

Hope and Wisdom this Lent

Friday 2 March 2018

(All the activities are optional, so you can have much or as little silence as you wish!)

5.30 pm	Arrive and Settle into Your Room	Arrive at Reception
6:00 pm	Welcome And overview of the retreat, followed by a quiet walk around the convent to familiarise ourselves with the layout..	
6.30 pm	Buffet supper	Guests' Dining Room
7.30 pm	Guided meditation Luke 2: 39-40 'When Joseph and Mary had done everything required by the Law of the Lord, they returned to Galilee to their own town of Nazareth. And the child grew and became strong; he was filled with wisdom, and the grace of God was on him.'	First floor meeting room: 'Peace'
8.15 pm	Compline Greater silence begins until 7 am	St Mary Magdalene's Chapel

Saturday 3 March 2018

(If you wish you can also sign up to speak with Sister Elizabeth Jane, who is an experienced and qualified spiritual director)

<i>Time</i>	<i>Activity</i>	<i>Location</i>
7.00 am	Lauds This is the first office of the day and means 'praise'.	St Mary Magdalene's Chapel
7.30 – 9.00 am	Breakfast Help yourself at a time that suites you.	Guest dining room
10.00 am	Eucharist with the sisters	St Mary Magdalene's chapel
11.00 am	Thoughts with Michelle Eyre based on Luke 2: 39 'When Joseph and Mary had done everything required by the Law of the Lord, they returned to Galilee to their own town of Nazareth. Thoughts about rule of life and 'doing what is required' to have a fulfilling prayer life. Leading to thoughts on the office book – how to use it and how to take part in daily office with the sisters Into silence	First floor meeting room: 'Peace'
12.25 pm	Sext A short church service with the sisters. 'Sext' means six since this service was traditionally at the sixth hour (12 noon)	St Mary Magdalene's Chapel
12.50 pm	Lunch, in silence Bring a book to read between courses if you like!	Guests' Dining Room (near the reception area)

4.00 pm	Tea and cake with sisters (talking!)	
5.00 pm	Vespers A short church service with the sisters (vespers the means evening and is traditionally held at sunset)	St Mary Magdalene's Chapel
6.30 pm	Buffet supper	Guests' Dining Room
7.15 pm	Questions time. If you've had any questions during the day you can put these in the question box and we'll provide some response at this time.	Peace
7.30 pm	Guided meditation Luke 2: 40 'And the child grew and became strong; he was filled with wisdom, and the grace of God was on him.'	First floor meeting room: 'Peace'
8.15 pm	Compline Greater silence begins until 7 am	St Mary Magdalene's Chapel

Sunday 4 March 2018

(All offices remain optional!)

<i>Time</i>	<i>Activity</i>	<i>Location</i>
7.00 am	Lauds This is the first office of the day and means 'praise'.	St Mary Magdalene's Chapel
7.30 – 9.00 am	Breakfast Help yourself at a time that suites you.	Guest dining room
8.15 am	Terce A short service originally at the 'third' hour of the day.	St Mary Magdalene's Chapel
9.30 am	Eucharist with hymns Coffee with Sisters (talking)	St Mary Magdalene's Chapel Reception area
12.25 pm	Sext Short service	St Mary Magdalene's Chapel
12.50 pm	Lunch (silent)	Guests' Dining Room
3.00 pm	Final thoughts A time to meet at the end of the retreat. Some may wish to depart after this session. The community are happy for you to continue to use your room until vespers, if you wish to stay.	First floor meeting room: 'Peace'
3:30 pm	Retreat Closes	