



# St Bede's Pastoral Centre

YORK

**ONLINE & IN-CENTRE PROGRAMME**

**September 2023 - July 2024**

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 IS 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*

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

**ALL ARE WELCOME!**

### WE WELCOME A NEW DIRECTOR ...

We welcome Paul Golightly as the new director of St Bede's from September 2023. We look forward to welcoming Paul and to all that he will contribute to the life and mission of St Bede's.

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 have added their 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 their 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** 

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 PUBLIC OPENING HOURS:** 9am-5pm Mon, Tue, Thu, Fri & Sat

**EVENING PUBLIC 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. **And we encourage you to book early if interested to ensure that the events go ahead!**



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

**email: [programmeadmin@stbedes.org.uk](mailto:programmeadmin@stbedes.org.uk)**

**phone: 01904 464900**

Or book online through our **website: [www.stbedes.org.uk](http://www.stbedes.org.uk)**

## CONTRIBUTORS TO THIS YEAR'S PROGRAMME

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

**Anne Harrison...** is a spiritual director and psychosynthesis therapist. She also offers retreats and facilitates courses in Capacitar wellness practices.

**Andrew de Smet ...** is an Anglican priest, counsellor, psychotherapist and spiritual director .

**Paula Shanks...** is trained in Ignatian spiritual accompaniment with a background in teaching.

**Sarah Prime...** is an experienced Biblical teacher and retreat facilitator, who is nurtured by connection with the natural world.

**Lynn Nausner...** is an experienced spiritual director, retreat and quiet day facilitator with a special focus on women's well-being, mindfulness and meditation.

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

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

**Donna Worthington...** is an experienced retreat giver and theologian who is trained in Ignatian spiritual direction. Donna leads creative workshops with all ages, on various themes, including exploring the Gospels through theatre and movement.

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

**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.



### 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



## WELLBEING SESSIONS & WORKSHOPS

### FINDING LIFE IN AN AGE OF CHANGE *with Anne Harrison*

In the face of ecological, national, and global crises many of us are feeling overwhelmed and disempowered just now.

*However, what if **we** are our greatest asset and the 'answer' to what we are feeling lies in sharing and being together - something that research shows engenders **hope**.*

This course intends to integrate the insights of Joanna Macy's "Active Hope" and the gentle, transformative practices of Capacitar\*.

We will journey together through stages of gratitude for creation, honouring our pain for the world, and seeing with new eyes, to deepen our active hope. Gentle movement and creative practices will enhance our natural recharging and healing abilities as we go.

It is important to follow these sessions in sequence, and so the series of nine monthly Friday morning sessions 2023-4 is being offered as a whole.

*\* Capacitar is a global organisation whose mission is to teach spirit-body-mind practices to promote healing, wholeness and peace. (For more information, see [www.capacitar.org](http://www.capacitar.org))*

**IN-CENTRE £135 (£45 PER TERM)**

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

**15/09, 13/10, 03/11, 01/12, 12/01, 09/02, 08/03, NONE IN APRIL, 03/05, 07/06**





## 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 poetry.

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 (PAY PER SESSION OR PER 10 SESSION TERM)**



#### **AUTUMN TERM**

25/09, 02/10, 09/10, 16/10, 23/10, 06/11, 13/11, 20/11, 27/11, 04/12

#### **SPRING TERM**

08/01, 15/01, 22/01, 29/01, 05/02, 19/02, 26/02, 04/03, 11/03, 18/03

#### **SUMMER TERM**

15/04, 22/04, 29/04, 13/05, 20/05, 03/06, 10/06, 17/06, 24/06, 01/07

**IN-CENTRE NO CHARGE**



**SECOND WEDNESDAY OF THE MONTH**  
**13/09, 11/10, 08/11, 13/12, 10/01,**  
**14/02, 13/03, 10/04, 08/05, 12/06, 10/07**  
**12 NOON-1PM**



## **DROP-IN TAIZE PRAYER**

These meditative sessions using traditional Taizé chants are held in the quiet of St Bede's chapel.

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

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 and if you prefer, you can simply sit and listen.

## **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 for some quiet time 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:

**Autumn: Praying with strong feelings:** This morning will explore how we can turn strong and seemingly negative feelings such as anger and anxiety into prayer. Turning to the psalms can help us to express our feelings honestly before God and to discover that rather than shying away from them, bringing our feelings into prayer can be a helpful way to deepen our relationship with God.

**Spring: Praying with loss:** This morning will invite us to reflect on how the (small and great) losses in our lives might form part of our unique journey of faith - and how we can discover the God of Life both in our endings and in our beginnings.

**Summer: Praying with clay:** This morning will offer an opportunity to pray with clay. The process of using our hands to work the clay can be a helpful way to go deeper. Praying with clay is not about the end product or creating a work of art, but instead might allow us to communicate with God through our sense of touch.

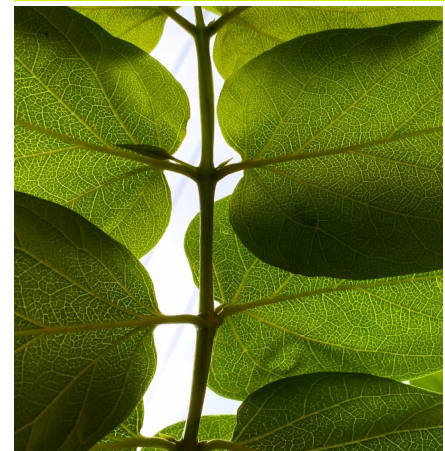
**IN-CENTRE**  
**£10 PER MORNING**



**WEDNESDAY**

**10AM-12.30PM**

**25/10, 07/02, 19/06**



**SUPPORTED PRAYER**

## THEMED TALKS, WORKSHOPS & REFLECTIVE DAYS

### AUTUMN TERM 2023...

#### **DELIGHT IN ALL OF CREATION with Lynn Nausner**

*'All of creation, and humanity in particular is showered with greening refreshment and the vitality to bear fruit.'*

This 'greening' life-force is what Hildegard termed 'Viriditas'.

Hildegard of Bingen was a 12th Century German abbess, polymath, mystic and now Saint. She believed that the earth was home, a region of joy and delight and as such must be admired, cherished and most of all protected.

Through the lens of Hildegard, we will explore Viriditas - reflecting on our own 'greening' as we immerse ourselves in her music, illuminations, natural remedies and words of wisdom for ourselves and all of creation.



**IN-CENTRE £25**



**WEDNESDAY 06/09**

**10AM-3.30PM**

#### **IGNATIAN WISDOM DAY: CALLED INTO FREEDOM with Marion Bettenworth CJ**

*'It is for freedom that Christ has set us free' (Gal. 5).*

St Ignatius was passionate about showing people a way to greater inner freedom.

While Ignatius' language and imagery may need a bit of 'translating', his wisdom and insights into how we can grow and become the person we are called to be, are as relevant today as they were 500 years ago.

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

**IN-CENTRE £20**



**SATURDAY 18/11**

**10AM-3PM**





## TWO-DAY ENNEAGRAM WORKSHOP *with Andrew de Smet*

The Enneagram is a subtle and complex tool for spiritual and personal development. In Christian spirituality the Enneagram can assist us in our unfolding relationship with God.

The Enneagram is a nine-pointed figure enclosed in a circle. The nine personality types outline the sets of assumptions we live our lives by, feel about ourselves and relate to others.

In the Enneagram we discover our type by a process of reflective exploration, there is no definitive questionnaire to place us.

Over these two workshop days, you will be introduced to the Enneagram and we will look at the different personality types. We will also look at the further dimensions of Enneagram "arrow theory", and "wings" and make links to Christian spirituality and prayer.

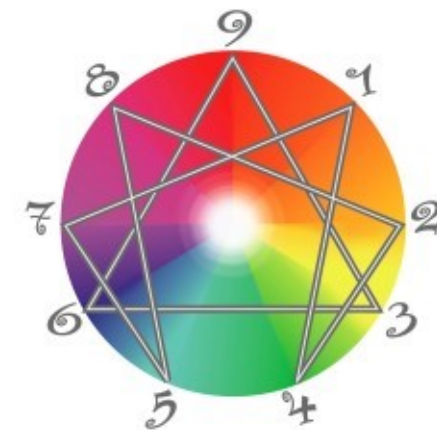
*Please note, spaces are limited.*

**IN-CENTRE £50  
(INCLUDES 2 DAYS)**



**WEDNESDAY 15/11 & 22/11**

**10AM-3PM**



## ADVENT WORKSHOP: A WAY OF SEEING *with Donna Worthington*

Shepherds kept watch in the silence of the night, the Magi saw a vision in the sky and began to search, Herod's mind violently saw threat, the Roman Empire viewed people as numbers to count... and then, one night, a man and a woman arrive in Bethlehem, a vision of hope burning in their hearts...

Donna will offer a creative space to enter into the Advent narrative and, perhaps, open us to a fresh way of seeing.

**ONLINE £15**



**SATURDAY 09/12**

**10AM-1PM**

## SPRING TERM 2024...

### GATE OF THE YEAR with Marion Bettenworth CJ

*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.

**ONLINE £20**



**SATURDAY 13/01**

**10AM-3.30PM**



### 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.

**ONLINE**

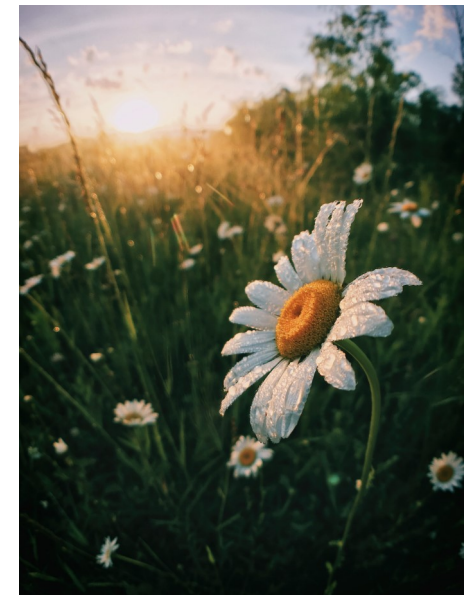


**£5 EACH SESSION**

**FOUR TUESDAYS IN LENT**

**20/02, 27/02, 12/03, 19/03**

**7PM-8PM**



## SUMMER TERM 2024...

### **PENTECOST REFLECTION MORNING: BEFRIENDING THE FLAME WITHIN** with Sarah Prime

An online 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 an invitation into some gentle sharing.



ONLINE £15



SATURDAY 18/05

10AM-1PM



### **THIS MOVIE CHANGED ME** with Siobhan Burke

Sometimes a film can speak deeply into our experience of life and resonate with something that is already in process within us. They can journey with us in what we are experiencing and even awaken new parts of us that are ready to emerge.

Inspired by the podcast *This Movie Changed Me* by the *On Being* Project, each month we will show a chosen film. Doors will open from 6.40pm, the film will begin at 7pm, and for those that wish there will be space to chat about the film afterwards. The evening will finish by 9.30pm. To receive a list of all the films, please email [programmeadmin@stbedes.org.uk](mailto:programmeadmin@stbedes.org.uk)

Free of charge, with donations welcome for refreshments.

In the summer we will also offer a reflective day, with Siobhan Burke and Paula Shanks, to explore more deeply one of the films - *Moana*: a story of finding your way without a map, leaving the familiar in search of new life, and learning to trust the deepest parts of yourself.

IN-CENTRE 6.40 for 7PM



19/09, 17/10, 14/11, 12/12, 23/01,  
13/02, 23/04, 28/05, 25/06

REFLECTIVE DAY £20



SATURDAY 01/06  
10AM-3.30PM

## SERIES & SHORT COURSES

### THE 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.

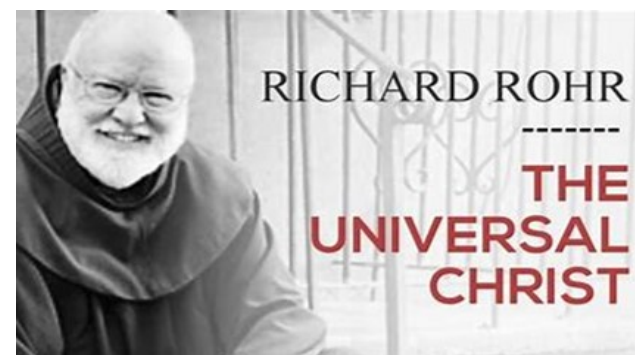
You will need to purchase your own copy of the book for the programme. There are a couple of copies available in our lending library.

ONLINE £120 (OR £40 PER TERM)



FRIDAYS  
10AM-12PM

13/10, 10/11, 08/12, 12/01, 09/02, 08/03,  
12/04, 10/05, 14/06



**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.

**Please be encouraged to contact us at [programmeadmin@stbedes.org.uk](mailto:programmeadmin@stbedes.org.uk) to see what is possible.**

## LIVING WORD SERIES led by Sr. Patricia Harriss CJ

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

**Autumn Term/Advent:** *The first and second books of Samuel: how Israel began to be ruled by kings, the story of Saul and David.*

We shall explore these two books, which tell the stories of notable characters in Israel's history, chosen and used by God: Samuel himself, Saul, the first king, and David, great in his lifetime, and the one from whose descendants the Christ was to come. But it is also an absorbing human story of weakness, rivalries, jealousy and competition – and of generosity and new beginnings.

20th November: Samuel and the choice of Saul (Chs.1 – 12)

27th November: Saul and David (Chs. 13 – 23)

4th December: Saul's growing jealousy; the rivalry which leads to his death (Chs. 24 – II Sam 1)

11th December: How David becomes established as king (Chs. II Sam 2 – 12)

18th December: David and his sons – the revolt, and the final years of David's reign (Chs. 13- 24)

**Spring Term/Lent:** *Deuteronomy: the 'second law', a reflected version of the Exodus experience.*

Over the centuries, helped by the teaching of the prophets, Israel sees the connection between love and law: God's love for his chosen people, and their response in loving obedience. We may see a parallel with St. John's Gospel, later than the Synoptics, and also coming from reflection.

19th February: Moses looks back on Israel's experience (Chs. 1- 11)

26th February: Looking again at the Law (Ch. 12)

4th March: Looking again at the Law, concluded (Ch. 26:15)

11th March: Final reflections and blessings from Moses, and his death (Ch. 26:15- 34)

IN-CENTRE

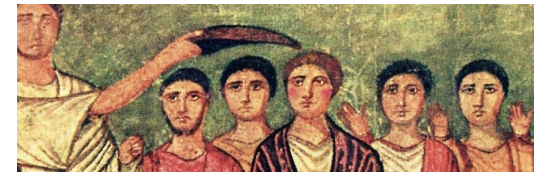


£20 FOR EACH SERIES OF SESSIONS

MONDAYS 10AM-12PM

AUTUMN: 20/11, 27/11, 04/12, 11/12, 18/12

SPRING: 19/02, 26/02, 04/03, 11/03



SERIES & SHORT COURSES

## LENT WORKSHOP SERIES: TRANSFORMATION with Colin Black & Siobhan Burke

Over these five workshop sessions, Colin and Siobhan will invite you to creatively enter into and explore the theme of 'transformation'.

*"I begin with an idea and then it becomes something else" - Pablo Picasso*

As a focus for this exploration, you will begin by selecting a second hand book (provided) and, each week, engage in and reflect on its transformation through various creative means. All materials will be provided and demonstrations will be offered of the different ways you can work with and 'evolve' the physical form and purpose of your book. Over the weeks, you will be encouraged to document the transformation and reflect on your experience of the different stages of the transformational process.

*"On a person's journey, everything has its place. Our failures, heartbreaks, defeats, and victories; our wounds, dreams, and passions; our stops and our starts-all have a place in our story, and all have a place in our transformation. Everything has meaning, and everything belongs."*  
- Richard Rohr

No prior experience is necessary, just your natural curiosity and openness to experiment and see what unfolds.



**IN-CENTRE**

**£75 FOR 5 WORKSHOP SESSIONS**



**WEDNESDAY MORNINGS  
10AM-12 NOON**

**21/02, 28/02, 06/03, 13/03, 20/03**



## 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 the 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.



## SUMMER SCHOOL: INTRODUCTION TO ICONS 'Significance–Praying–Painting'

This year's three day summer school will be run in our new basement art space and be led by Andrew de Smet.

Over the course of the three days, Andrew will gently guide you through a deeper understanding of the history of icons and their significance as a focus for prayer and meditation. There will be space each day to pray and enter into meditation using icons.

You will also be guided in painting your own simple icon of Christ as part of this prayerful, contemplative process. Andrew will offer demonstrations on tracing and painting and other basic techniques traditionally used in icon making such as the mixing of pigments. No prior experience of icon making is needed as Andrew will demonstrate and guide you through each aspect.

Prior to attending, further information will be given about materials. Please note spaces will be restricted to 12 participants.

**Contact the office for further information or to book a space.**

**IN-CENTRE**



**£90 (+ £25 TOWARDS MATERIALS)**

**WEDNESDAY 17/07 - FRIDAY 19/07  
INCLUSIVE  
10AM-4.30PM**

## ST BEDE'S LENDING LIBRARY

The library contains approximately 1500 books on spirituality and other religious topics. We have recently been growing our collection, including building a resource on ecology & spirituality books.

If you would like to explore and borrow any of the books you are most welcome to do so. Our catalogue is also available online, so that you can browse and reserve books from the comfort of your own home.

The library is free to join. To become a member contact the office who will then issue you with a library card and login details for our online catalogue.



## GUIDED RETREAT SPACE

### 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 comes 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.

***Please contact the office for a Spiritual Accompaniment request form.***



### IGNATIAN SPIRITUAL EXERCISES

We also offer the opportunity to make the full Ignatian Spiritual Exercises *in daily life* meeting weekly with an accompanier over a period of around nine months.

A first step is an exploratory conversation to discern if beginning the Exercises is right for you at the particular place you find yourself in your faith journey.

***Please contact the office for a Spiritual Accompaniment request form / to arrange an exploratory conversation and find out more about the format and costings.***



## RETREATS IN DAILY LIFE *(individually guided)*

*Offered online and in-centre as team capacity allows*



### Dates and times agreed with your accompanier (£95 total)

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 savour the fruits of what the retreat has been about for you.

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

### BURSARY FUND

Please note that bursary support is available for both retreats in daily life and silent individually guided retreats.



## 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 per 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*

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

PSD...

*...provides a safe space to deepen your relationship with God and explore its creative expression in your everyday context*

*...is primarily experiential and grounded in Ignatian spirituality*

*..is 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*

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.

The course is often experienced by participants as transformational and as a significant stepping stone or way-marker in the journey of faith.

***For more details, contact the office for a course information leaflet and application form.***

The deadline for applications is Friday 21st July 2023.



**IN-CENTRE**



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

**SEPTEMBER 2023 TO JULY 2025**

**TUESDAY MORNINGS  
10AM-12.15PM**

## **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 develop 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 a safe space for spiritual conversation

***For more details, contact the office for a course information leaflet and application form.***

The deadline for applications is Friday 21st July 2023.

**ONLINE**

**COST £270 (£90 PER TERM)**

**9 MONTHLY TUESDAY EVENING SESSIONS**

**TUESDAY EVENINGS 7PM-9.15PM + ONE OPENING SATURDAY (10AM-1PM)**

**30/09 (SAT), 03/10, 07/11, 05/12, 16/01, 06/02, 05/03, 16/04, 07/05, 04/06**



#### **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.

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 Centre for Spiritual Direction. Details of upcoming courses can be found here: <https://www.lcsd.org.uk/train>

If you are still exploring whether training in spiritual accompaniment is the right path for you, you may be interested in the St Bede's Training in Spiritual Conversation Skills Course. Our next course will commence in September 2023 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

### PRAYING THROUGH POETRY *led by Mark Russell-Smith*

Praying through poetry can offer a way into praying that articulates 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!

These reflective sessions will work with a variety of themes and poets and offer a space to taste the gift that poetry can bring in opening up our experience of prayer.

For information on the themes for 2023-24 check our website or contact the office.



**IN-CENTRE**  
**£3 PER SESSION**



**TUESDAYS MONTHLY**  
**10AM-12PM**

**05/09, 03/10, 07/11, 05/12,**  
**09/01, 06/02, 05/03, 09/04,**  
**07/05, 04/06, 02/07**



### JULIAN MORNINGS

The Julian Mornings offer space to pray with and share about some of the key writings of Julian of Norwich.

As well as reading from her writings, there will be time for personal prayer and shared conversation.

**IN-CENTRE**



**WEDNESDAY MORNINGS ONCE A TERM**  
**27/09, 24/01, 15/05**

**10AM-12PM**

**IN-CENTRE**



**WEDNESDAY 22/05**  
**10AM-12 NOON**  
**LITURGY AT 11.30AM**



### FEAST OF ST BEDE COFFEE MORNING

Drop-in for some coffee and cake to celebrate all that happens at St Bede's Pastoral Centre.

The coffee morning is followed by a thanksgiving liturgy in the chapel for all those who wish to stay and join. It will be an opportunity to give thanks for the work of St Bede's and all those who contribute to it.

## SOCIAL GATHERINGS

### SOCIAL WEDNESDAYS

IN-CENTRE



SECOND WEDNESDAY OF EACH MONTH

13/09, 11/10, 08/11, 13/12, 10/01, 14/02, 13/03, 10/04,  
08/05, 12/06, 10/07

#### SHARED LUNCH SPACE: 1pm-2pm

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.

#### COMMUNITY CINEMA: 2pm-4.30pm

Each month we show a different film on the big screen in the conference room. Keep an eye on our newsletters and posters in the centre for details of the films.

**Free of charge, donations welcome for refreshments.**

Join us for as much or as little of the day as you would like.



IN-CENTRE



WEDNESDAY 13/12

10AM-12 NOON



#### CHRISTMAS COFFEE MORNING & LABYRINTH

Pop in for some mini mince pies, stollen bites and a cup of non-alcoholic mulled wine to celebrate the end of term and the coming of Christmas. In the basement there will be a special Christmas labyrinth, with Christmas greenery interspersed with lights and tiny reminders of the Christmas season. Come and enjoy the spectacle and walk the labyrinth if you wish.

#### STRAWBERRY TEA

Join us at the annual Strawberry Tea in our idyllic garden to get together and celebrate the year. There will be refreshments, cake and plenty of strawberries!



IN-CENTRE



SUNDAY 14/07

2PM-4PM

## ROOM HIRE

When not in use for our own events, our rooms are available for hire. We can also provide equipment and 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 supports the training and development of those who offer their time and talents as part of the course 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.itravelyork.info/park-and-ride](http://www.itravelyork.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**



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



### ST. BEDE'S PASTORAL CENTRE

**21 Blossom Street, York. YO24 1AQ**

**General & room booking enquiries: [admin@stbedes.org.uk](mailto:admin@stbedes.org.uk)**

**Programme bookings and enquiries: [programmeadmin@stbedes.org.uk](mailto:programmeadmin@stbedes.org.uk)**

**01904 464 900  
[www.stbedes.org.uk](http://www.stbedes.org.uk)**

### 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.**

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

**AUTUMN TERM DATES:** 1st September to 20th December.

**SPRING TERM DATES:** 5th January to 22nd March.

**SUMMER TERM DATES:** 8th April to 26th July.