



- **Retreats:** arrive 4-5.30pm; on 3rd day lunch incl. Cost £180/shared room £140pp (pay at the retreat at Douai)
- **Reflection Days:** 10.30am to 4pm. (arrivals & coffee from 10am). Contribution £25 made on the day please (lunch, coffee & tea incl.); £15 bring own lunch.
- **All Bookings:** Email: guestmaster@douaiabbey.org.uk
- **How to arrive** see : <https://www.douaiabbey.org.uk/contact-us.php>

AUTUMN 2023

23 September **“The Wisdom to Let Go”:** *led by Barbara Priest*

A Day of Reflection embracing the spirit of Autumn It can seem a melancholy time as the natural world retreats toward the dark days ahead. But it can also be a time to shine and be fruitful.

Barbara Priest *an Anglican lay minister of Salisbury & Douai Abbey oblate*

6-8 October **Christian Mindfulness Forum**

Led by Martin Zetter & Christopher Greener OSB

Exploring meditation & mindfulness; practical instruction for the experienced & beginners. Using the Beatitudes to build a mindful response to life's challenges. Sharing experiences encouraged, also individual reflection with the teacher.

Martin Zetter *is a qualified meditation teacher.*

3-5 November **Cloud of Unknowing Retreat**

led by Christopher Greener OSB Contemplative practice & life following *The Cloud of Unknowing*: an introduction to meditation & deepening our practice.

Br Christopher Greener *is a monk of Douai Abbey.*

17-19 November **Spiritual Vision of St Bonaventure**

a retreat led by Douglas Dales with the spiritual vision of St Bonaventure, a 13th cent. teacher of mystical theology rooted in the Bible & influenced by St Francis of Assisi.

Rev'd Douglas Dales *is an Anglican priest of the Oxford Diocese.*

8-10 December **Advent Retreat - Four Candles** *led by Gabriel Wilson OSB*

Inspiration will be drawn from the symbolism of the Advent wreath's 4 candles of hope, of faith & love, of joy and of peace.

Fr Gabriel Wilson *is a monk of Douai Abbey.*

ALL ARE WELCOME!