



The Friars, Aylesford

Retreats 2018

RETREAT PROGRAMME 2018

17th February Part 1 & 20th October Part 2 **The Mindful Path to Christ**

There is much talk today about 'mindfulness' and how it may or may not relate to Christian practices. During these two days we shall explore some notions of mindfulness and Christian contemplation concentrating in particular on the Carmelite tradition.

On the 17th February we shall hear input on the nature of Christian contemplation, what distinguishes it from types of mindfulness currently in use, and how this relates to the Carmelite tradition. We shall use as our primary texts Teresa of Avila's *Way of Perfection* and John of the Cross's *Spiritual Canticle*.

Peter Tyler is Professor of Pastoral Theology and Spirituality at St Mary's University, Twickenham, London and has had a long association with the Carmelite Order. His most recent publication is 'Confession: the Healing of the Soul' (Bloomsbury 2017)

Lent Talks (6:30pm Evening Prayer, 7:00pm Soup, 7:30pm – 8.15pm Talk and discussion, 8.15pm-8.30pm coffee break, 8.30pm-9.00pm prayer)

Being a People of Prayer

20th February **What is Prayer?** - *Jayne Hoose*

27th February **How do we pray today as individuals?** - *Michael Cox, O.Carm.*

6th March **How do we pray today as Church?** - *Kevin Alban, O.Carm.*

13th March **Why do I find it difficult to pray?** - *Maggie Cascioli & Paul de Groot, O.Carm*

20th March **Is prayer just words?** - *Bernard Hoose*

17th March **Day of Preparation for the Easter Season**

As Holy Week and Easter draw near, you are invited to look at how you can use the different days, prayers and your experience to approach Easter differently and deepen your relationship with God.

Maggie Cascioli & Paul de Groot, O.Carm

29th March - 1st April **Easter Triduum**

Journey to the Cross and Resurrection

A chance to reflect upon and make our own the events of Holy Week.

Bernard Hoose and David Fox, O.Carm. and Pastoral Team

Cost £259.50 single, £252 senior citizen, £234 shared. Day fee £15

21st April **Making Way for God in our Lives**

What helps us to be aware of the presence of God in our daily lives? *Sheila Grimwood*

19th May **Being led by the Holy Spirit**

A day of quiet reflection on the role of the Holy Spirit in our lives.

Maggie Cascioli & Trish Murphy

(Also available 6.30pm Ecumenical Evening Prayer at The Friars followed by a shared supper.)

2nd June

Glorifying God in the Garden

A day exploring how creation can speak to us of the glory of God and our beauty as the children of God.
Jayne Hoose & Paul de Groot, O.Carm.

16th June

Exploring the Psalms

An exciting excursion through the psalms in the light of the New Testament.

Bernard Hoose

17th June

Walking with God as a Pilgrim

A pilgrimage from Aylesford to Rochester. As we walk together for about nine miles we hope to discern, through our surroundings and the gift of each other, how God is calling us to be.
Maggie Cascioli & Paul de Groot, O.Carm.

30th June

Quiet Day

The pace of life can be frenetic. We all need a space to slow down and listen to our heart. On this quiet day, a gentle structure will be provided for prayer and reflection in a peaceful atmosphere.
Joseph Chalmers, O.Carm.

14th July

Our Lady of Mount Carmel

A day looking at the role of the Virgin Mary as example, intercessor and guide.

Michael Cox, O.Carm.

11th August

Prayer and Poetry

Elizabeth Jennings, an English 20th century Catholic poet, drew from the Scriptures in her religious poetry. During this quiet day we shall read and reflect on her poetry as a stimulus for our own prayer.
Sr. Felicity Young, OSU.

13th – 17th August **Summer Stillness**

A time for going into the desert and, like the prophet Elijah, listening to the voice of God in the silence. This is a personally guided retreat which involves a daily meeting with one of the directors, each having experience in spiritual accompaniment. There will be no group talks. Begins with supper at 7:00pm on Monday and ends with lunch on Friday.

Francis Kemsley, O.Carm., Bernard Hoose & Sr. Felicity Young, OSU

Cost £366 single, £356 senior citizen, £332 shared

Evening Talks (6:30pm Evening Prayer, 7:00pm Soup, 7:30pm – 9:00pm Talk)

Following in the footsteps of Jesus today

11th September **What do we mean by living the gospel today** - *Sheila Grimwood*

18th September **Growing as a Christian today?** - *Bernard Hoose*

25th September **Serving the marginalized today?** - *Jayne Hoose*

28th – 30th September

Thérèse—The Little Way

“Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.” During this weekend we look out how we can live our lives in the spirit of Therese.

Kevin Alban, O.Carm. & Pastoral Team

Cost £173 single, £168 senior citizen, £156 shared. Day fee £15

12th – 14th October **Grief in Loss, Hope in Christ**

This retreat is for anyone who has experienced a bereavement, whether recently or some time ago. We grieve, remember, hope and give thanks for our loved ones in the light of the Resurrection of Jesus

Elizabeth Partridge & Francis Kemsley, O.Carm.
Cost £173 single, £168 senior citizen, £156 shared

20th October **The Mindful Path to Christ Part 2**

At our autumn event we deepen our dialogue with the non-Christian traditions of Buddhism and Hinduism by looking at the contemplative writings of the American Trappist monk, Thomas Merton. We shall also explore how the work of contemporary Carmelite practitioners in India has opened up new avenues of dialogue in this 'path of peace'.

Peter Tyler

3rd November **Encouraging Spiritual Growth**

How can we develop our life of prayer?

Sheila Grimwood

7th – 9th December **Advent Retreat**

A weekend starting with a joint ecumenical service, exploring how the coming of God into our world gives us hope, enabling us to deepen our relationship with God.

Maggie Cascioli & Paul de Groot, O.Carm.
Cost £173 single, £168 senior citizen, £156 shared. Day fee £15

Rachel's Vineyard *A weekend residential retreat for people hurting after an abortion. An opportunity to get away from the daily pressures of work and family, to focus on a painful time in life and to begin healing through a supportive and non-judgmental process. This retreat will run three times in the year.*

Cost: £200

*Rachel's Vineyard Team (www.rachelsvineyard.org.uk)
For dates and to book please contact: Pam: 07851 331816*

WEEKENDS normally begin with supper at 7.00pm on Friday and end with lunch at 1.00pm on Sunday. The EASTER TRIDUUM begins 5.30pm on Thursday and ends with lunch on Sunday. DAYS begin at 10.00am and usually end by 4pm. On Days Tea/Coffee will be provided; please bring your own lunch or use the Tea Room. EVENINGS begin at 6.30pm with Evening Prayer and end by 9.00pm. Individual Guided Retreats may be requested and will be accommodated subject to the availability of a friar.

For further information or to reserve a place, please contact:

Retreats, The Friars, Aylesford, Kent ME20 7BX

Tel. 01622 717272 retreat@thefriars.org.uk

www.thefriars.org.uk

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