
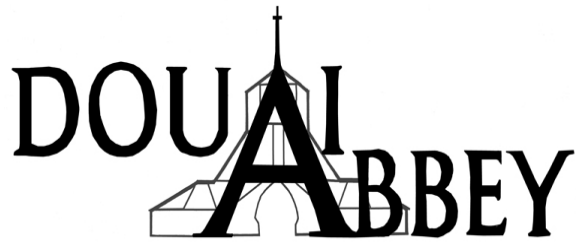


PASTORAL PROGRAMME

2012

- Retreats
- Workshops
- Healing Ministry
- Days of Recollection
- Talks
- Courses

DOUAI
 ABBAY



PASTORAL PROGRAMME

The Pastoral Programme is a ministry of the monks of Douai Abbey providing retreats and workshops at the monastery, and also courses and dayschools in partnership with the University of Oxford.

Diary of Events

- Healing Workshop 1 *Sat Jan 28 - - - page 12*
- IGR *Quo vadis?* *Mon - Fri Feb 13 - 15 - - - page 5*
- Dayschool: Christian Poetry *Sat Feb 18 - - - page 13*
- Retreat: Pancakes & Ashes *Mon - Fri Feb 20 - 24 - - - page 6*
- Silent Retreat *Mon - Fri Mar 5 - 9 - - - page 5*
- Healing Workshop 1 *Wed Mar 28 - - - page 12*
- Easter Triduum Retreat *Thurs - Sun Apr 5 - 8 - - - page 6*
- Healing Workshop 2 *Sat Apr 14 - - - page 12*
- Day of Recollection *Sat Apr 14 - - - page 12*
- Lectio Divina Retreat *Fri - Mon May 4 - 7 - - - page 7*
- Pentecost Retreat *Fri - Sun May 25 - 27 - - - page 6*
- Healing Workshop 1 *Wed June 6 - - - page 12*
- Dayschool: Work, Rest & Play, a Spirituality of Work & Leisure *Sat June 9 - - - page 14*
- IGR Come to the Quiet *Mon - Fri June 11 - 15 - - - page 5*
- Retreat: Forgiveness *Fri - Sun June 15 - 17 - - - page 8*
- Silent Retreat *Mon - Fri July 16 - 19 - - - page 5*
- Retreat: Transitions *Fri - Sun July 27 - 29 - - - page 8*

Day of Recollection *Sat Sept 8 - - - page 12*
Healing Families Workshop *Sat Sept 15 - - - page 12*
Retreat: To God through Music *Fri - Sun Sept 21 - 23 - - - page 10*
Healing Workshop 1 *Sat Sept 22 - - - page 12*
IGR Quo vadis? *Mon - Fri Sept 24 - 28 - - - page 5*
Benedictine Retreat *Fri - Sun Sept 28 - 30 - - - page 10*
Lectio Divina Retreat *Mon - Fri Oct 1 - 5 - - - page 7*
Thomas Merton Retreat *Fri - Sun Oct 5 - 7 - - - page 10*
Silent Retreat *Mon - Fri Oct 8 - 12 - - - page 5*
Healing Workshop 2 *Thurs Oct 18 - - - page 12*
Retreat for Mothers *Fri - Sun Oct 19 - 21 - - - page 11*
Psalms Retreat *Fri - Sun Nov 2 - 4 - - - page 11*
Healing Workshop 3 *Sat Nov 3 - - - page 12*
Advent Retreat *Fri - Sun Nov 30 - Dec 2 - - - page 7*
Pre-Christmas Retreat *Fri - Sun Dec 21 - 23 - - - page 7*

Booking Form *page 15*

*The prices listed are for the waged. Reduction for those on low income.
£10 reduction per day for those sharing a room.*

Guests are also welcome to come for a few days of private retreat or simply to have quiet space and time. Please contact the Guestmaster, by email guestmaster@douaiabbey.org.uk by telephone 0118 971 5399 or by letter, Guestmaster, Douai Abbey, Upper Woolhampton, Reading, RG7 5TQ

Douai Abbey is a member of The Retreat Association.

Douai Abbey Registered Charity no 236962

RESIDENTIAL RETREATS

Individually Guided Retreats

Retreatants will have the opportunity to meet with one of the leaders once a day. They will be welcome to take part in the monastic prayer, and they will be able to spend time relaxing in God's presence surrounded by natural beauty, giving them opportunity for personal prayer and reflection.

QUO VADIS? (Whither goest thou?)

Christopher Greener OSB & Gervase Holdaway OSB

Monday Feb 13, 12.30pm - Friday Feb 17, 9.30am (2112)

Monday Sept 24, 12.30pm - Friday Sept 28, 9.30am (2612)

COME TO THE QUIET

Elizabeth Rees OCV & Benedict Thompson OSB

Monday June 11, 12.30 - Friday June 15, 09.30 (2412)

Cost for the waged £200.

Silent Retreats

A chance to have time to rest, pray, meditate, enjoy the countryside and simply to be, with the opportunity of participating in the monastic prayer.

Monday - Friday March 5 - 9 (2212)

Monday - Friday July 16 - 19 (2512)

Monday - Friday October 8 - 12 (2812)

Cost for the waged £120.

Seasonal Retreats

PANCAKES & ASHES - *A Retreat for Lent*

Christopher Greener OSB & Gervase Holdaway OSB

Monday - Friday February 20 - 24 (4012)

A retreat including Carnival (Shrove Tuesday) and Ash Wednesday, the beginning of Lent, during which we shall feast and fast, as we begin our preparation for the great celebration of the Paschal Mystery at Easter. The retreat will consist of meditations in which participants are expected to contribute; talks on the liturgy and historical background; and also the availability for spiritual direction for those who wish.

Cost for the waged £180.

THE EASTER TRIDUUM

Romuald Simpson OSB

Thursday - Sunday April 5 - 8 (4112)

The Triduum is the climax of the church's liturgical cycle. Come and celebrate with the monastic community and have time for silent prayer and reflection. There will be talks on the spirituality and significance of the celebrations.

Cost for the waged £180.

PENTECOST RETREAT

Stefan Reynolds

Friday - Sunday May 25 - 27 (4212)

An opportunity to celebrate the liturgy of Pentecost with the monastic community, and to consider in depth the working of the Holy Spirit in our lives.

Stefan Reynolds is a Benedictine Oblate of the World Community for Christian Meditation. He first learnt meditation with Fr Bede Griffiths OSB in India. He is currently Administrator of the Institute of Religion, Ethics and Public Life at Heythrop College, is finishing his PhD on the fourteenth century English mystics and gives retreats orientated toward contemplative prayer.

Cost for the waged £120.

COME LORD JESUS! - *A Retreat for Advent*

Alban Hood OSB

Friday - Sunday November 30 - December 2 (4912)

The Church invites us to reflect on the wonder of a people waiting for the Lord. We prepare prayerfully to celebrate the gift of God-made-flesh by opening our hearts to the word of the Lord.

Cost for the waged £120.

LIGHT OF THE WORLD - *A Pre-Christmas Retreat*

Oliver Holt OSB

Friday - Sunday December 21 - 23 (41112)

An opportunity to take a weekend out before the festivities begin, to concentrate on what is really important about the coming feast of the birth of Christ, and to discern how we can celebrate it to our best spiritual advantage.

Cost for the waged £120.

Themed Retreats

LECTIO DIVINA - PRAYING WITH SCRIPTURE

Gervase Holdaway OSB

Friday - Monday May 4 - 7 (2312) *Cost for the waged £150.*

Monday - Friday October 1 - 5 (2712) *Cost for the waged £180.*

Experience a way of praying with Scripture, an ancient art at one time practiced by all Christians. It is a slow contemplative prayer which enables one to listen to God's word and to make prayerful response. There will be time for sharing, silence, solitude and reflection

RETREAT: FORGIVENESS

Fodhla McGrane PhD & Nicholas Broadbridge OSB

Friday - Sunday June 15 - 17 (4312)

What is forgiveness? Why forgive? How does it work? It is often hard to do. But what if ...? 'To err is human, to forgive divine.' Forgiveness is mysterious, challenging, and liberating. 'Forgive' is a command given regularly by Jesus; it is not optional if we want to live in him. This weekend is designed to give us the opportunity to learn about and develop an understanding of forgiveness as it is taught in the Gospels, dispel myths, share experiences, challenge our thinking, pray for healing and forgiveness (there will be optional one-to-one sessions with Fr Nicholas); and by the grace of God, put forgiveness into practice. The option of the Sacrament of Reconciliation will also be provided.

Limited to 10 participants.

Fodhla works as a teacher and trainer in interpersonal communication skills, she is an oblate of St Benedict (a lay person who follows the Rule of St Benedict in daily life).

FULLY BOOKED

COPING WITH TRANSITIONS

Sadhana Retreat

Bernard Kilroy & Pamela Lee

Friday - Sunday July 27 - 29 (X112)

Redundant?

New Job?

Retiring?

Promotion?

Marriage?

Expecting a baby?

Marriage?

Bereavement?

Illness?

For twelve years this retreat has had very positive feedback. It is unusual by combining reflective spirituality with art forms in which you can en-

gage without intrusive demands. You have the support of taking part in a small group yet retain quietness and privacy. No special talents or faith required. Options: attendance at monastic office; one-to-one spiritual direction; reflexology.

Limited to 18 people.

Further details, or chat without obligation: bernardkilroy@uk2.net tel/fax 01252 843133

Pamela Lee, during a varied and enjoyable career as an Officer in the Women's Royal Army Corps and in the Foreign Office, lived in the Far and Middle East. She then married and had two sons and worked as a teacher in Adult Education. She helped to found the National Eczema Society in Sussex and to develop an HIV/AIDS Drop-in Centre in Brighton.

Pam has been a Franciscan Tertiary novice and has trained in Ignatian Spirituality, Spiritual Direction and New Testament Greek. She is also a Christian meditator. She works as a spiritual companion in Weeks of Guided Prayer and gives retreats and quiet days.

Pam has made many painful transitions in her life after her own illnesses and close bereavements, particularly of her son in his 30s following a brain tumour, and her Husband in August 2008 after suffering Alzheimer's disease. Yoga, friends, the internet and her grandchildren, alongside her spiritual accompaniment keep her in the present.

Bernard Kilroy, following a career in community work and social housing in politicised inner London and with Shelter, and later as a tutor in MBA management development, is revisiting as a facilitator an old dream of ministry. He and his wife, Janine, have one son, now 30, after two miscarriages which had the effect of consolidating their marriage.

Bernard spends two months a year in an Indian ashram researching Indian Christian Spirituality for a doctorate, leads village tours in India and organises Cre-Asian Movement in UK schools with Kālai Kāviri dancers from S India. He uses his training in counselling and spiritual direction to help others (and himself sometimes!) to realise their own true vocation, especially through making the most of their work and life relationships.

He is qualified in both massage and reflexology. He feels that the body's 'pairing' systems (eg. biceps and triceps in tandem oppositions) offer a model for living with change: the challenge of moving on, balanced by the need for healing and support.

Course fee for the waged £80, cheque payable to Bernard Kilroy.

Accommodation cost for the waged £90.

TO GOD THROUGH MUSIC

Gervase Holdaway OSB

Friday - Sunday September 21 - 23 (4412)

For many people music creates the atmosphere conducive to prayer. This retreat will give an opportunity to grow closer to God through music. A spirit of silence will be maintained, and most meals will be silent. No expertise is needed, just an ability to listen.

Cost for the waged £120.

BENEDICTINE RETREAT

Alban Hood OSB

Friday - Sunday September 28 - 30 (4512)

Benedictine spirituality for beginners or for those taking an interested look at a slightly different and slower way of life. We shall consider the lives of the Desert Fathers and the Rule of St Benedict. No previous knowledge will be required. Retreatants will share in the prayer life of the monastery, and have opportunity for individual spiritual direction. In addition there will be a guided walk in the surrounding countryside.

Cost for the waged £120

THOMAS MERTON RETREAT

Michael Woodward

Friday - Sunday October 5 - 7 (4612)

We will reflect on Merton's life, work and wonderful creativity in a prayerful monastic context and consider his continuing influence and relevance to us today, with special reference to some of his poetry. Previous experience of Merton is welcome but not essential.

Michael Woodward has previously edited the Merton Journal. He is a widely published poet and writer, and an experienced retreat leader. In 2003 he was elected the first Leader of the Lay Community of Saint Benedict. He lives in South Wales with Nora and has four children.

Cost for the waged £120.

RETREAT FOR MOTHERS

Veronica Williams & Carolyn Hart

Friday - Sunday October 19 - 21 (4712)

During this weekend, we will have an opportunity to hear about the way that the Holy Spirit has inspired mothers in over a hundred countries, from different nationalities and cultures to join together in small groups to pray in a united way for their children, learning how to surrender their children to the Lord.

Veronica founded 'Mothers Prayers in 1995, and has organised the movement since then. She has given retreats and spoken about the movement in several countries. During the fifteen years of Mothers Prayers there have been a great many wonderful answers to prayers. We have found that in coming together and acknowledging that we have a mighty God who can, and does change things, our families are restored and refreshed.

*Stop your crying
and wipe away your tears
all that you have done for your children
will not go unrewarded;
they will return from the enemy's land
There is hope for your future;
your children will come back home.
I, the Lord, have spoken.*

Jeremiah 31:16-17

Cost for the waged £120.

PSALMS RETREAT

Gervase Holdaway OSB

Friday - Sunday November 2 - 4 (4812)

An opportunity to discover the psalms, which have been the prayer of Jews and Christians alike and were prayed by Jesus himself. We shall see how they can become our prayer too, as well as being musical celebrations of faith.

Cost for the waged £120.

Day Events

Healing Workshops

Nicholas Broadbridge OSB & Benjamin Standish OSB

A series of three practical workshops, which must be attended in order, and which explore the issues involved in Christian healing with emphasis on the importance of mutual forgiving, prayer for healing and for deliverance, and blessing of oil for use by the laity.

WORKSHOP I

- Saturday January 28, 9.45am - 5pm (6112)
- Wednesday March 28, 9.45am - 5pm (6212)
- Wednesday June 6, 9.45am - 5pm (6411)
- Saturday September 22, 9.45am - 5pm (6612)

WORKSHOP II

- Saturday April 14, 9.45am - 5pm (6312)
- Thursday October 18, 9.45am - 5pm (6712)

WORKSHOP III

- Saturday November 3, 9.45am - 5pm (6812)

HEALING FAMILIES

Often people need healing from ills or crises brought about through other members of their immediate families or the generations before, possibly unknowingly. This workshop will help participants identify these causes and allow God to heal them.

- Saturday September 15, 9.45am - 5pm (6512)

Days of Recollection

for Ministers of Communion, Readers, Musicians etc

- Saturday April 14, 9.45am - 4pm Gabriel Wilson OSB (1112)
- Saturday September 8, 9.45am - 4pm Damian Banks OSB (1211)

These days are designed to enable those engaged in ministry to be ministered to themselves and to deepen their relationship with God. Limited to 30 people.

For all workshops cost for the waged £15. Please bring some food to share at lunch-time, beverages will be provided.

DAYSCHOOLS IN PARTNER- SHIP WITH THE UNIVERSITY OF OXFORD

CHRISTIAN POETRY

Myra Cottingham & Oliver Holt OSB

Saturday February 18, 9.45am - 4.30pm (X7122)

This dayschool aims to introduce a variety of poems which illustrate the different forms which religious faith can take and which may challenge of the reader. The day will begin with a consideration of some mediaeval poems including the extraordinary and not widely known Dream of the Rood.

TS Eliot is credited with reviving interest in a group of seventeenth-century poets known as the 'metaphysical' poets. These seventeenth-century poets displayed great spiritual depth, and often delighted in a certain kind of cryptic intellectual cleverness. Eliot's writing, too, is also often difficult to unravel, but his quest for spiritual certainty comes through quite clearly. Part of the day will be spent looking at a selection of Metaphysical poems and at TS Eliot's 'Ash Wednesday' and at selected passages from Four Quartets.

The day will finish with other 20th century poets who have struggled with their Christian faith or given it unusual and challenging expression.

Booking only at:- Weekend Programme Office, OUDCE, 1 Wellington Square, Oxford, OX1 2JA. or

[http://www.conted.ox.ac.uk/courses/details.php?id=V620-51&search=ChristianPoetry&submitbutton=Search&multisearch=single&search_type\[\]=800](http://www.conted.ox.ac.uk/courses/details.php?id=V620-51&search=ChristianPoetry&submitbutton=Search&multisearch=single&search_type[]=800)

Fee £60 with full lunch (to be booked before May 28), £50 without lunch.

WORK, REST & PLAY: A SPIRITUALITY OF WORK & LEISURE

Dermot Tredget OSB

Saturday June 9, 9.45am - 4.30pm (E11P126THJ)

Drawing on a number of disciplines, predominantly theological and spiritual, the two morning sessions will trace the historical development of work, rest and play and their interaction with the economic, political and social dimension of people's lives. Where did the concept of leisure originate and how has it come to be one of the important and most profitable of human activities? In spite of this the dominance of the work ethic, information technology and pressures on time can make the target-driven workplace an unfriendly environment for people eager to achieve a life style that is balanced and free from stress. Does work have to be toil and drudgery? Can we develop coping strategies using leisure activities that make our workplace more spiritually friendly and fulfilling?

For nearly fifteen centuries men and women living the monastic life have learned to live a life dedicated to seeking God while at the same time adapting to their surroundings using the principles laid out in the sixth century Rule of Benedict. Work, prayer and leisure in all their different forms are balanced with each other. Through the consideration of selected extracts from the Rule of Benedict the third session will examine how this can be done. In particular it will explore the concept of *otia monastica* (monastic leisure) and its constituents: silence, rest, solitude, Sabbath, reading and contemplation. How do these help the individual achieve an appropriate work life balance?

The final session will draw on the learning from the three earlier sessions and explore how it is possible to develop and sustain a spiritual life which integrates work, prayer and leisure; more importantly a spirituality which can be adapted for our own needs irrespective of the kind of work we do.

Booking only at:- Weekend Programme Office, OUDCE, 1 Wellington Square, Oxford, OX1 2JA. or

[http://www.conted.ox.ac.uk/courses/details.php?id=V620-52&search=Spirituality of work
& leisure&submitbutton=Search&multisearch=single&search_type\[\]=800](http://www.conted.ox.ac.uk/courses/details.php?id=V620-52&search=Spirituality%20of%20work%20&leisure&submitbutton=Search&multisearch=single&search_type[]=800)

Fee £60 with full lunch (to be booked before May 28), £50 without lunch.

Douai Abbey is situated one mile north of the A4 at Woolhampton in Berkshire, about half way between Reading & Newbury.

For those coming by train, the nearest station is MIDGHAM, served from London Paddington, Reading and Newbury.

Our local bus route is 1, Reading -Newbury, alight at Woolhampton (The Angel).

Those coming by National Express bus should get off at Calcot and then catch local bus 1 (destination Newbury) alighting at Woolhampton.

BOOKING FORM

Except for events organised in partnership with the University of Oxford.

Please book me for events noes

Please send £30 deposit for each residential event.

on

Name

Address

.....

.....

Postcode

Email

Phone.....

Mark boxes below if applicable.

I/We are willing to share a room at £10 discount per night per person.

Vegetarian no fish vegetarian with fish vegan

gluten-free dairy free nut allergy

If you have serious food allergies or physical needs with medical implications please contact guestmaster@douaiabbey.org.uk

I enclose a non-returnable deposit of £30 for each residential event booked, *cheques payable to Douai Abbey*, or I wish to pay by Visa/Delta/Eurocard/Mastercard/Switch/Solo

Card no ———

Issue no Security code..... Valid from/..... expiry date/.....

Please enclose stamped addressed envelope if you wish for confirmation by post..

Programme Director, Douai Abbey, Upper Woolhampton, Berks, RG7 5TQ

e-mail douaiabbey@aol.com tel 0118 971 5333

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