

St Bede's Pastoral Centre


YORK

**COURSES AND EVENTS
ONLINE AND IN CENTRE**

September 2025 to July 2026

**A place of warm welcome, spiritual renewal and
refreshment for those in the city of York and beyond**

We look forward to welcoming you !

A watercolour painting of a garden scene. In the foreground, there are several potted plants with various flowers in shades of purple, pink, and blue. A black metal gate stands in the middle ground, leading to a path that goes up to a blue door. Above the door is a window with white panes. The background shows a brick wall and more foliage in yellow and green.

**Quiet Garden at St Bede's
Watercolour by Jill Sollich**

Programme 2025-26

Welcome to the 2025/6 programme with the great variety of offerings that have become touching places for many different people.

It has been encouraging for all of us at St Bede's to see some strong responses to our quiet days and workshop days this year. We have pushed to the limit to try and accommodate all who want to come, but some events have a natural limit and we have had waiting lists for a few events. We have expanded the number of days and short courses and hope that something will attract you during the course of the year. The York Ignatian Spiritual Accompaniment Course (YISAC) will enter its second year and a new Personal and Spiritual Development Course (PSD) is due to begin this autumn for those who want to explore with others the many ways of prayer and pathways to God.

We look forward to welcoming you again to the events and community of St Bede's.

Paul G Golightly



Ignatian spirituality is rooted in finding and responding to the dynamic presence of the Divine in all things. It is a spirituality which helps us to discern how to align most deeply with the Source of life and find the 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.

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.

The CJ have taken their own knowledge and practice of the Spirituality of St Ignatius of Loyola and the courageous example of the life of their foundress Mary Ward and added these to the Benedictine ethos of Christian hospitality.



Our Programme is offered

in Centre
or
Online

Our online content is delivered using Zoom.

If you are a newcomer to zoom or feel in anyway unsure our staff are happy to assist.

We also offer retreats in Whitby

St Bede's Pastoral Centre
21 Blossom Street, York YO23 2SE

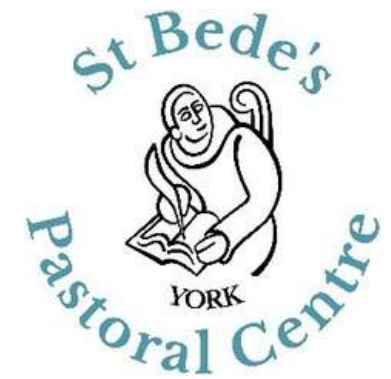
To book, pay and find out more,
please contact Fiona Hill:

fiona@stbedes.org.uk
01904 464900

or book online at
www.stbedes.org.uk

Contents

	Page/s
Who are we and what do we offer ?	2
Term dates and opening times	4
St Bede's Team and Course Tutors	5
Speakers and Facilitators	6-7
All Year Short Courses, Drop In and Social Events	8-10
Autumn Term	11-14
Spring Term	15-19
Summer Term	20-22
Spiritual Accompaniment and Retreats	23-24
Ignatian Courses	25-27
How can I get involved?	28
Our Facilities	29
Greeting Cards	29
Accessibility and How to find us	30



Term Dates

AUTUMN TERM

28th August to 19th December

SPRING TERM

5th January to 27th March

SUMMER TERM

13th April to 24th July

Opening Times

Monday to Saturday

9am until 5pm

and

Monday and Wednesday evenings

6.30pm until 9.30pm

We are closed to the public on certain Wednesdays so it is wise to ring to check we are open before visiting)

We hope you will discover events to support and nourish you. Please do pass on details of what is on offer to anyone you think may benefit. We would encourage you to book early if interested to ensure that the events go ahead

Help with costs

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 have a dedicated bursary fund, the Bill Broderick Fund for our Ignatian-based courses and certain retreats. More information and an application form can be obtained from the office. All courses and retreats eligible for support from the Bill Broderick Fund are marked as such in this brochure.

The St Bede's Spirituality Team and External Tutors on our Ignatian Spirituality courses

The St Bede's Spirituality Team

Paul Golightly

Director of St Bede's and an ordained Methodist Minister who is committed to offering a myriad of ways into the divine life and love, within all we do at St Bede's and as national co-ordinator for the Capacitar Wellness network.

Marion Bettenworth CJ

Lead Trainer in the Spirituality Team at St Bede's working in spiritual formation. A Religious Sister who is a Member of the York Congregation of Jesus Community.

Liz Hoare

Spirituality Team Member at St Bede's. Liz is an Anglican priest and offers retreats in the Ignatian tradition. Previously responsible for spiritual formation at an Anglican theological college, Liz's time is now mostly focused on spiritual accompaniment

Siobhan Burke

Spirituality Team Member at St Bede's. Siobhan is a trained spiritual accompanier, with an interest in helping people grow in relationship with themselves and the creative life of God.

Tutors working with the St Bede's Team⁵ on our Ignatian Spirituality Courses

Andrew De Smet (PSD course)

Anglican priest, counsellor, psychotherapist and spiritual director. He has worked in parish ministry, run a retreat centre, and as Pastoral Care and Counselling Adviser in two Anglican Dioceses. He also paints icons and landscapes and enjoys nature.

Anne Harrison (YISAC course)

Spiritual accompanier and therapist, shaped by Ignatius and psychosynthesis insights.

Fiona Gowers (Spiritual Conversation course)

Has a background in Education and is trained in spiritual accompaniment.

Helen Edwards (PSD course)

A prayer guide trained in the Ignatian tradition and a member of the retreat team at The Briery in Ilkley. Helen has been involved in parish catechesis for over 20 years.

Susan Collier (YISAC course)

An Anglican priest whose time is mainly spent in spiritual accompaniment and other spirituality work. Susan previously worked as a hospice doctor. She is married with two grown up sons and enjoys her two cats, gardening, doing needlework and, when on holiday in North Cornwall, bodyboarding!

Speakers and facilitators contributing to our Programme 2025 - 2026

Andrew De Smet

Anglican priest, spiritual accompanier, counsellor, psychotherapist mediator and trainer. He enjoys painting icons, landscapes and sketching and being out in nature. At St Bede's he has been part of the PSD team and led sessions on icons, the Enneagram and occasional quiet days.

Anne Harrison

Spiritual accompanier, offers retreats and supervision and is a psychosynthesis therapist working collaboratively in the Capacitar framework to promote holistic wellbeing and address trauma..

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.

Frances Cole

Has a lifelong interest in nature and its never-ending cycle of creation. The changing climate has led her to make many fruitful changes in her life including planting fields of trees and shrubs to redress the balance and let nature bloom.

Gemma Simmonds CJ

Sister of the Congregation of Jesus (CJ) and director of the Religious Life Institute at the Margaret Beaufort Institute of Theology, Cambridge where she teaches Theology. A former missionary in Brazil, university and prison chaplain, she has published extensively in the areas of ecclesiology, spirituality and theology of religious life.

Heather Graber

A feminist, creative and spiritual director with a passion for the intersection of spirituality and sexuality/embodiment.

Josette Zammit Mangion IBVM

A Loreto Sister working in Llandudno as a Spiritual Director and Retreat Giver. Josette enjoys music, art and cinema which, along with the Bible, inspire her work.

Judith Hooper

Life-long interests in good food for all, gardening and wildlife. Now manages land for bird, insect and plant diversity seeing God's creation everywhere in the magic of germination to the interplay between animals and plants.

Kate Bruce

Chaplain, writer, and regular preacher. Kate leads and contributes to retreats and conferences. She has also contributed to and published a number of books: Igniting the Heart and Preaching the Women of the Bible. A fellow of St John's College in Durham, she regularly contributes to The Preachers' Companion, Reflections for Daily Prayer and the Church of England's Everyday Faith App.

Speakers and facilitators contributing to our Programme 2025 - 2026

Linda Courage

Involved with a community engagement project to identify and action projects to reduce her town's carbon footprint in a bespoke way. Our Zero Selby has been named as one of the 30 Global Bright Spots addressing climate change.

Lynn Nausner

An experienced spiritual accompanier, person-centres counsellor and retreat and quiet day facilitator with a special focus on women's wellbeing a, mindfulness and meditation

Margaret Silf

Author of books for contemporary pilgrims searching for a spiritual way and also accompanying others on their spiritual journey through retreats, workshops and days of reflection. A Yorkshire lass, she now lives in Scotland close to her family.

Mark Russell-Smith

Retired Anglican who, like many, finds poetry increasingly challenging his imagination, and therefore an exciting pathway for prayer.

Robert and Eirene Palmer

Fascinated by life journeys Robert and have developed and run courses on exploring spiritual journeys and creative journaling to better understand these explorations.

Sr Patricia Harriss CJ

A Religious Sister and Member of the York CJ Community with a particular and long-standing interest in scripture studies.

Sophie Weston

Following a career in music, Sophie taught on The Medieval Churches Certificate Course at Leeds University and more recently has led a series of study days on ecclesiastical topics and taken groups to churches in Rome, Ravenna, Santiago and Romania.

Terry Doyle

Trained in the way of infinite Tai Chi taught by Jason Chan, Terry is a very experienced Tai Chi teacher and retreat leader and is employed as a Holistic Well-being Coach.



All Year Short Courses

Christian Classics

with Liz Hoare

In Centre

Tuesday Lunchtimes

16/09, 21/10, 11/11, 02/12, 13/01, 03/02, 03/03, 24/03

12.45pm - 1.30pm

£5 per session (£40 total)

There are Christian classics by spiritual writers we often hear about - Julian of Norwich, Augustine of Hippo, Teresa of Avila and many others, but we find it hard to know where to start to begin to read them in their own words. These sessions are designed to introduce a different classic text each term and read it together. No prior knowledge is expected, just a willingness to enter worlds that are different and read what people have said about faith and life in their own context. We will begin with St Augustine's Confessions, one of the earliest spiritual autobiographies.



The Great Search

with Siobhan Burke

Online

Fridays

10/10, 24/10, 14/11, 05/12, 16/01,

06/02, 27/02, 20/03, 24/04, 15/05, 05/06

10am - 11.30am

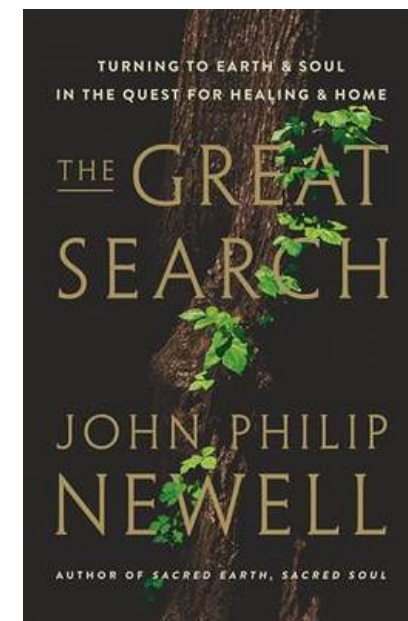
(except first and last sessions which are 10am-11am)

£40 per term (£120 total)

This reflective study series meets over eleven sessions through the year to read and reflect on John Philip Newell's book *The Great Search*, exploring the wisdom of nine prophetic teachers from the past who come from a range of backgrounds and faiths. Each session offers a guided structure for individual reflection and group sharing to help expand, deepen and embed the core content of the text.

“Part of the widespread spiritual search of today is the yearning to *know* the divine, not just to know *about* the divine. It is the desire to ground spiritual wisdom in experience rather than in statements of faith. It is the conviction that the light of God shines in the body of Earth and in one another, and deep within us all”

You will need to purchase your own copy of the book for the programme.



Taize Prayer

In Centre

Usually second Wednesday of month

No charge

12 noon–1pm

10/09, 08/10, 12/11, 10/12, 14/01, 11/02,
11/03, 29/04, 13/05, 10/06, 08/07



Meditative sessions using traditional Taizé chants and held in the quiet of the St Bede's chapel. Everyone is welcome.

The chants are beautiful short phrases sung to music which are repeated several times over, helping you to enter a peaceful, prayerful space.

You don't need to be an experienced singer and if you prefer, you can simply sit and listen.

Shared Lunch Space

In Centre

Second Wednesday of month

1pm-2pm

10/09, 08/10, 12/11, 10/12, 14/01, 11/02,
11/03, 29/04, 13/05, 10/06, 08/07



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 St Bede's coffee lounge or our courtyard garden.

Donations welcomed for refreshments.

Community Cinema

In Centre

Second Wednesday of month

No charge

2pm - 4pm approx

10/09, 08/10, 12/11, 10/12, 14/01, 11/02,
11/03, 29/04, 13/05, 10/06, 08/07



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 welcomed for refreshments. Ice creams served in the interval.

All Year Drop In

Wellbeing Sessions

with Paul Golightly and Anne Harrison

In Centre

One Thursday each month

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

07/05, 04/06, 02/07

10.30-12.30

£10 per session



One morning a month to attend to our self-care and well-being using the **body-based practices of Capacitar** simple Tai Chi, movement, meditations, and body-work to bring peace, strength and healing, connecting to our deepest selves.

Praying through poetry

with Mark Russell-Smith

In Centre

8 sessions on Tuesdays

07/10, 04/11, 02/12, 03/02,

03/03, 05/05, 02/06, 07/07

10am - 12noon

£5 per session



Praying through poetry can offer a way into praying that articulates what previously we could not express, making us think more deeply and imaginatively about faith, life, relationships, God and all that there is.

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

For information on the themes see our website, noticeboard or contact the office.



Autumn Guided Prayer

with Marion Bettenworth CJ,
Siobhan Burke and Liz Hoare

Online

Mondays

29/09, 06/10, 13/10, 20/10,
03/11, 10/11, 17/11, 24/11

5pm - 5.30pm

£24 for all 8 sessions or £3 per session



To Bless The Space Between Us

with Lynn Nausner

In Centre

Wednesday 01 October
10am - 3.30pm

£25



Together we will explore the sacred art of blessing inspired by Irish poet, best selling author and philosopher John O'Donohue.

With space for reflection, meditation, ritual and creative expression, we will savour his rich language which opens a doorway into the Celtic imagination and which is shaped by his relationship with the wild landscape of Western Ireland.

Flowing in the river of life: A day of Tai Chi and Meditation

with Terry Doyle and Paul Golightly

In Centre

Saturday 18 October
10am - 3.30pm

£25



Blending flowing movement and quiet sitting in the Divine presence.

Two separate hours in the morning to choose either Tai Chi or sitting in meditation.

Followed in the afternoon by a Tai Chi session together and a short session of meditation to conclude.

No previous experience necessary.

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

We alternate between:

A Guided Examen - a practice which helps us to reflect on how and where we are experiencing God in our everyday lives.

A Guided Lectio Divina - an ancient monastic prayer form, praying with a piece of scripture or a poem.

Autumn Term

Unpacking The Lord's Prayer

with Liz Hoare

In Centre

Wednesday 22 October

9am - 1pm

£20



The Lord's prayer used to be standard in many different contexts - school, civic occasions, even inter-faith events. It has been seen as everything from an inoffensive prayer that covers all occasions to spiritual dynamite that upends all our assumptions about how the world should be.

Come and take another look at this compact, all-encompassing prayer that Jesus gave his disciples when they asked him to teach them to pray. We will explore the prayer with a mixture of input, discussion and personal time for reflection.

Learning from our Foremothers: A spotlight on some Bible women

with Kate Bruce

In Centre

Saturday 01 November

10am - 4pm

£25



There are many inspiring women hidden in the corners of scripture, many of whom we rarely hear about.

Today is an opportunity to shine a spotlight on some of them. What can we learn from the women of Exodus 1 and 2? How might a female prophet hidden away in 2 Kings inspire us? What about stories of women oppressed and suffering? How might God be speaking to us through them? A reflective day with opportunity to ponder and pray.

Wondering Our Way into the Future

with Paul Golightly, Linda Courage,
Frances Cole and Judith Hooper

In Centre

Saturday 08 November

10am - 3.30pm

£25



'Wonder - our way into the future'

So says Cosmologist Brian Swimme at the end of the award winning documentary 'Journey of the Universe'

On this day we will enter into the wonder of the Universe and our place within it to guide us back into right relationship with the Earth. This is a huge focus of much contemporary spiritual writing and indeed Papal Encyclicals.

We will begin the day as we watch the one hour film 'Journey of the Universe' and then reflect, pray, discuss and gather stories of hope from those here in the UK who are reconnecting with nature.

Living Word Advent The Wisdom Books with Sister Patricia Harriss CJ

In Centre
Mondays
24/11, 01/12, 08/12, 15/12
10am - 12 noon
£20 for the series



Over the 4 weeks we shall be looking at some of the Wisdom Books:

The Book of Wisdom

21/11 Wisdom and human destiny.

Solomon and the quest for wisdom

01/12 Wisdom at work in human history

Ecclesiastes

08/12 Wisdom and personal experience

The Song of Songs

15/12 A biblical celebration of human love

Christmas Wreath Making with Fiona Hill

In Centre
Friday 28 November
1.30pm - 4pm
£40



After last year's success we will be holding another wreath-making afternoon in our Basement Art Space this year.

Enjoy creating your very own Christmas wreath surrounded by the magical sounds and scents of the Christmas season whilst enjoying a glass of mulled wine and some delicious Christmas nibbles.

Foliage and accessories will all be provided. You may wish to bring a bag or box to transport your wreath home.

Reclaiming the Body for our Prayer with Paul Golightly

In Centre
Saturday 06 December
10.30am - 12.30pm
£10



An experiential session of body prayer and movement to express worship and praise, prayer and concern - a drawing into stillness and silence.

Through an easy flow of simple body practices, using simple chants, beautiful music and prayers we will reclaim the goodness and importance of our bodies in our prayer and all our living.

Autumn Term

Christmas Labyrinth

In Centre
Wednesday 10 December
All day



In the basement there will be a special Christmas labyrinth, with fragrant greenery interspersed with lights and tiny reminders of the Christmas season.

Come and enjoy the spectacle and walk the labyrinth if you wish.



Christmas Coffee Morning

In Centre
Wednesday 10 December
10am - 12 noon



You are invited to pop in for some mini mince pies and stollen bites.

Enjoy a cup of non-alcoholic mulled wine and some Christmas cheer by our Christmas tree in the coffee lounge to celebrate the end of the term and the coming of Christmas.

You may also wish to join us for an Advent Taizé and take some time to see our Christmas Labyrinth in the Basement. All of these will be happening on Wednesday 10th December



The Magi in Art and Legend with Sophie Weston

In Centre
Wednesday 07 January
10am - 12.45pm
£15



The story of the Three Kings is an integral and popular part of the modern celebration of Christmas - but devotion to the Magi, or Wise Men from the East, can be traced back to the beginnings of the Christian Church - in Rome to the second century and in England at least to Saxon times

Whilst we are all probably familiar with the account of the Wise Men in St Matthew chapter 2, there are several other intriguing documentary accounts. I hope to look at some of these, and then explore some of the great art that the story has inspired over the centuries.

Gate of the Year with Marion Bettenworth CJ

Online
Saturday 10 January
10am - 3.30pm
£25



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.

Mary Ward: A Woman of Hope with Marion Bettenworth CJ & Josette Zammit Mangion IBVM

In Centre
Saturday 17 January
10am - 3.30pm
£25

Mary Ward was a remarkable woman who 'always loved the light'. However, during her life she also experienced a lot of darkness: misunderstandings, slander, suspicion of heresy and ultimately the suppression of her religious Institute. Yet, despite all these hardships she never lost her sense of hope and trust in God's loving presence.



This day aims to explore how Mary Ward was able to connect to the source of hope even in very challenging times and how this can be an inspiration for us today.

Spring Term

Spring Guided Prayer

with Marion Bettenworth CJ,
Siobhan Burke and Liz Hoare

Online
Mondays

19/01, 26/01, 02/02, 09/02,
23/02, 02/03, 09/03, 16/03

5pm - 5.30pm

£24 for all 8 sessions or £3 per session



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

We alternate between:

A Guided Examen - a practice which helps us to reflect on how and where we are experiencing God in our everyday lives.

A Guided Lectio Divina - an ancient monastic prayer form, praying with a piece of scripture or a poem.

An Introduction to the Enneagram

with Andrew De Smet

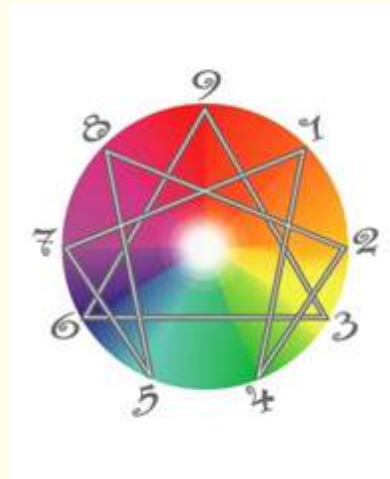
In Centre

Wednesdays

28/01 and 04/02

10am - 4.00pm

£60



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 by which we live our lives, 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.



'She Who Is' with Heather Graber

In Centre
Saturday 31 January
10am - 3.30pm
£25



Who is the Divine Feminine? What wisdom does she have for us? How can we incorporate that insight into our lives today?

We will explore the wisdom of the Divine Feminine for us in this time of great transition taking inspiration from 'wise ones' ancient and modern as we deepen our understanding and practice ways to engage with the sacred feminine.

A day offering time and space to explore this often ignored aspect of the Holy. There will be input, space for personal reflection, creative activity suggestions and times to connect with others

Sand Play and Prayer with Anne Harrison

In Centre
Friday 13 February
10am - 3.30pm
£25



'The privilege of a lifetime is to become who you really are.' Carl Jung

Sand play is a way of getting in touch with our true self - and through this our unique relationship with God. It can be both surprising and unexpected, often described as a 'waking dream' but also a safe, playful way to explore our life and potential in a prayerful way.

This day will be an experiential and contemplative introduction to sand play (using individual sand trays and 'miniatures' of everyday objects) combining some theory to aid understanding. Number limited to 12.

'A Hidden Wholeness': Thomas Merton and the discovery of the true self with Gemma Simmonds CJ

In Centre
Wednesday 25 February
10am - 3.30pm
£25



Thomas Merton, the American Trappist monk, was one of the most influential figures in C20th spirituality. His prolific writing focuses on becoming liberated from the illusory self, dominated by ego, and the discovery of the true self in God through contemplative prayer.

His passionate social engagement and interfaith work taught many to awaken to the mystery of God and to become a compassionate presence in the world. This retreat day will include input on Merton's work and time to engage with the spiritual practices that he taught.

Spring Term

Living Word Lent After the Exile

with Sister Patricia Harriss CJ

In Centre

Mondays 02/03, 09/03, 16/03, 23/03

10am - 12 noon

£20 for the series



Join us over these 4 weeks in our Lenten series when we shall be looking at the period of rebuilding and renewal **after the Babylonian Exile:**

- 02/03 Ezra
- 09/03 Nehemiah
- 16/03 Maccabees 1 - Mattathias and his sons
- 23/03 Maccabees 1 - Jonathan and Simon, High Priests

Online Lent Talks

Three Speakers

Online

Three Tuesday evenings in Lent

10/03, 17/03, 24/03

7pm - 8pm

£5 each Talk



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 three 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. Sign up for our Newsletter to be kept informed or check our website for details.

Becoming with Siobhan Burke

In Centre

Saturday 14 March

10am - 3.30pm

£25



"There are no manuals for the construction of the individual you would like to become. You are the only one who can decide this and take up the lifetime of work that it demands."

- John O'Donohue

We are neuro-biologically wired to belong. Yet sometimes we get stuck in patterns that prevent us from being free to be ourselves and experiencing the belonging and connection we desire.

This day will draw on a range of wisdom, including the books: *I Haven't Been Entirely Honest With You* by Miranda Hart and *Belonging* by To-ko Pa Turner, to encourage you on your own journey of "becoming". We will explore together how we can be more free to become truly ourselves, and in the process grow more of a sense of belonging in the world.

Reclaiming the Body for our Prayer with Paul Golightly

In Centre
Saturday 21 March
10.30am - 12.30pm
£10



An experiential session of body prayer and movement to express worship and praise, prayer and concern - a drawing into stillness and silence.

Through an easy flow of simple body practices, using simple chants, beautiful music and prayers we will reclaim the goodness and importance of our bodies in our prayer and all our living.

St Francis and St Clare: their importance for today with Liz Hoare

In Centre
Wednesday 25 March
9am - 1pm
£20



We all love the saint who preached to the birds, but who was St Francis and why did he have such an impact on the life of the Christian Church in his own day and beyond? And why is St Clare such an important part of his life and mission?

With a mix of slides and input, discussion and quiet reflection, we will explore the life of this charismatic saint, and his vital companion St Clare, and consider their importance for the world today.

Summer Guided Prayer with Marion Bettenworth CJ, Siobhan Burke and Liz Hoare

Online
Mondays
20/04, 27/04, 11/05, 18/05,
01/06, 08/06, 15/06, 22/06
5pm - 5.30pm
£24 for all 8 sessions or £3 per session



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

We alternate between:

A Guided Examen - a practice which helps us to reflect on how and where we are experiencing God in our everyday lives.

A Guided Lectio Divina - an ancient monastic prayer form, praying with a piece of scripture or a poem.

Summer Term

Come Forth: The Raising of Lazarus and its meaning for us today

with Liz Hoare

In Centre
Wednesday 22 April
10am - 1pm
£15



With a focus on the raising of Lazarus in John's Gospel we will explore themes of love and friendship with Jesus, Martha and Mary and family, waiting, patience and growth, sadness and grief, things we want to leave behind and finding freedom and joy.

The morning is based on James Martin's book, *'Come forth. The raising of Lazarus and the promise of Jesus' greatest miracle'*. The morning will have a mixture of input, discussion and quiet reflection.

Creativity and Spirituality

with Colin Black and Siobhan Burke

In Centre
Wednesdays
22/04, 29/04, 06/05, 13/05
10am - 12noon
£50



"Creativity helps you disrupt conventions, walk new paths and make free and unique associations."

This short series will invite you to take the time to explore through art and creativity. There will be a theme offered and you will be able to choose how to work with this.

Each session will have time for guided reflection, sharing and being creative, with Colin demonstrating a particular art technique in each one that you may like to use. All materials will be provided.

Flowing in the river of life A day of Tai Chi and Meditation

with Paul Golightly and Terry Doyle

In Centre
Saturday 30 May
10am - 3.30pm
£25



Blending flowing movement and quiet sitting in the Divine presence.

Two separate hours in the morning to choose either Tai Chi or sitting in meditation.

Followed in the afternoon by a Tai Chi session together and a short session of meditation to conclude.

No previous experience necessary. This Summer Term date is a Sunday so that hopefully the weather will be good and we can use the full Bar Convent garden

Summer Term - Whitby Retreats

The Sea, Creation, Ecology and Prayer

with Liz Hoare

Residential Retreat

12 - 14 June 2026

Fri eve to Sun lunchtime

6 places available £250 per person

The sea covers a large part of the earth's surface. It is present throughout the Bible from Genesis to Revelation. The sea supports life on earth and the Bible affirms its intrinsic importance and value to God. Recently David Attenborough has said he regards it as key to the future survival of the planet. It has things to teach us about the vulnerability of creation, about economics and ecology, about wonder, beauty and our relationship with God and creation.

Over a weekend by the sea, we will look at some of these themes alone and together with an opportunity to reflect and pray, walk and maybe even have a swim.

Rewilding the Heart

with Tess Ward

Residential Retreat

03-05 July 2026

Fri eve to Sun lunchtime

7 places available £250 per person

A time to slow down to the rhythm of the earth and welcome all that arises, whatever the season of our hearts. Listening to the sea, the land, poetry, our bodies, so we may call our spirits home in the wider-than-human-world.

Tess Ward worked as hospice chaplain and celebrant before going freelance. She is now a writer, spiritual accompanier and retreat leader living in Northumberland. Her books are *The Celtic Wheel of the Year* and the forthcoming *Rewilding the Heart*.

These retreats will take place at St Mary's on the Cliff.

The house is owned by the Sisters of the Congregation of Jesus

The retreats run from Friday 4pm to Sunday 2pm.

There are 7 single rooms - none of the rooms are en suite but each has a sink and there are 3 bathrooms. The Chapel looks out onto the sea and there is a large lounge/dining room and garden. Meals will be cooked for you but washing up etc. will be shared.

The retreats are not silent as we will be working with the theme and content of the days together.



Summer Term

The Art of Spiritual Writing

with Eirene and Richard Palmer

In Centre
Wednesday 03 June
10am - 3.30pm
£25



‘There’s a lovely phrase at the start of the Anglo-Saxon epic when Beowulf the hero says he is going to ‘unlock his word-hoard’, meaning the treasury of language that will express the essence of his story. You are on a journey of your own, no less epic, to discover and explore the treasure within you. Eirene and Robert Palmer’s *The Art of Spiritual Writing* offers a delightfully practical and comprehensive guide to making this journey through writing, beginning with the single step of picking up a pen or opening a laptop. It presents a whole range of different approaches - an invaluable set of keys to help you unlock your own ‘word-hoard’ and let your soul tell her story.’

Margaret Silf

Strawberry Tea

In Centre
Sunday 19 July
2pm - 4pm
No charge



Join us for the annual Strawberry Tea in our idyllic garden when we come together to celebrate the year and to thank everyone who contributes to the life of the Centre.

There will be refreshments, cake and of course plenty of strawberries!

The Wisdom Years Summer School

with Margaret Silf

In Centre
21/07, 22/07 and 23/07
10am - 4.30pm
£100



An invitation to explore the later years of life, with their challenges and their blessings in the season of reflecting and ripening, letting go of what no longer matters and celebrating all that matters most.

(Based on Margaret’s latest book ‘The Wisdom years’ (DLT, October 2025)

Retreats in Daily Life

Offered online and in Centre as capacity allows. Dates and times agreed with your accompanier.

£125

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 a series of weeks by someone trained in spiritual accompaniment. There will be an exploratory meeting and then you will meet for 6 consecutive weeks.

At the beginning of the retreat your accompanier will give you an overview of how the retreat will work and will confirm the dates and times for your weekly meeting. You will meet weekly and be encouraged to set aside a daily space for prayer and reflection.

As you meet with your accompanier 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.



Silent Individually Guided Retreats

Offered online for 5 days or less at dates and times as capacity allows.

£25 per day

For those who have experience of extended times of silent prayer and reflection we offer the opportunity to be accompanied through a Silent Individually Guided Retreat.

You will need to ensure that you are able to remain in silence and undisturbed for the full length of the retreat and have access to an internet connection for a daily spiritual accompaniment meeting.

As with the Retreat in Daily Life, your accompanier will give you an overview of how the retreat will work at your first meeting and will confirm the timings for your daily meeting.

Please contact us for more information about both types of Retreat and for an application form.

Both Retreats in Daily Life and Individually Guided Retreats are Ignatian-based and bursary support may be available

YISAN

York Ignatian Spiritual Accompaniment Network



The YISAN Network exists to support accompaniers trained in the Ignatian Tradition in their ministry of walking with others on their spiritual journey.

There are three meetings a year, two in person and one online. Speakers offer input, training and an opportunity for reflection.

Please get in touch if you would like to join the Network and receive details of the YISAN programme for the coming year.

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. Please contact us for a Spiritual Accompaniment Request Form.



Ignatian Spiritual Exercises

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

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

Contact the office for a Spiritual Accompaniment request form and/or to arrange an exploratory conversation with a member of our Spirituality Team who can tell you more about the format and cost.

Whitby Retreats

We offer residential retreats in Whitby.

For more information, please see the Summer Term section of this Brochure

Ignatian Courses

Personal and Spiritual Development Course (PSD) 2025-2027

**A two year Course running each week and on one Saturday each term in the first year
The Course takes place at St Bede's on Tuesday mornings 10am - 12.15 pm
There are 10 Tuesdays each term with a half term break
Cost £175 per term**

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.



This is an Ignatian- based Course for which bursary support may be available

**Contact us
to register your interest in the
next course running from
September 2025 and to obtain
an Application Form.**

Ignatian Courses

Training in Spiritual Conversation skills 2025-2026

Learning to listen and respond to others more deeply

A one year online Course with an opening Saturday morning
and then running once a month on a Tuesday evening from 7pm - 9.15pm
27/09 (Sat), 07/10, 04/11, 02/12, 13/01, 03/02, 03/03, 14/04, 05/05, 02/06
Cost £285 for the year payable in 3 instalments of £95



This is an Ignatian- based Course
for which bursary support may be
available

This one-year online 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 an information leaflet
and application form**

**There will be a course from
September 2025 and
applications will be considered
up to the end of August 2025.**

**Places are limited to 15 so
please apply as early as possible**

York Ignatian Spiritual Accompaniment Course (YISAC) 2026-28

In Centre

A two year Course running one Wednesday a month for 10 months each year 10am - 5pm

Cost for the next course has yet to be decided

An ecumenical course which aims to provide a foundation for learning to accompany others on their faith journey.

Rooted in the Ignatian tradition, it draws its inspiration from the Spiritual Exercises of St Ignatius of Loyola and is suitable for those who already have some background in spirituality and faith accompaniment.

Key Course Components

- Underlying principles of spiritual accompaniment
- Life issues and spiritual accompaniment
- Practice of the skills used in spiritual accompaniment
- Application of the Spiritual Exercises of St Ignatius

The course is demanding, requiring commitment and includes coursework, background reading and personal reflection.

Contact the office for more information and an Application form. Applications for the course starting in September 2026 will be considered up to the end of August 2025.

This is an Ignatian- based Course for which bursary support may be available



Artwork Emmaus Watercolour Study
by Patrick Dominguez

The YISAC course will run every 2 years. Please register your interest for 2026 by contacting the office.

Applicants need to:

- have completed the Spiritual Exercises either as a 30 day retreat or as the 19th Annotation in daily life or in blocks.
- have had some previous training in prayer, spirituality and listening skills.
- show some evidence of potential gifts in the field of spiritual accompaniment.
- be receiving their own spiritual accompaniment.

How can I get involved?



The Friends of St Bede's

The Friends of St Bede's was started in 1988.

Through an annual subscription of £15 or life membership of £150, 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
- spreading the news about what is on offer at the Centre and encouraging others to visit.

We have an annual AGM to which all are warmly welcome. This is usually held in the summer.

Contact the office for a membership form or download one from the St Bede's website.

Fun events raising money for other Charities

Each year St Bede's hosts events to raise money for Charitable causes. Look out for details on our Newsletter.

Fairtrade

You can lend your support by buying goods from our Christmas and Easter Fairtrade stalls.



Shoebox Appeal Each Autumn we get involved with the Link to Hope Shoebox appeal sending Christmas boxes to families and elderly couples in Eastern Europe, including Ukraine.

Big Charity Plant Swap Saturday 9th May 10.00-12.00

In May each year we host a Plant Swap to raise money for Mary's Meals a Charity which feeds children in developing countries with the added bonus that the children receive their meals at school. Grow some seedlings or cuttings to donate or come along to support on the day.



Keep up to date: sign up for our newsletter on our website or contact us to be added to our Mailing List.

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 rates please contact the office or visit our website. Office staff will be happy to advise on availability.



We have a Conference Room with Annexe, a large meeting room/art space and a number of other rooms with varying capacities for smaller groups.

Our smaller rooms can be used for counselling or spiritual accompaniment for which we offer a special rate.



St Bede's Chapel

Our chapel is sometimes in use by groups but otherwise is available for individual quiet prayer and peaceful reflection.

Drop in any time.



Courtyard Garden

We have a small, beautiful, peaceful courtyard garden to the rear of our building.



St Bede's Libraries

We have

- a General Library and
- a small more specialist Spiritual Accompaniment Library for those attending our courses.



Our General Library contains approximately 1500 books on spirituality and other religious topics. Our collection is growing all the time.

You are welcome to explore the General Library but 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. Please contact the office staff.

We welcome donations of good quality bar coded books and we sell or otherwise dispose of any we do not need or which are unsuitable. Proceeds from the sale of donated books are used to purchase new books. We also welcome monetary donations so that we can continue to build our collection.

Greetings Cards

We offer a selection of Greetings Cards for every occasion.

Many of our cards use images by Sr. Cecilia Goodman CJ, former Director of St Bede's and a keen photographer. All cards have a matt finish. Buying cards from us is another way you can support our work.

Pick up cards In Centre or order Online for delivery to home.



Accessibility and How to find us

Accessibility

There is a disabled access route into the building using the side passage.



Our Reception Office, Chapel, coffee lounge and kitchen are on the ground floor and are readily accessible. We have 3 unisex toilets on the ground floor including one with disabled access. We also have a toilet in the Basement area.

All of our other rooms require a certain degree of mobility. Our building dates from the 18th Century so our rooms have high ceilings and are beautifully proportioned but there are staircases to negotiate. We do have a stairlift to the first floor - this is in 2 sections so some mobility is required.

We restrict the number of people with mobility issues using the upper floors or basement area at any one time for Health and Safety reasons so please let us know if you have any issues we need to be aware of when you are making a booking.

Please feel free to get in touch with us if you have particular requirements and we will do our best to assist.

How to find us

Rail York Station is just a few minutes walk away.

Park & Ride York is served by a network of Park & Ride sites making access to the centre easier through the day.

www.itravellyork.info/park-and-ride.

Parking The nearest public car park is on Nunnery Lane.

Find us at 21 Blossom Street two doors up from 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

01904 464900

www.stbedes.org.uk

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

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

