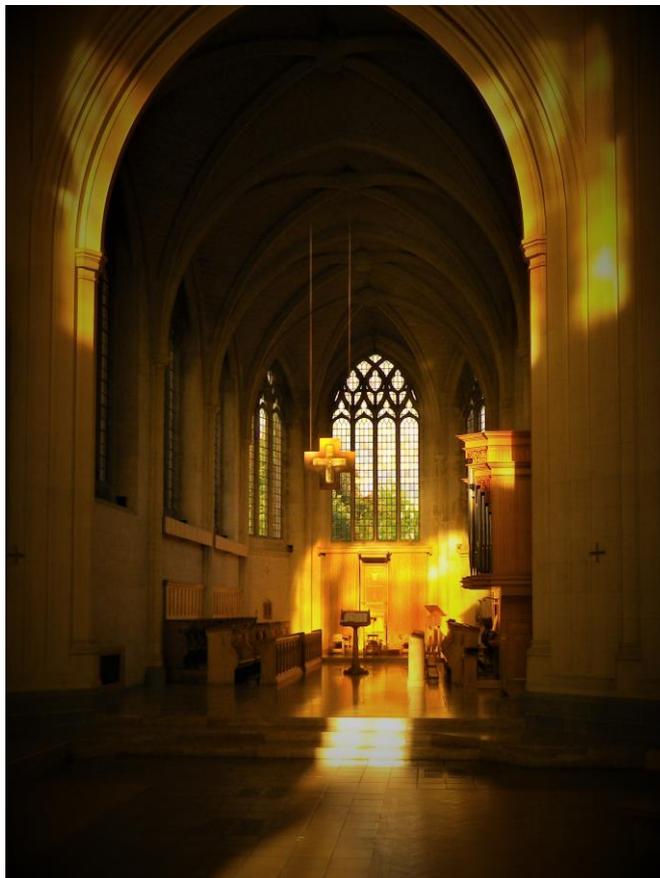


DOUAI ABBEY

RETREATS & COURSES 2019

The Benedictine monks of DOUAI ABBEY invite you to enter into quiet and reflection in their monastery.



DOUAI ABBEY RETREATS & COURSES PROGRAMME 2019

INTRODUCTION

We are delighted to introduce some new developments in the 2019 Retreat & Courses programme, while continuing to offer some retreats that have been popular in the past. Events will be led either by a member of the monastic community or an outside speaker with expertise in their field and previous experience.

In order to create the right dynamic for discussion and comfortable use of conference facilities, the numbers will be limited, in most cases to 15, with 11 being the usual limit for Lectio Divina retreats. The retreat offer is a weekend, residential package. We regret that we can not as a rule accept day participants (unless advertised as such), as, from experience, this has been found to affect the dynamic of the retreat experience for the residential group.

Bookings are made by the guestmaster, and should be made by completing the booking form enclosed with the programme, or online through our website. The Guest House asks that retreats are booked no later than 3 weeks before each event, so that we can maintain availability of rooms for other guests.

ARRIVAL & DEPARTURE TIMES

Guests for retreats should arrive at Reception between 16.00 – 17.30 hrs on the first day, departing after lunch on the last day, except for Lectio Divina retreats which finish after breakfast. Rooms should be vacated by 09.30 am on the last day. The first session is usually after Compline (Night Prayer) on the first evening (at about 8.20pm).

If you are likely to be late arriving, or are unexpectedly delayed beyond 17.30, please inform us as soon as possible.

0118 971 5310 (Fr Gabriel) pastoral@douaiabbey.org.uk

0118 971 5399 (Fr Finbar) guestmaster@douaiabbey.org.uk

TRAVEL

Douai Abbey is one mile north of the A4 at Woolhampton, Berkshire, about halfway between Reading and Newbury.

By train – stop at Midgham, served from London, Paddington, Reading & Newbury. The local bus is No 1 – Reading – Newbury, alighting at Woolhampton (The Angel Pub).

National Express buses used to stop at Calcot which was convenient, but now stop off Junction 11 of the M4, which is not so near.

There is an affordable and regular taxi service to bring guests up the hill from Midgham Station:

Jennie's Taxis [0796 77 66 970](tel:07967766970) or Kennet & Avon taxis [01635 847853](tel:01635847853)

INDIVIDUALLY GUIDED RETREATS

These are available under the guidance of a monk, by appointment, and normally run

from Tuesday (after lunch) to Friday morning, ending after breakfast (Cost £300 for 5 Days). We will try to accommodate suitable times for guests, subject to the availability of a monk and the demand for IGRs, but we are limited to offering only 2 IGRs a month.

Individuals are also welcome to spend time in the Guest House, making their own silent retreat, or we have one group silent retreat in the programme for those who might benefit from the silent support of others making such a retreat.

To make an individual silent retreat at a time of your own choice, please contact Fr Gabriel (pastoral@douaiabbey.org.uk) who will advise about the best time to make such a retreat so as not to avoid resident groups that may be a little noisier.

SILENCE

Our guests have different expectations of silence when they come on retreat. During events offered in this brochure silence is normally kept at meal times, but occasionally other groups will be present who have not opted for silence.

The Rule of St Benedict treats silence as a charity to others' inner silence so that we might be always attentive to God. The real enclosure in which silence is preserved is the enclosure of the heart. The monastery enclosure and periods of observed silence in the monastic day are ordered towards the preservation of this inner enclosure of the heart, and charity towards others.

Silence, however, is not an absolute value, and we have to be careful not to become fundamentalist about it. While absolute silence around us is difficult to achieve all the time, due to natural noises, and environmental noises beyond our control, this does not mean that inner silence can not be achieved, at least for some of the time, even if we do encounter uncongenial noise. Conversely, we might find ourselves in total blissful silence, only to become aware that our inner silence is disturbed by anger or distractions, or some other response to something in our lives.

A balanced and sensible approach to silence is needed by monks and those who come to stay at a monastery. The backdrop of the world is noise, while the backdrop of a monastery is silence, which means we all have to take seriously the prophetic role of silence in our lives and in a place like Douai Abbey. Silence is prophetic because it is a witness to our attentiveness to God in a world that can not or will not listen to God. On the other hand, we also have to live in the real world where communication with others is necessary, where owls hoot at night, cockerels crow during the day and lawnmowers have to cut the grass in our grounds. And at times monks have to speak too!

During your time at Douai Abbey we invite you to help us foster a spirit of peace and recollection by observing silence as far as you are able and by speaking quietly if the need arises. In particular, we ask guests to observe silence in the Abbey Church and the Great Silence after Compline until breakfast the following morning.

We hope that all our guests find the community friendly and welcoming, but we ask that you communicate as far as possible during your stay with the Guest Master (Fr Finbar) or the Retreats & Courses Director (Fr Gabriel) or a monk assigned to look after you or to lead your retreat while you are staying.

2019 PROGRAMME OF EVENTS

FEBRUARY		
15-17	The Golden Age Of Old Testament Prophecy	Simon Hill OSB
MARCH		
8-10	Start Of Lent Silent Group Retreat	
22-24	Some English Medieval Mystics In Their Context	Dr Santha Bhattacharji
APRIL		
18-21	Easter Triduum Retreat – <i>Love's Confusion, Love's Renewal</i>	Euan Tait
MAY		
10-12	From Addiction To Grace <i>The 12 Step Path through the Psalms</i>	Fr David Barrett
JUNE		
7-9	Finding God Through Your Smartphone Camera	Steve Radley
14-16	Monastic Experience Weekend	Gabriel Wilson OSB & Alban Hood OSB
20-23	Lectio Divina Retreat	Gervase Holdaway OSB
JULY		
5-7	Spirituality Of The Heart <i>(as lived and reflected upon by St Francis de Sales & St John Bosco)</i>	Fr Hugh Preston & Fr Frances Preston
19-21	How To Write A Gospel	John Huntriss
26-28	Mercy's Laughter <i>(with music from 'The Marriage of Figaro')</i>	Euan Tait
SEPTEMBER		
20-22	Christian Mindfulness- Forum	Christopher Greener OSB & Martin Zetter
27-29	To God Through Music - Retreat	Gervase Holdaway OSB
OCTOBER		

4-6	Visions Of Redemption - Retreat	Christopher Greener OSB & Nick Gurr
18-20	Monastic Experience Weekend	Gabriel Wilson OSB & Alban Hood OSB
NOVEMBER		
8-10	Living The Beatitudes Retreat	Tamsin Geach OP
15-17	Church History Course Part III	Abbot Geoffrey Scott OSB
22-24	The Mayfly Mass	Hugh Somerville Knapman OBS
DECEMBER		
29 th Nov - 1st	Start Of Advent Retreat <i>By His Gift We Already Rejoice</i>	Alban Hood OSB
10-13	Lectio Divina Retreat	Gervase Holdaway OSB

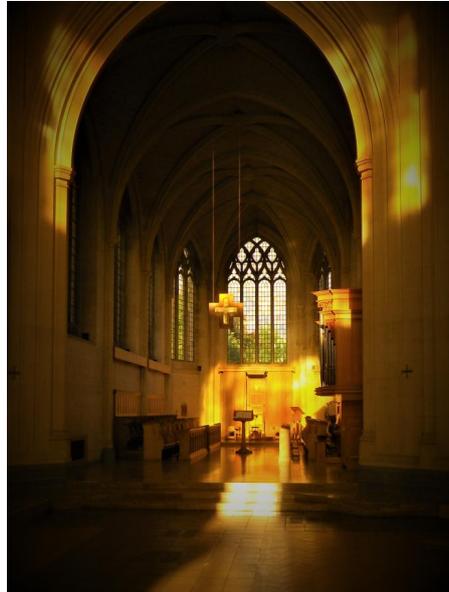
- Courses / Talks
- Retreats

NB The Guest House is closed during August.

Spiritual Direction: We are unable to offer individual spiritual direction. This ministry demands a specialism and commitment over a period of time for which we do not have adequate resources.

SILENT RETREATS

by individual arrangement



Many people prefer to come and enjoy the silence and peacefulness of a private retreat at Douai Abbey. Here we offer the opportunity to experience the particular silence that monastic life has to offer, in a beautiful setting of an inspiring Abbey Church and attractive grounds set in rural Berkshire.

Come and enjoy the silence of the monastery, taking time to pray, read and walk, or just to sit in the tranquillity of our beautiful grounds alongside chickens, ducks and a wild-flower meadow. Join the monks praying the office and for mass, and take meals with the community. Relax.....

These are all the right conditions for leaving behind the stress and rush of life and for sitting still and listening to God who is always present to us.

**Cost: £ 118 single occupancy (all rooms fully en suite)
£90 per person for those sharing**

INDEPENDENT GUIDED REREATS (IGRs)
5-Day Retreats

subject to availability

Guided by a monk



IGRs may be requested *Tuesday pm – Sunday lunchtime*, subject to the availability of a monk. We are also limited to offering only 2 IGRs a month, due to increased demand and finite resources. Normally we would offer these as a 5-day retreat, though requests may be made for less. Guided retreats offer the opportunity to speak with a monk once a day for the duration of the retreat. Guidance may involve discussion about prayer, or spiritual reading or something of great importance in one's life, such as a career change or a change of circumstance that impacts upon the spiritual life.

Meals are usually taken with the community.

Please contact Fr Gabriel (gabriel@douaiabbey.org.uk) 0118 971 5310 to check availability. Fr Gabriel will arrange the IGR with a monk, after which booking is done through the guestmaster or website. (guestmaster@douaiabbey.org.uk)

Cost: (5 DAY £300) (All rooms fully en suite)

(4 Day £250) (3 DAY £200) Minimum 3 DAY

THE GOLDEN AGE OF OLD TESTAMENT PROPHECY

(Weekend Course)

Given by Simon Hill OSB

15-17 February 2019



Israel became a divided kingdom - Judah and Samaria with their own kings, Generals and Priests. Often inept, assassinations were frequent, yet the country enjoyed relative prosperity. The people became indifferent to their religion.

But danger was imminent: neighbouring kings and superpowers came upon them, defeated them and exiled their leaders and craftsmen. Around a dozen prophets had forecast this catastrophe, but were mostly ignored, their words coming down to us in the named books towards the end of the Old Testament.

Br Simon will tell their story in a series of talks during this weekend course.

**Cost: £145 (All rooms fully en suite)
£116 per person for those sharing**

START OF LENT
Silent Group Retreat

8-10 March 2019



Begin Lent in the company of others who find it helpful to have the support of a group when making a silent retreat.

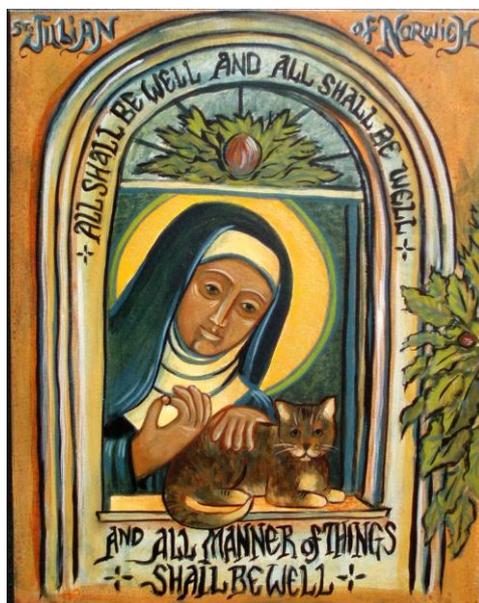
The penitential season of Lent is a good time to think about the sacrament of confession. For those who would like confession, a monk will be available during the retreat at a designated time.

Cost: £118 (All rooms fully en suite)
£90 per person for those sharing

SOME ENGLISH MEDIEVAL MYSTICS IN THEIR CONTEXT (Weekend Course)

Given by Dr Santha Bhattacharji

22 – 24 March 2019



The English Mystics are so different from each other that they do not constitute a school, like the Flemish Mystics or Spanish Mystics. However, each can be located within a particular Medieval tradition. This course weekend will look at Richard Rolle, 'The Cloud of Unknowing' and the Visionaries Julian of Norwich and Margery Kempe.

Dr Santha Bhattacharji studies Old and Middle English at Oxford and obtained her doctorate, which looked at the influence of Medieval Liturgy on Middle English Literature, from the University of Bristol. In between she spent 6 years as an enclosed Anglican nun. She has been a member of the English Faculty at Oxford since 1991 and is currently Senior Tutor of St Benet's Hall, Oxford.

**Cost: £160 (All rooms fully en suite)
£128 per person for those sharing**

EASTER TRIDUUM
Retreat
Love's confusion, Love's renewal

Led by Euan Tait

18-21 April 2019



Come and enter into the Liturgies of the Easter Triduum, as Euan Tait joins us once again to lead us with his moving reflections through the human drama of the Passion story.

Each day Euan will focus on a character who experienced the confusion of that first Triduum; from Peter's denial, to Simon of Cyrene on Good Friday - commissioned to help carry the cross of Jesus; to the disciples in hiding on Holy Saturday, and ending with the confusion of Mary Magdalene in the garden on Easter Sunday.

With them, we are invited to explore Love's confusion and despair through the Passion and death of Christ, through to Love's renewal of faith and hope as we celebrate the resurrection of Our Lord.

Our Easter retreats are always over-subscribed, so book now! Join us at this moving time of the liturgical year for our retreat reflections, the beauty of the divine office and the liturgies of the Triduum, culminating in a celebratory Sunday lunch with the monastic community.

Euan is a professional librettist, college lecturer and retreat leader. He has had major premiers in the US and Europe. (<http://euantait.com>)

Cost: £200 (All rooms fully en suite)
£160 per person for those sharing

THE 12-STEP PATH THROUGH THE PSALMS
From Addiction to Grace
Retreat

10 – 12 May 2019

Led by Fr David Barrett



The psalms reflect Israel's need for God and the power of Christ's redemption through weakness. As such, they can become our personal prayer on our journey of recovery and resurrection – and the prayer of all those who suffer and look to God for help.

Fr David's retreat will explore how the psalms give voice to that suffering in which we feel desperate and powerless, how they express hope in God's power to save us and how we experience Him as our saving God.

Fr David is a priest of the Diocese of Northampton, working presently at St Augustine's parish in High Wycombe. He has worked as priest in a number of different settings over the past 25 years.

He is a qualified therapist counsellor and continues to work with people suffering with addictions problems

Cost: £160 (All rooms fully en suite)
£128 per person for those sharing

FINDING GOD THROUGH YOUR SMARTPHONE CAMERA –Retreat

Led by Steve Radley

7-9 June 2019



We are delighted to offer this innovative and creative retreat that offers a different way of finding God - through the use of a smart-phone camera, to capture images that speak to us of God's continual presence to us in the everyday and the ordinary which so often pass us by. Bring your smart-phone or camera and enjoy a weekend of prayerful creativity.

Steve is an Anglican priest who has served with the RAF Chaplains' Branch, travelling the world. His final deployment was to Afghanistan. His post-graduate studies are in War and Psychiatry, while is a graduate of Kings College, London, and an award-winning photographer with the Guild of Photographers.

He is married with two children, and now combines his creativity in photography with a passionate interest in mental health.

**Cost: £160 (All rooms fully en suite)
£128 per person for those sharing**

MONASTIC EXPERIENCE WEEKEND
*A weekend for men aged 18-40 to investigate
our Alongsider Programme*

**Led by Alban Hood OSB
& Gabriel Wilson OSB**

14-16 June 2019



The monastic community invites men aged 18-40 to a weekend exploring our Alongsider Programme. Since beginning this programme in 2018 we have already offered a number of men the opportunity to experience monastic life living, praying and working alongside us, usually for a couple of months.

The weekend would be beneficial to those who are discerning a vocation, but the programme is not exclusively for those considering monastic life or who are in vocation discernment. The Alongsider programme offers help with vocation discernment, but is more fundamentally an opportunity to deepen one's faith by drawing from the treasury of Benedictine life and spirituality.

The weekend will explore the Alongsider Programme, with no commitment to apply. During the weekend we invite participants to join us for meals, to meet the community, and to pray the office.

Cost: No charge

LECTIO DIVINA

Retreat

Take & Read

Led by Gervase Holdaway OSB

Thursday 20- Sunday 23 June 2019



Experience a way of praying with Scripture, an ancient art, at one time practised by all Christians. It is a slow, contemplative prayer which enables one to listen to God's word and to make a prayerful response.

There will be time in the retreat for sharing, solitude and reflection.

NB This retreat finishes after lunch on Sunday.

Limited to 11 participants

Fr Gervase is Oblate Master at Douai Abbey. He is an accomplished organist and for many years ran the Pastoral Programme. He continues to lead Days of recollection for parish groups, including Extraordinary Ministers of the Eucharist and weekends in Lectio Divina.

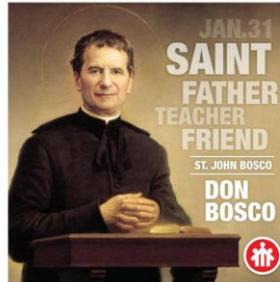
His other responsibilities are as Baker and Jam-maker for the community.

**Cost: £200 (All rooms fully en suite)
£160 per person for those sharing**

A SPIRITUALITY OF THE HEART
a retreat on spirituality as lived and reflected on
by St Francis de Sales & St John Bosco

**Led by Fr Hugh Preston SDB
& Fr Francis Preston SDB**

5 – 7 July 2019



Although Francis de Sales and John Bosco lived at different times and came from very different social backgrounds, the love of God and interpersonal relationships were of central importance for them. Their spirituality, with its stress on friendship, is as relevant today as it was during their own life times.

Fr Francis and Fr Hugh have been Salesians of Don Bosco for over 50 years, and during that time they have been involved in school ministry as well as other forms of youth ministry. They are also experienced retreat leaders. Hugh is currently based at their Salesian community in South West London, while Francis is a member of the formation team at the Salesians' major seminary in Nairobi, Kenya.

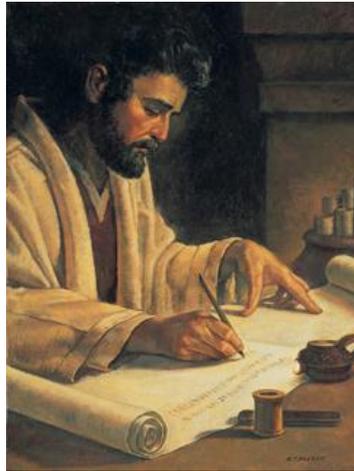
**Cost: £160 (All rooms fully en suite)
£128 per person for those sharing**

HOW TO WRITE A GOSPEL

Weekend Course

Given by John Huntriss

19 – 21 July 2019



Why might I want to? Will anyone read my book? Will the Church accept it? For whom shall I write? In what language? What shall I presume they already know? What research shall I do? When I have gathered my material, what shall I include? In what order? What changes might I make when I have completed it? John will lead the weekend considering these questions in this creative approach to explaining how the Gospels were written.

John Huntriss is a scripture scholar. Since 1995 he has been attached to the Dept for Adult Education and Evangelisation in Clifton Diocese, going out around and beyond the diocese, wherever he is asked, to speak on scripture.

He lives in the north of the diocese, in the market-gardening area of the Vale of Evesham, and when he is not studying the Bible his hands are often in the soil.

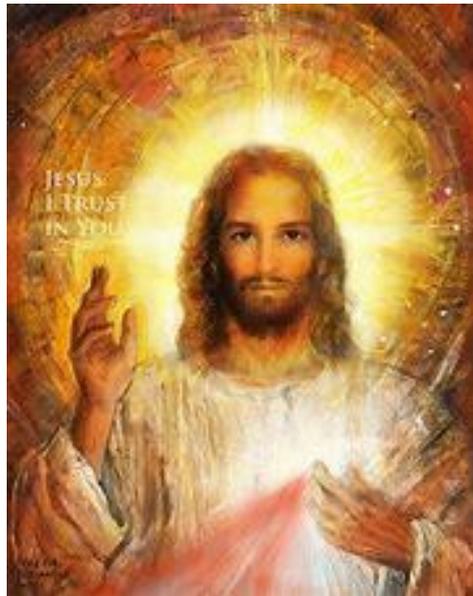
Please bring a Bible for this study / retreat weekend.

**Cost: £160 (All rooms fully en suite)
£128 per person for those sharing**

MERCY'S LAUGHTER RETREAT
*an exploration of the divine mercy
in Mozart's 'The Marriage of Figaro'*

Led by Euan Tait

26-28 July 2019



This retreat weekend will use as a starting point a meditation on the verse from the Prologue of St Benedict's Rule (28) in which our Holy Father Benedict advises dashing evil thoughts against Christ. Euan will then explore the depth of God's mercy with this verse, not as a cosy piece of piety, but as an embrace by a mercy that knows the full range of psychological struggles within the human condition. Mercy in this context is understood as an integral part of the totality of our story.

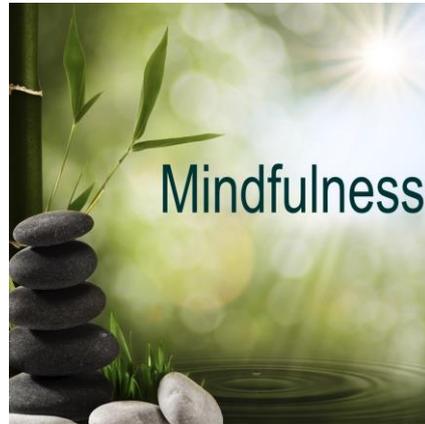
Euan is a professional librettist, college lecturer and retreat leader. He has had major premiers in the US and Europe. (<http://euantait.com>)

**Cost: £160 (All rooms fully en suite)
£128 per person for those sharing**

CHRISTIAN MEDITATION / MINDFULNESS FORUM

Led by Martin Zetter
& Christopher Greener OSB

20 – 22 September 2019



In this form on meditation and mindfulness there will be times for practice, providing options for the experienced or beginner, and for exploring themes; these themes will be detailed on the following website:

www.meditationshub.com

where suggestions for the retreat can be made, as well as providing information and handouts from previous retreats.

Martin Zetter learnt mindfulness practice under Dr Michael Sinclair. He worked as an accountant in the City of London for 35 years, more latterly assisting young people starting up businesses. He has led previous retreats at Douai Abbey on Christian mindfulness.

**Cost: £160 (All rooms fully en suite)
£128 per person for those sharing**

TO GOD THROUGH MUSIC

Retreat

Led by Gervase Holdaway OSB

27 – 29 September 2019



An opportunity to draw near to God through music.

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 the ability to listen.

Fr Gervase is Oblate Master at Douai Abbey. He is an accomplished organist and for many years ran the Pastoral Programme. He continues to lead Days of recollection for parish groups, including Extraordinary Ministers of the Eucharist and weekends in Lectio Divina. His other responsibilities are as Baker and Jam-maker for the community.

**Cost: £145 (All rooms fully en suite)
£116 per person for those sharing**

VISIONS OF REDEMPTION RETREAT

*with writings from
Dorothy Day & Flannery O'Connor*

**Led by Christopher Greener OSB
& Nick Gurr**

4 – 6 October 2019



Two 20th Cent American female writers and thinkers offer two distinct Catholic visions of redemption. Dorothy Day writes with a gritty journalism from front-line class-struggle. Living with disability, Flannery O'Connor's fiction was inspired by faith and her roots in America's South.

The retreat will involve close-reading an discussion of texts and audio-visual material, giving a brief introduction to these writers' work. Participants will be encouraged to explore the work in the light of their own faith.

Nick has experience of a 20 year career with people on the margins of society; inspired by Franciscan spirituality and the politics of the catholic Worker Movement. He has also organised and led many meditation retreats for people who use 12-Step programmes to overcome addiction.

Br Christopher is infirmarian at Douai Abbey and has for some years enjoyed reading Flannery O'Connor.

**Cost: £145 (All rooms fully en suite)
£116 per person for those sharing**

MONASTIC EXPERIENCE WEEKEND
*a weekend for men aged 18-40 to investigate
our Alongsider Programme*

**Led by Alban Hood OSB
& Gabriel Wilson OSB**

18 – 20 October 2019



The monastic community invites men aged 18-40 to a weekend exploring our Alongsider Programme. Since beginning this programme in 2018 we have already offered a number of men the opportunity to experience monastic life living, praying and working alongside us, usually for a couple of months.

The weekend would be beneficial to those who are discerning a vocation, but the programme is not exclusively for those considering monastic life or who are in vocation discernment. The Alongsider programme offers help with vocation discernment, but is more fundamentally an opportunity to deepen one's faith by drawing from the treasury of Benedictine life and spirituality.

The weekend will explore the Alongsider Programme, with no commitment to apply. During the weekend we invite participants to join us for meals, to meet the community, and to pray the office.

Cost: No charge

LIVING THE BEATITUDES

Retreat

Led by Sr Tamsin Geach OP

8 – 10 November 2019



This retreat weekend led by Tamsin Geach OP will comprise four talks, looking at the Beatitudes as:

- a portrait of Christ, as
- an examination of conscience,
- a programme for life,
- an invitation to a deepening of prayer

Tamsin Geach has a degree in Classics from Oxford University, and is a Dominican Sister. Her work has included teaching children, teaching and lecturing at Blackfriars, Oxford and Heythrop College. She ministers to Teams of Our Lady and has for several years been a pro-life activist.

**Cost: £160 (All rooms fully en suite)
£128 per person for those sharing**

CHURCH HISTORY

Weekend Course Part III

The Reformation

Given by Abbot Geoffrey Scott OSB

15 – 17 November 2019



Having covered the early Church and the Medieval world, we shall be moving on to the Reformation. It is not essential to have attended the earlier sessions in order to participate in this weekend course on the Reformation, which is of great importance to the Church because of the major changes it brought about and its effects on the Church's future.

We shall be concentrating on the run-up to the Reformation, the principal characters (Martin Luther, John Calvin, Ulrich Zwingli), The Reformation in England, The Council of Trent and the Catholic Reformation. As usual, there will be plenty of discussion and Abbot Geoffrey will bring along some interesting illustrative items.

Abbot Geoffrey has lectured and taught Church History at Blackfriars, Oxford and St John's seminary, Womersley, in recent years, and has written extensively. In addition to his role as Abbot at Douai Abbey, he is also archivist and a member of the Catholic Archives Society.

**Cost: £145 (All rooms fully en suite)
£116 per person for those sharing**

THE MAYFLY MASS
The Lost Liturgy of Vatican II

Weekend Course

Led by Hugh Somerville Knapman OSB

22 – 24 November 2019



It was in use for barely two years, but the 1964/5 interim Roman Missal – the first reform of the mass promoted by Vatican II – embodied, more than any of the subsequent reforms, the teachings of the Council.

As well as examining the interim missal, the weekend will examine the aims of the classic Liturgical Movement that informed the Council's liturgical decrees. In the light of this, the interim missal will be used as a lens through which to assess the modern liturgy and to understand the essence of liturgical worship.

The weekend will comprise a number of talks, Sung Mass, and time for Questions & Answers.

Fr Hugh is the Bursar at Douai Abbey.

Cost: £145 (All rooms fully en suite)

£116 per person for those sharing

Day Guest with Lunch £19 (donations from students)

Day Guest without Lunch £1

START OF ADVENT
Retreat
By His Gift We Already Rejoice

Led by Alban Hood OSB

29 November – 1 December 2019



A prayerful exploration of the Advent season, with a particular focus on the scriptural and liturgical texts for the four Sundays of the season.

Fr Alban is Prior of Douai Abbey, Choir Master and Novice Master. He has written on the History of the English Congregation, and has much experience in leading community retreats for other Benedictine communities and for Allen Hall seminary. He has also been involved for some years in guiding students from Allen Hall in making retreats prior to ordination.

Cost: £145 (All rooms fully en suite)
£116 per person for those sharing

LECTIO DIVINA

Retreat

Take & Read

Led by Gervase Holdaway OSB

Tuesday 10 – Friday 13 December 2019



Experience a way of praying with Scripture, an ancient art, at one time practised by all Christians. It is a slow, contemplative prayer which enables one to listen to God's word and to make a prayerful response.

There will be time in the retreat for sharing, solitude and reflection.

NB This retreat finishes after breakfast on Friday.

Limited to 11 participants

Fr Gervase is Oblate Master at Douai Abbey. He is an accomplished organist and for many years ran the Pastoral Programme. He continues to lead Days of recollection for parish groups, including Extraordinary Ministers of the Eucharist and weekends in Lectio Divina. His other responsibilities are as Baker and Jam-maker for the community.

**Cost: £200 (All rooms fully en suite)
£160 per person for those sharing**

MONASTIC EXPERIENCE PROGRAMME

The Alongsider Experience



The monastic community is delighted to be opening our doors again this year to men aged 18 – 40 with the invitation to join us for a period of 2 months, praying, living and working alongside us. We have already run the programme for a number of men and have had two successful weekends for those interested to find out more about the experience.

Being an Alongsider is not just about discerning a specific vocation to monastic life though. Our doors are open to all men who wish to deepen their sense of Christian vocation and who wish to put down deeper roots in the spiritual life by drawing from the Benedictine tradition. The opportunity has already enriched participants who have taken away a deeper faith and some helpful tools for the spiritual life such as Lectio Divina and some approaches to better discernment and making better choices in life. Discernment with a Guide is available for those who would like some accompaniment considering their calling in life.

Alongsiders will live in the monastic enclosure, pray the divine office with the community, work each day at a variety of tasks, including manual labour, with a monk, and will take all meals with the monks, which they will help to serve. It is an experience that will enable you to get to know a monastic community and the life of a monk as closely as is possible without being a monk.

For more information, please contact Fr Gabriel Wilson (Vocation Promotion)

gabriel@douaiabbey.org.uk

or tel: 0119 971 5310

BOOKING

Booking for courses and retreats may be done either by contacting the guestmaster directly, and asking for a booking form, or by completing an online form through our website.

Guest Master – Fr Finbar (or Elsa) guestmaster@douaiabbey.org.uk

Website – go to the Douai Abbey Home Page

- click on menu bar [What we do](#)
- click drop down menu on [Retreats & Courses](#)
- click on drop down menu [Bookings](#)
- complete the form and submit

If you book online, you should expect to hear within a few days that your booking has been made.

Guest Master (Fr Finbar)

deals with all bookings. Special diets and requests for specific rooms should be made to Fr Finbar (or Elsa) in the Guest Master's Office
guestmaster@douaiabbey.org.uk
0118 971 53

Retreats & Courses Director (Fr Gabriel)

deals with general questions regarding retreats and courses, such as availability of places, and organising IGRs, prior to booking.

CANCELLATIONS

If you have booked a retreat / Course and need to cancel, please let Fr Gabriel know as soon as possible, as allocated rooms can not easily be filled at the last minute, resulting in a financial loss to the guesthouse. Significant numbers of last minute cancellations may also affect the viability of a retreat / Course, as we prefer not to run events with fewer than 5 participants. Our usual practice is not to refund payments made in advance for cancellations that are not caused by some crisis or urgent reason.

ARRIVAL TIMES

Please note that the guest house is closed from Sunday pm – Tues pm.

All arrivals are at the reception area to the right of the Abbey Church as you enter the main entrance. A monk is usually on duty at reception, to check arrivals in and give them their room keys.

- **Weekend events (Fri-Sun)**

Arrivals: 16.00 – 17.30 hrs

Departures: 14.00 – 14.30 hrs after Sunday lunch

- **Weekday events (Tues- Fri / Thurs – Sun)**

including IGRs & silent retreats /Lectio Divina

Arrivals: 16.00 – 17.30 hrs

Departures: 9.30 hrs

- **Easter Triduum**

Arrivals (Maundy Thurs): 16.00- 17.30

Departures (Easter Sunday): 14.00 – 14.30

Rooms must be vacated by 09.30 hrs

PAYMENT

There is no deposit to pay for retreats and courses, and payment is usually made during the event, but payment may be made in advance.

- by cheque (payable to **Douai Abbey**) sent to **Fr Gabriel Wilson**
- by credit card
- by electronic banking:

Account Name: *Douai Abbey*

Bank: *Nat West, Market Place, Newbury*

Sort Code: *60-15-07*

Account: *65317459*

If you pay by BACs, please inform Fr Gabriel or

Fr Hugh (bursar@douaiabbey.org.uk) of the date that you have made the payment, so that the Bursar can identify the payment.

PRICES 2019

EVENT	COST (Single)	COST (Shared)
Weekend retreat <ul style="list-style-type: none">• led by monk• led by other	£145 £160	£116 £128
Individual Guided Retreat 5 DAY 4 DAY 3 DAY	£300 £250 £200	
Silent Retreat	£82	£65
Lectio Divina	£200	£160
Easter Retreat	£200	£160