each other in-between the main sessions.

ONLINE
£150 (£50 PER TERM)



WEDNESDAYS 6.30PM-8.30PM

DATES: 12/10, 16/11, 14/12, 18/01, 15/02, 15/03, 19/04, 17/05, 14/06



UNIVERSAL CHRIST led by Siobhan Burke

"Once we know that the entire physical world around us, all of creation, is both the hiding place and the revelation place for God, this world becomes home, safe, enchanted, offering grace to any who look deeply. I call that kind of deep and calm seeing 'contemplation'."

This reflective study series meets over nine sessions through the year to read and reflect on Richard Rohr's book: *The Universal Christ - How a forgotten reality can change everything we see, hope and believe.*

Each session offers a guided structure for individual reflection and group sharing to help expand, deepen and embed the core content of the text.

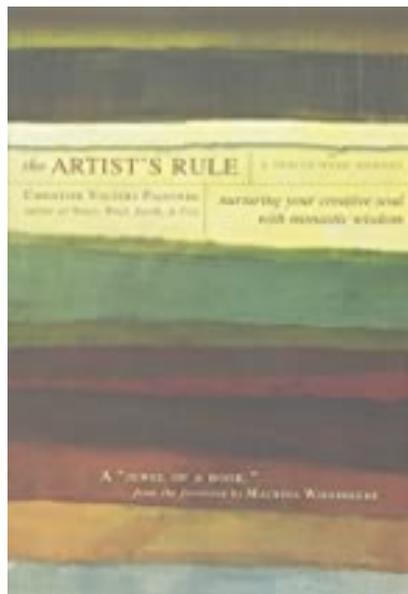
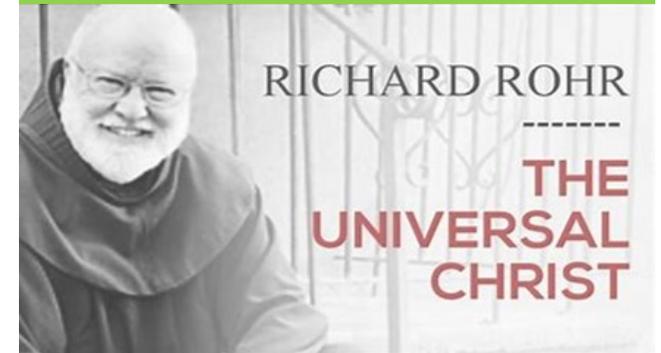
You will need to purchase your own copy of the book for the programme. There are a couple of copies available in our lending library.

ONLINE £90



TUESDAYS
6.30PM-8.30PM

18/10, 15/11, 13/12, 24/01, 14/02, 14/03,
25/04, 23/05, 20/06



ONLINE £180



THURSDAYS FORTNIGHTLY

3PM-4PM & 5PM-6PM

03/11, 17/11, 01/12, 15/12,
29/12, 12/01, 26/01, 09/02,
23/02, 09/03, 23/03, 06/04

THE ARTISTS RULE led by Linda Courage

Drawing on the insights and practices of Benedictine spirituality, we will explore together the interplay between contemplation and creativity

Each two-part session will be offered on zoom with an hour in-between for private reflection and creative activity.

An information sheet giving more detail about the program is available from the St Bede's office. You will need to purchase a copy of our primary text for the programme: *'The Artist's Rule' by Christine Valters Paintner.*

There are a couple of copies available in our lending library.

LIVING WORD SERIES led by Sr. Patricia CJ

Two termly series helping us to discover together how God speaks to us through different books of the Bible.

Autumn Term

Our favourite psalms: a shared journey

The plan for the autumn is to spend each of the four sessions before Christmas sharing our favourite psalms.

If you would like to be involved, please enrol as usual with the office at St Bede's. You will be invited to send Sr. Patricia a list of six psalms that you especially like, before the end of September. Sr Patricia will then create a programme which will be emailed to all participants before the series begins, and will name the person responsible for introducing and reading each psalm on the date indicated. That person will read the psalm to the group and say what it means to him/her - then others will make their own comments. Sr. Patricia will give additional input, as seems appropriate each time.

Spring Term

St. John: the Gospel of the Word made Flesh

Compared with the other three gospels, the fourth gospel stands on its own. Written later than the Synoptics, it is more reflective: there are still 'signs and wonders', but more dialogue, more invitation to look beyond events and begin to see where they are leading us.

Chs. 1-5. *The Word comes into the world*

Chs. 6-11 *Many of his disciples went away.... Opposition grows*

Chs. 12-16 *Now the hour has come for the Son of Man to be glorified*

Chs. 17-21 *My Lord and my God..... He is risen indeed!*

Sr. Patricia CJ... *is a member of the York CJ community with a particular specialism in scripture studies.*

IN-CENTRE



£20 FOR EACH SERIES OF 4 SESSIONS

MONDAYS 10AM-12PM

AUTUMN: 28/11, 05/12, 12/12, 19/12

SPRING: 27/02, 06/03, 13/03, 20/03



ROOTED WOMEN led by *Julia Ling-MacDonald*

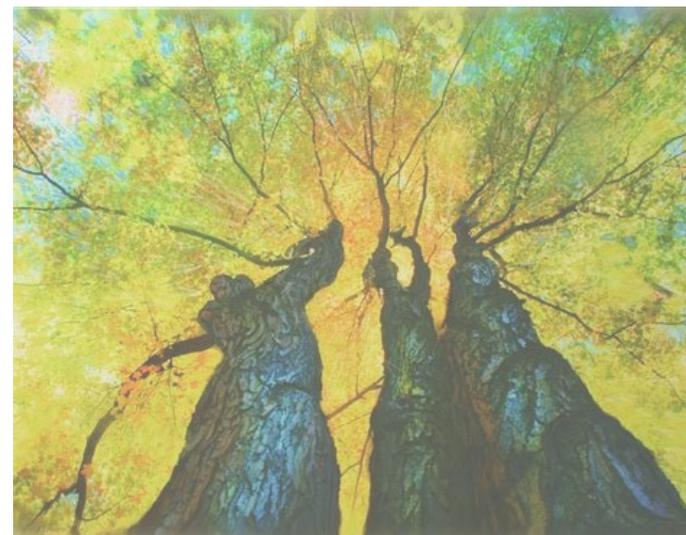
This twelve session course invites you to journey through the year exploring what it is to fully awaken as women in these challenging times – both for the sake of our own wholeness and wellbeing and for love of the threatened Earth and her life community.

Meeting online on a monthly basis, we will be connecting with Sharon Blackie's inspirational text '*If Women Rose Rooted*' as a basis for this journey together.

The course will include input, guided reflective space, creative response, land-based practice and opportunity for conversation and gentle sharing.

There will also be an option to join smaller online sharing circles for a monthly conversation between sessions.

Participants will be required to purchase a copy of the book. There are a couple of copies available in our lending library.



ONLINE



£180 (£60/TERM)

WEDNESDAYS 7PM-8.30PM

**14/09, 28/09, 26/10, 23/11, 21/12, 25/01,
22/02, 29/03, 26/04, 31/05, 28/06, 19/07**

ST BEDE'S LENDING LIBRARY

We are growing our collection with recent purchases building a resource on ecology & spirituality. Many items in our collection have been generously donated by a number of libraries that have closed and by friends of St Bede's. If you would like to explore and borrow any of the books you are most welcome to do so.

Several volunteers have re-catalogued the books and we hope an increasing number of people will find the Library a useful resource. There is a catalogue of books available in the office. Office staff will be happy to collect and bring down books for anyone who struggles with stairs.





SUMMER SCHOOL: RADICAL INCARNATION-EMBRACING OUR TRUE NATURE

**Save the dates: Wednesday 12/07 - Friday
14/07 inclusive**

In the midst of the challenges we are currently facing, is there is an invitation to strip away and let go of what no longer serves us? Might this enable us to discover a truer sense of our deepest nature and, perhaps, and encounter a less 'domesticated' Holy Mystery at the heart of all life?

Over the course of this three-day summer school we will explore more deeply:

- the invitation to 'embrace our true nature' in order to live more radically the gift of 'incarnated' lives
- ways we can more consciously become persons who are deeply earthed, fully enfleshed and intricately embedded in the rich tapestry of the human and more than human world on our home planet we call 'Earth'
- a wilder sense of the Divine Mystery, Christ and Spirit

Each day will run from 10am-4.30pm and will include:

- a daily themed input offered by a keynote speaker
- guest speakers sharing something of their own journey into Radical Incarnation
- a creative workshop/nature based reflective wander
- space for both individual and guided reflection
- opportunity for small group conversation

More details of the daily programme will be made available later in the Autumn Term along with details of speakers, costs and booking details.

ST BEDE'S CARDS

We offer a selection of cards for every occasion—many using images captured by Sr. Cecilia Goodman CJ, a former director of St Bede's.

Cards can be purchased in centre or ordered online on our website.

When ordering online, please be aware that all of the cards have a matt finish. Postage is charged at a flat rate of £2.50 per box and a box can generally hold up to 20 cards.



GUIDED RETREAT SPACE

IN-CENTRE: LENT RETREAT IN DAILY LIFE

This Retreat through Lent is a time of being accompanied one-to-one once a week between the Opening & Closing Gatherings.



During the retreat, you will be offered themed materials for prayer and be supported in:

- exploring ways of praying
- reflecting on how and where God is present to you in your everyday life
- discerning how God might be inviting you into greater freedom & fullness of life

OPENING GATHERING: TUES 21/02/2023 7PM-9PM

CLOSING GATHERING: TUES 18/04/2022 7PM-9PM

£50 *More details of this year's theme will be available in the new year.*

Please contact the office for more information and a simple application form.



ONE-TO-ONE SPIRITUAL ACCOMPANIMENT

Spiritual accompaniment is about listening more deeply to what is going on in your life, noticing God's Spirit in action within your everyday experience and becoming more aware of what it is you are most deeply searching for.

An accompanier offers to come alongside to aid this listening and exploration and at times offers suggestions as to how to follow and deepen the thread of what seems to be unfolding.

We have a list of people based around the York area who offer Ignatian-based Spiritual Accompaniment both online and in-person. We are happy to try to make connections for anyone looking for accompaniment as availability allows.

RETREATS IN DAILY LIFE *(individually guided)*
Offered online and in-centre as team capacity allows



DATES AND TIMES AGREED WITH YOUR ACCOMPANIER (**£75**)

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 seven consecutive weeks.

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 fullness 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 and a simple application form.



SILENT INDIVIDUALLY GUIDED 4/6/8 DAY RETREATS

Offered online as team capacity allows



ANY DATES THAT 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 accompanied 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.

As with 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 and a simple application form.

IGNATIAN TRAINING & FORMATION WORKSHOPS

PERSONAL & SPIRITUAL DEVELOPMENT (PSD) COURSE

Growing in personal awareness, spiritual practice & reflective living

- *providing a safe space to deepen our relationship with God and explore its creative expression in our everyday context*
- *primarily experiential and grounded in Ignatian spirituality*
- *rooted in the premise that the deepening of our awareness of God and ourselves go hand-in-hand enabling greater wholeness and integration in our own lives, in our community life and in the life of Creation*

Our Personal and Spiritual Development course runs over two years creating safe space for both personal and small group reflection in response to material offered in a range of creative ways.

In year one, we focus on developing and deepening your 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 your prayer and reflective practice by deepening capacity for spiritual discernment and skills in reflective decision making.

Past participants have described the course as transformational and a significant stepping stone or waymarker in their journey of faith.

For those who want to move more slowly through the programme, it is possible to take a break in between year one and year two.

Contact the office for a course information leaflet and an application form.

(We are happy to receive applications up to mid September 2022 as places allow)



IN-CENTRE



**COST PER YEAR - £495
(£165 PER TERM)**

SEPTEMBER 2022 TO JULY 2024

**THURSDAY EVENINGS
7PM-9.15PM**

TRAINING IN SPIRITUAL CONVERSATION SKILLS

Learning to Listen and Respond to Others More Deeply

This one-year course takes place in an ecumenical context and is rooted in the Ignatian spiritual tradition.

The key aims of the course are: to become sensitive and alert to opportunities for spiritual conversation in everyday life; to increase confidence to enter into spiritual conversations with others; and, to grow in listening to others in a discerning way.

Over the course we will be exploring together:

- ways of fostering our listening skills
- how we can become better attuned in our conversation with others
- what characterises a 'spiritual' conversation
- how we can help people sift their experience
- how we can help people in making decisions
- different contexts for Spiritual Conversation
- how we can create safe space for Spiritual Conversation

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

(We are happy to receive applications up to mid September 2022 as places allow)

ONLINE

COST £255 (£85 PER TERM)

9 TUESDAY EVENING SESSIONS

TUESDAY EVENINGS 7PM-9.15PM + ONE OPENING SATURDAY (10AM-3.30PM)



BURSARY FUND

No-one need be excluded for financial reasons.

We have a dedicated bursary fund which is available for these Ignatian based courses.

Please feel free to enquire if it would help to receive assistance with costs.

TRAINING IN SPIRITUAL ACCOMPANIMENT

After a process of discernment, the St Bede's team has decided to pause Spiritual Accompaniment training at the present time to allow room for further development. We regret any disappointment this may cause but feel strongly that we are being called to take time to re-vision the training to better serve current and future needs. The aim will be to resume in September 2023.

If you are keen to commence training in the coming year, you may be interested in the following:

For training in Spiritual Accompaniment specifically in the Ignatian tradition, St Beuno's Jesuit Spirituality Centre offers a number of opportunities. Details of upcoming courses can be found here: <https://www.pathwaystogod.org/courses-events-retreats/courses-and-events>

Ignatian based training (in person and online) is also offered by the London Jesuit Centre. The Centre's three year course commences each September. Details can be found here: <https://londonjesuitcentre.org/isc>

If you are still exploring whether Spiritual Accompaniment is the right path for you, you may be interested in a course in Spiritual Conversation Skills we are now running here at St Bede's. Our next course will commence in September 2022 and details can be found here: <https://www.stbedes.org.uk/whats-on/training-in-spiritual-conversation-skills/>

As we go forward with any future training in Spiritual Accompaniment, eligible applicants will be expected to have:

- completed our Personal Spiritual Development course (or be able to demonstrate equivalent development)
- made the Full Ignatian Spiritual Exercises (either in a 30 day retreat, or in blocks or in daily life through the 19th Annotation)
- some demonstrable experience in Spiritual Conversation skills

ONGOING FORMATION FOR TRAINED IGNATIAN SPIRITUAL ACCOMPANIFIERS

Through the year, we run a series of ongoing formation events for Spiritual Accompaniers trained in the Ignatian tradition.

Please check our website or contact the office for more information.





DROP-IN GROUPS

PRAYER THROUGH POETRY *led by Mark Russell-Smith*

Reflective sessions, working with a variety of themes and poets, which offer a space to taste the gift that poetry can bring in opening up our experience of prayer.

For information on the themes for 2022-23 check our website or contact the office.

Mark Russell-Smith... *is a retired Anglican Priest and Missionary who is now finding poetry an increasingly exciting and challenging pathway for prayer.*

IN-CENTRE: DROP IN GROUP £5 PER SESSION



**FIRST TUESDAY OF THE MONTH
10AM-12PM**

**06/09, 04/10, 01/11, 06/12, 03/01, 07/02, 07/03, NONE IN APRIL,
02/05, 06/06, 04/07**

PRAYER THROUGH POETRY INTRODUCTORY MORNING *with Mark Russell-Smith*

Poetry...

Many people love poetry. Others, possibly put off at school by too much dissection, find it's not 'their thing' - too complicated, obtuse—and they are left cold. But then they encounter something read at a wedding or a funeral, or on the radio, or something sent by a friend which really resonates... and it sounds like prayer.

Praying through...

For some it has become a way into praying more deeply, articulating things to us which previously we could not express, conveying how we really feel, making us think more deeply about faith, life, relationships, God and all that there is!

An introduction to...

In this session we hope to open a door into poetry which will ignite a new awareness of how it can be a tool to a deeper practice. There will be opportunity to learn as well as 'practice'.



IN-CENTRE £15



TUESDAY 20/09

10AM-12PM

DROP-IN GROUPS

COMMUNITY CINEMA

Keep an eye on our Newsletters and on posters in the centre for details of the films.

The film viewing is free of charge but we do ask for a donation for refreshments.

IN-CENTRE

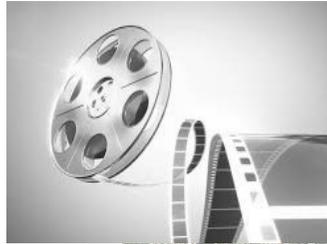


SECOND WEDNESDAY OF MONTH (EXCEPT WHERE MARKED WITH AN *)

14/09, 12/10, 09/11, 14/12, 11/01, 08/02, 08/03, 19/04*, 10/05, 14/06, 05/07*, NONE IN AUGUST

2PM-4.30 PM APPROX

SOCIAL GATHERINGS



SHARED LUNCHES

After Taizé, before the Community Cinema or just because you would like to share some space at lunchtime with others - tea, coffee and biscuits will be provided, but bring your own packed lunch to eat in the coffee lounge or the St Bede's garden. *A simple soup and bread roll lunch will be offered during Advent and Lent.*

IN-CENTRE



SECOND WEDNESDAY OF MONTH (EXCEPT WHERE MARKED WITH AN *)

14/09, 12/10, 09/11, 14/12, 11/01, 08/02, 08/03, 19/04*, 10/05, 14/06, 05/07*, NONE IN AUGUST

1-2PM

CHRISTMAS COFFEE MORNING & LABYRINTH

Come and join us for a fundraising coffee morning for our Christmas charity.

We will have a Christmas labyrinth set out in the conference room so feel free to drop-in and walk it if you need a wee breather from Christmas preparations!

IN-CENTRE



WEDNESDAY 14/12

11AM-12 NOON



FEAST OF ST BEDE COFFEE MORNING

Drop-in for some coffee and cake.

The coffee morning is followed by a thanksgiving liturgy in the chapel for the work of St Bede's for those who wish to stay and join.

IN-CENTRE



WEDNESDAY 24/05

10AM-12 NOON

LITURGY AT 11.30AM



STRAWBERRY TEA

St. Bede's traditionally hosts a Strawberry Tea in our garden as a chance to get together and celebrate the year before the summer break.

Come and join us!

IN-CENTRE



SUNDAY 16/07

2PM-4PM

ROOM HIRE

When not in use for our own events, our rooms are available for hire along with equipment and provision of light refreshments.

For information on availability and rates, please contact us or see our website.



FRIENDS OF ST. BEDE'S

The Friends of St Bede's was established in 1988. Through an annual subscription of £15, members participate in the life of St Bede's in a variety of practical ways: contributing to its work and development; sharing in its life of prayer and hospitality; telling others about the facilities available at the centre; and, encouraging others to visit.

AGM: All are warmly welcome—usually held in the summer.

Contact the office for a membership form or download one from our website.

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 and retreat teams.

If you would like to assist in this important work, please consider making a donation to the fund.

Please contact the office for details on how to donate.

HOW TO FIND US...

Rail: York Station is just a few minutes walk away.

Road: York is served by a network of Park & Ride sites making access to the centre easier through the day. See: www.itravel.york.info/park-and-ride.

Parking: the nearest public car park is on Nunnery Lane.

We are HERE: 21 Blossom Street...
...next to The Bar Convent Living Heritage Centre



ACCESSIBILITY

There is a disabled access route into the building.

Our toilets are on the ground floor (including a disabled toilet). We have a stair lift to the first floor – this is in two sections, some mobility is required.

Please feel free to get in touch with us if you have particular requirements.

*St. Bede's Pastoral Centre is a work of the Congregation of Jesus Charitable Trust
Registered Charity No. 298970*

Keep up to date: sign up for our newsletter on our website or contact us to be added to our mailing list



ST. BEDE'S PASTORAL CENTRE

21 Blossom Street, York. YO24 1AQ

General & room booking enquiries: admin@stbedes.org.uk

Programme bookings and enquiries: programmeadmin@stbedes.org.uk

01904 464 900

www.stbedes.org.uk

CHRISTMAS CLOSING: Wednesday 21st December, re-opening Wednesday 4th January

EASTER CLOSING: Saturday 1st April, re-opening Monday 17th April

SUMMER CLOSING: Friday 28th July