

Spirituality News

From the Catholic Diocese of Portsmouth Spiritual Formation Team



Spring 2026

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“The purpose of a pilgrimage is about setting aside a long period of time in which the only focus is to be the matters of the soul. Many believe a pilgrimage is about going away but it isn’t; it is about coming home. Those who choose to go on pilgrimage have already ventured away from themselves; and now set out in a longing to journey back to who they are.”

L.M. Browning *Seasons of Contemplation*

Spirituality News Editorial Team

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Friday Is Good Because Sunday Is Coming



Easter is a season we know well. Its rhythms, services and symbols are familiar, and it can be easy to step into that familiar flow as Lent draws to a close. We know when to sing the hymns, when to light the candles, when to celebrate. Yet, as I have been reflecting, I am increasingly aware that the Easter message - the Easter story - is not only for a particular season of the church year. It is a story that speaks into the whole of life. It shapes how we understand suffering, waiting, hope, and what it means to trust God when the outcome is still unknown.

Good Friday invites us to sit with discomfort. It does not rush us toward hope or soften the sharp edges of pain. Instead, it asks us to stop, to stay, and to look honestly at the cross - and, perhaps just as honestly, at ourselves. On Friday Jesus is betrayed by one of His own, abandoned by His friends, falsely accused, and crucified. His suffering is not distant or symbolic; it is deeply human. Fear, injustice, loneliness and grief all converge in those final hours. For the disciples, Friday felt like the collapse of everything they trusted. The future they had imagined disappeared in a moment. God seemed silent. Hope appeared buried.

*"His suffering
is not distant
or symbolic;
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human"*

If you are anything like me, many of us recognise that feeling. There are seasons when life feels like "Friday" - when prayers seem to go unanswered, when loss reshapes our world, when plans fall apart, and when faith feels fragile rather than firm. In those moments, we may wonder where God is or whether He is listening at all. Good Friday reminds us that God does not stand apart from these experiences. In Jesus, God enters fully into human suffering. The cross tells us that pain is not ignored, dismissed, or wasted. God is present even when we cannot feel Him, even when silence feels overwhelming.

Yet, as Christians, we dare to call this day good. Not because suffering itself is good, and not because pain should be minimised, but because love is revealed within it. On the cross, Jesus offers Himself freely, holding nothing back. What appears to be failure becomes an act of deep surrender and trust. Friday teaches us that God can work through what feels broken, and that redemption often begins in places we would rather avoid. It reminds us that God's purposes are not always obvious in the moment, but they are still unfolding.

Between Friday and Sunday, however, lies Saturday - an interval we may too easily overlook or rush past. Saturday is quiet and unresolved. There are no miracles, no explanations; just absence and unanswered questions. The tomb is sealed. The future is unclear. Saturday reflects the space many of us live in: trusting without seeing, believing without clarity, holding on when there is nothing to hold onto except the promise of God. Faith here is not loud or triumphant; it is patient, waiting, and honest. Saturday reminds us that waiting is not wasted time, and that God is still at work even when nothing seems to be happening.

Then, quietly and unexpectedly, Sunday comes. Resurrection does not erase the wounds of Friday - Jesus still bears the scars - but Sunday changes their meaning. Death does not win. Love remains. Hope rises. The empty tomb proclaims that despair is never the end of the story, and that God brings life out of death and light out of darkness.

"Friday is good because Sunday is coming" is a gentle assurance for weary hearts. It does not deny the reality of pain or rush us through grief. Instead, it reminds us that God's work continues even when all seems lost. We may not yet see resurrection in the daily challenges we face, but we can trust that it is on its way. In the Christian story, darkness gives way to dawn; waiting is never wasted. And even the heaviest Friday is held within the promise that Sunday is coming.

Geoff Poulter

"There are seasons when life feels like 'Friday' ..."



"Then, quietly and unexpectedly, Sunday comes."

The Spirituality of Ageing: Part 3

Ageing and Illness

As we get older, illness becomes an increasing feature of everyday life. But it isn't just an annoyance or distress – it is also a catalyst for wonder and reflection on deeper questions. We are beginning to contemplate death as something involving ourselves and not just other people.

In his book *'Ageless Soul'*, Thomas Moore examines illness from the point of view of *'stages of initiation'*. He says: *"There is a major difference between understanding illness as physical breakdown - and seeing it as an opportunity for initiation. By 'initiation' I mean changing from one stage to another. In the first case you are not present to the experience as a person. You are only going through the physical ordeal. Your soul is not engaged. In the second case, the illness has the positive benefit of taking you further along your life course. Illness serves as a vehicle for transformation."* (Moore p 121)

In another place he says: *"With all the medical issues that usually surround death, we can still respect it as a spiritual experience. If you make it only a medical matter you succumb to the materialism all around you. Death is then a failure of organs rather than a singular moment in the life of the soul."* (Moore p 268)

Many of us will find it hard to think of our pain in any other way than that of a symptom which we would like to get rid of - and many people might like to give you advice about how to do that! I am certainly not going to recommend that we *'spiritualise our illnesses'* and raise our minds and hearts to a higher level! But, as Richard Rohr writes, our transformation begins with a *'fall'* of some kind – physical or metaphorical. We reach a situation in our lives that we cannot cope with, control, explain or change - or even understand. If we experience this at the level of soul and be fully present to its



meaning, it becomes a transitional moment. We can begin to encounter the deeper sense of who we are and engage with the Spirit. We can ask ourselves what our changed lifestyle might be offering us in the spirit. We can meditate on being in this place, rather than wishing we were back in the past. This is what is meant by *'being present'* to the experience. It involves observing your response, honouring it, giving it respect and space. Caring for it. We find it extremely hard to pray when we are in pain or distress, but we can challenge ourselves to listen to the voice of the Spirit who is guiding us on this part of our path.

"With all the medical issues that usually surround death, we can still respect it as a spiritual experience."

So how can we summarise the spirituality of ageing? (This is not a check list but a list of some of the issues we are dealing with.)

- It involves a journey of change in one's attitude towards life.
- Finding a new purpose and meaning, and developing the ability to live with uncertainty.
- Developing an awareness of the paradoxical and contradictory nature of reality, and a movement towards self-reflection and becoming more interior.
- Accepting the inevitable losses of life.
- Working through unresolved grief.
- Letting go of things that are no longer important.
- Recognition of wrongdoing, the experience of guilt and the seeking of forgiveness.
- Engaging in the 'work' of reviewing the experiences of life.
- Continuing to learn and to grow – spiritually and emotionally.
- Making the transition from 'doing' to 'being'.
- Finding personal symbols for the sacred in life.
- Accepting life as a spiritual journey of constant development. No standing still!
- Thinking of old age as a kind of 'natural monastery' in which earlier roles, attachments and pleasures are stripped away, and life is enriched by coming to a deeper understanding of who we are, and why we are here on earth.

Scripture as a Model for the Spirituality of Ageing

I have found it challenging to begin to look at Scripture as our model for Spiritual Development. It is easy to see Genesis as representing our birth, and Moses on Mount Sinai as representing the stage where we need to obey a set of rules. We have already seen the calling of Abraham as an example of the transition from the first half of life to the second. It gets a bit more complicated after that! But I wonder if the later stages of Spiritual Development can be seen in The Beatitudes:

Blessed are the poor in spirit for theirs is the Kingdom of Heaven.

Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called the children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you. Matt: 5 3-1

Mary Dunn



**"Finding
a new
purpose
and
meaning."**

References

1. Ageless Soul. Thomas Moore
2. Faith Development and Fowler. Dykstra & Parks
3. Falling Upward. Richard Rohr
4. Finding Meaning in the Second Half of Life. James Hollis
5. The Spiritual Dimension of Ageing. Elizabeth MacKinlay



As the Year of Hope Closes - What Is Next?



I am constantly confronted by messages in the media about how *'Britain is completely broken'*. I confess to having felt at times about my own faith tradition that *'the Church is completely broken'*. However, *'completely broken'* would mean destroyed, never to be revived, and I stand by Jesus' promise that he will not allow the gates of hell to close on his Church.

I know I am not alone in feeling very angry and almost despairing at times about the political landscape and also at times about the Church landscape. I have always interpreted *'the poor in spirit'* as describing the brokenness of the human condition and those who are aware of their dependence on God, and scripture promises us that *'they are blessed'*. The cautionary expression that *'broken toys hurt children'* can be extended to *'broken people hurt others'* - of course we do; we see it done every day and we do it every day ourselves. So, the solution for us as Christians is to be healed of our brokenness, and the promise which Jesus has made, is that that if we ask, we will receive healing.

As we close the Year of Hope, I want to embrace *'brokenness'* for its potential to bring about change. St. John Henry Newman tells us, *"To live is to change and to be perfect is to change often."* So, I invite you to join me in considering our imperfect, broken nature as a benefit which can promote, change and steer us towards a more Christ-like way of being. *'Perfection'* feels wholly unattainable, but if we substitute the meaning *'fulfilled'* or *'complete'* or *'becoming more Christ-like'*, I think it is an achievable goal.

Recently a visitor to my parish who attended Sunday Mass was very impressed by the feeling that

the Holy Spirit was thriving in our community. This challenges the critical thoughts of those, like me, who want change in the parish. In a similar way I was confronted when complaining about the often-thwarted implementation of Vatican II, with the comment, *'but look how far we have come since then'*. We have only to remember the days before the vernacular Mass was instituted, when the liturgy of the word was read in Latin; the days before lay people, especially women, could go beyond a closed communion rail onto the sanctuary, let alone to become Eucharistic ministers... to mention just a few of the changes which have permeated to parish level.

Nowhere did I see more graphically the willingness to change than amongst many of those I met whilst working in prisons. They had been judged for their wrongdoing in public courts of law; how could they not acknowledge their brokenness and their need for change?

I myself propose to try to take the long view, to think about the things that might happen in the future rather than only about the things that are happening now. I call this holy *'Hope'*.

In taking the long view I feel I can thank God for being the sinner who has much to be forgiven, and who has huge need for change, and I pray for the grace to stand back and see how far we have come in the hope that wonderful things will happen. So, after the year of hope, I am embarking on a year of change. I invite you to join me in pushing open the closed door of hope once more and instituting a door of change.



Chris Bryden

Prayerful Pause

The Mission of My Life - St. John Henry Newman

God has created me to do Him some definite service.

He has committed some work to me which He has not committed to another.

I have my mission.

I may never know it in this life, but I shall be told it in the next.

I am a link in a chain, a bond of connection between persons. He has not created me for naught.

I shall do good; I shall do His work.

I shall be an angel of peace, a preacher of truth in my own place, while not intending it if I do but keep His commandments.

Therefore, I will trust Him; whatever I am, I can never be thrown away.

If I am in sickness, my sickness may serve Him; in perplexity, my perplexity may serve Him.

If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about.





An Ignatian Walking Pilgrimage

Summer 2025

The week was so much more than travelling across northern Spain in the footsteps of St Ignatius.

Visiting towns and travelling across country (the longer journeys by bus!) gave us a lovely rhythm and a welcome balance of movement and stillness, silence and conversation, prayer and action – with time for socialising, too.

The week included time in:

- Loyola – where Ignatius grew up
- Xavier – the birthplace of St Francis Xavier
- Montserrat – with its dramatic, serrated mountain range, Benedictine monastery and Black Madonna
- Manresa – where Ignatius spent some months of prayer, writing his Spiritual Exercises
- Barcelona – where we saw Ignatius's sword in the Jesuit Church. He'd laid it down in Montserrat in 1522 after his conversion, symbolising the renunciation of his former life as a soldier and new dedication to serving Christ.

I needed to relax into the rhythm of what was being offered - rather than into the rhythm of what I'd expected! Each day was an invitation to listen beneath the 'noise' and busyness of the adventure and notice what might be going on inside. Everyone seemed to have a genuine openness to 'finding God in all things'... perhaps in the beauty of Loyola's Basilica, the simplicity of the Castle room where Ignatius read and was converted, the beauty of the environment around Javier Castle, and of course dramatic Montserrat... with its breathtaking basalt buttresses, Black Madonna and bells!

Alongside the sights, sounds, history and spirituality, were the shared conversation and genuine kindness of fellow pilgrims that really stood out for, and will stay with me. One particular morning a few of us took the funicular railway to the top of the mountain... and walked... and talked... and noticed. It was a sacred time when God felt very close and which will stay with me always.

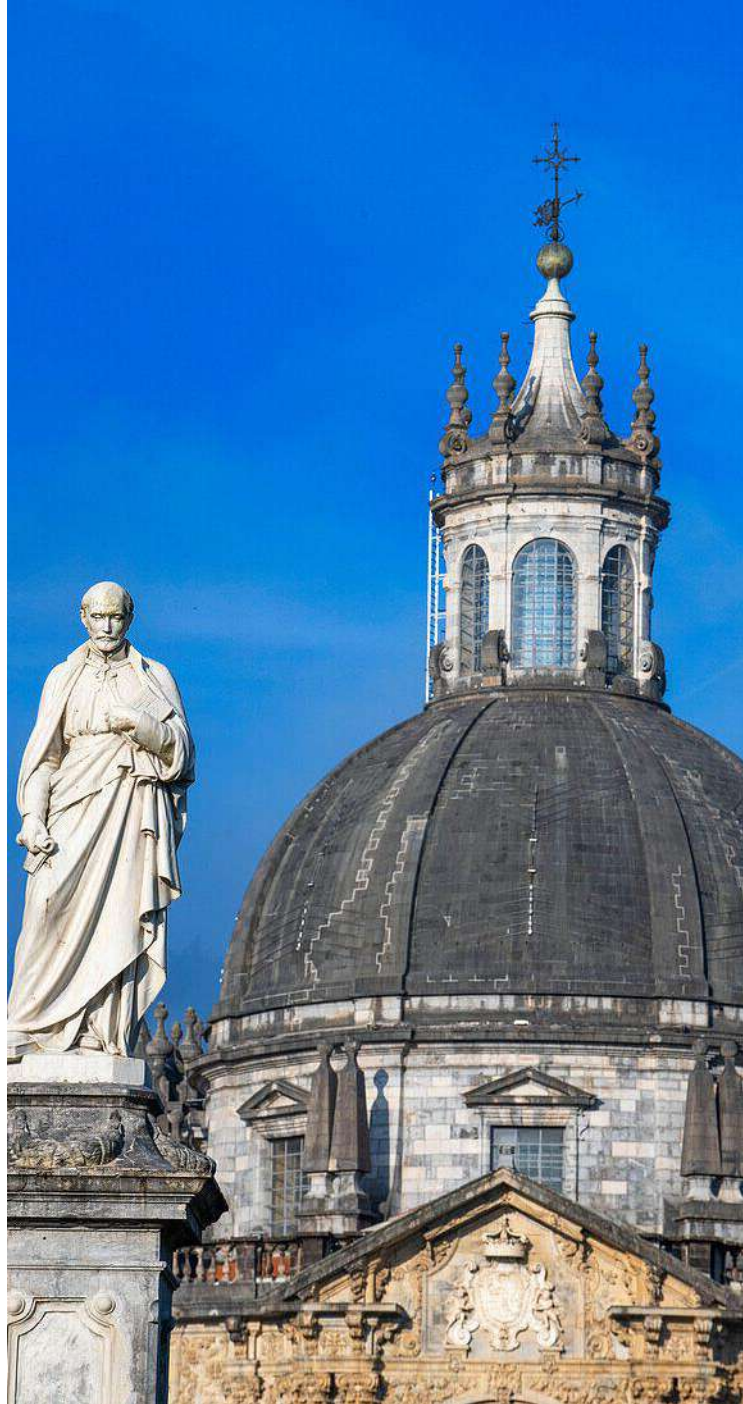
As pilgrims, we walked together, sometimes in silence, sometimes in lively exchange, remembering that the inner journey can, from time to time, benefit from chat. There was no posturing, no competing... just genuine kindness and sharing and listening; so, we were reminded that God often speaks through others.

Using the wisdom of the Ignatian Examen, late night journalling was more than a record of each day's events. Starting with gratitude was very easy - the sunshine, the people, the beautiful chapel Mass, seeing the carving of the smiling Christ in Xavier are just a few examples. Then I recalled moments of having noticed or having 'cooperated with' God by being loving and acting in ways that lead to greater life, moving on to moments when we'd perhaps been less than the person God made us to be, and finally looking forward to tomorrow. It didn't take long - and felt 'good' to be complying with Ignatius's teaching of the critical importance of this Examen prayer.

The pilgrimage was a reminder that the Ignatian way is not about arriving, but about remaining attentive on the path: discerning, noticing, and trusting that God is already at work, inviting us to greater freedom, love, and becoming.

It was a wonderful week infused with sunshine, fun and new friendships as well as the more obvious spiritual gifts. It had a sacred rhythm (helped by the Montserrat bells) that carried us through each day and continues to resonate beyond the pilgrimage itself. Good old Whatsapp!

Sarah van Wely



"The pilgrimage was a reminder that the Ignatian way is not about arriving, but about remaining attentive on the path ..."

A Guide To Organising a Local Parish Pilgrimage

'Life is a journey. It is a path, a journey to meet Jesus. A pilgrimage is a symbol of life' (Pope Francis)

Pilgrimage is an important part of our Christian heritage and practice. However, not everyone is able to afford a pilgrimage to the Holy Land or to set aside a week to travel to Rome or walk to Canterbury. But it should be possible for everyone to make a day pilgrimage somewhere more local!

That is why the Southwark Diocesan Spirituality Commission have written a guide to organising a short parish pilgrimage. It enables us to plan and deliver a "pilgrimage at home"!

The materials have been tried and tested by several parishes in the Southwark diocese - and at least one where the young people of the parish organised and led the whole parish in a short 2-hour pilgrimage around a local park - with 'prayer stops' on the way.

The young people gained a huge amount of confidence with Kelvin (16) and Tania(13) saying, "Our Youth Group helped to organise a Parish Pilgrimage. We really enjoyed being the Front Leaders and Marshalls. We hadn't organised a Pilgrimage before so didn't really know what it would involve – the booklet gave us ideas to help us adapt and make our own event – starting at Holy Apostles Church Swanley, walking round Swanley Park with Prayer Stops, and ending up back at Church. Everyone was involved - it was great!"

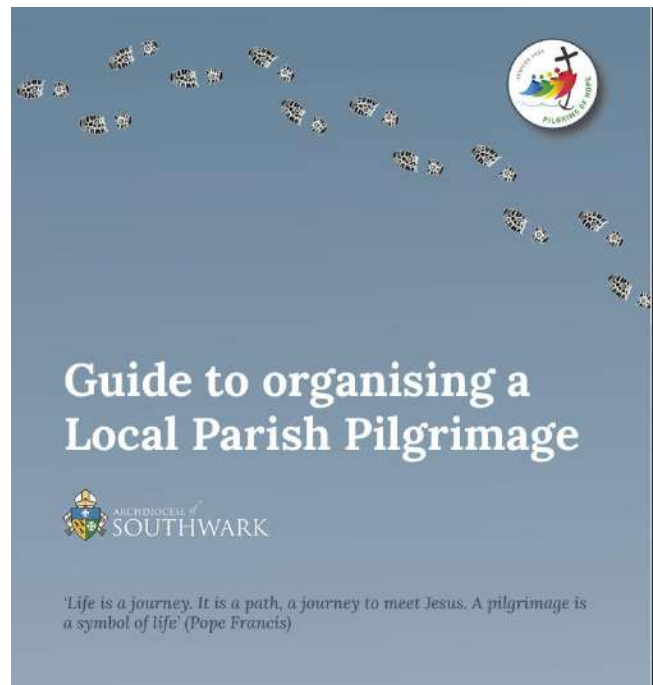
Danny(16) and Jordan (16) commented, "We enjoyed helping to organise this event. It helped the Parish and Youth Group to draw closer together and create a strong bond with God. We believe that we should have more of these Pilgrimages in the future."

The booklet aims to make it 'easier' to plan and deliver a pilgrimage by providing a DIY planning kit with an outline liturgy (to be adapted as you wish) and a template Risk Assessment in order that all the necessary safety measures are thought through and implemented.

This FREE resource can be downloaded from https://rcaos.org.uk/news_events/news/new-parish-pilgrimage-guide-created/ or hard copies provided for a small fee to cover printing and postage (email spirituality@rcaos.org.uk)

"Hope acts as the deep-seated drive that keeps us walking in difficulty, that prevents us from giving up in the fatigue of the journey, that makes us certain that the pilgrimage of existence will lead us home".
November 26, Pope Leo XIV

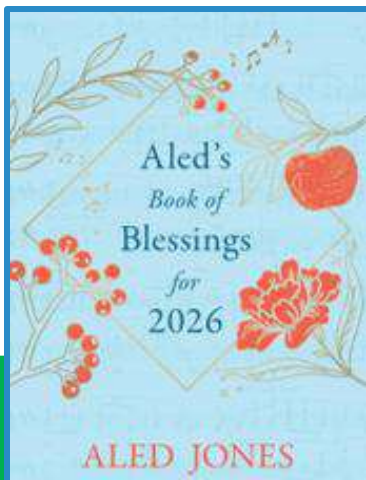
Trudy Kilcullen



Reflective Journeying Which Is Not Walking In the Air

As this article is being prepared, I have on my desk a book written by internationally acclaimed singer and TV and radio presenter, Aled Jones. It was a Christmas gift from a member of my family and is an excellent example of wisdom offered from an unexpected source. I would never have considered Jones to be a spiritual writer as, like many others, I remember him mainly as the boy soprano who sang the iconic 'Walking in the Air' for the film 'The Snowman' way back in 1982. He also performed for Pope St. John Paul II and members of the British Royal Family. He still sings, of course, now as a baritone, and has broadened the scope of his work to include literary efforts including his latest release: Aled's Book of Blessings for 2026.

This consists of daily snippets of one-liner wisdom and twelve reflections written by Jones about his first encounters with the music of famous composers, including Mozart, Handel, Rachmaninov and Ralph Vaughan Williams. Each daily 'blessing' is a short quotation from a famous person including poets, philosophers, politicians, religious leaders and is truly a smorgasbord for the mind and spirit. There are also contributions from what I would call 'wild card' figures. Mae West, for instance, provided the one-liner for 10 January: You only live once, but if you do it right, once is enough. There are also attractive line-drawing illustrations on each page and a blank page each week inviting the reader to contribute their own wisdom and thoughts on how they are living their lives.



Aled's Book of Blessings for 2026 can be purchased from all good bookshops or through online retailers.

The publisher's marketing information lists the following to describe the generic scope of this book:

- Assertiveness
- Motivation & Self-esteem
- Christian Life & Practice
- Local Interest
- Family History & Nostalgia
- Music
- Religion & Beliefs

In offering my critique for this book, I suppose for me the downside is that the snippets may be tantalizing, but I doubt if I would have time or the inclination to even find out more about some of the contributors and the context in which they made their observations. The book is a cocktail party tray rather than a four-course meal and for those who wish to delve deeper into a particular area of wisdom and faith, they will have to look elsewhere. This diary volume may, however, provide the turnstile through which they pass into something else, but may not provide the depth of exploration which some will desire. Having said that, the Book of Blessings will continue to provide a daily pennyworth of wisdom as it perches on my desk. It will also be a fond reminder of the love with which it was given to me.

I would like to end with a final quote which might resonate with those involved in spiritual accompaniment when helping those weighed down by guilt and scruple. It is offered for 5 January by the poet Amaka Imani Nkosazana: "*When God takes out the trash, don't go digging back through it. Trust Him.*"

Bridie Stringer



Directors' News 1

THE JESUIT INSTITUTE

Online Individually Guided Retreats

16- 23 May 2026 - Pentecost (6 Day)

This 6-day online retreat in the lead up to Pentecost will offer an opportunity to spend more time with God and listen to how God as at work in the everyday lives of those taking part.

www.jesuitinstitute.org/events/online-individually-guided-retreat--pentecost

Encountering Jesus in the Gospels: how to lead groups in reflective prayer

Tuesday evenings, April to June 2026, online
Join us for a short online formation course building the skills and confidence needed to hold and guide groups of those who wish to deepen their relationship with Jesus, in conversation with others, through reflectively praying with gospel texts.

www.jesuitinstitute.org/events/encountering-jesus-in-the-gospels

A Retreat in Daily Life for Chaplains

Sunday 10 - Friday 15 May 2026

An online retreat in daily life drawing on the Ignatian tradition for Christian Chaplains (voluntary or paid) who work in a variety of contexts: schools, hospitals, universities, and elsewhere. It will provide an opportunity for chaplains to take stock of their ministry and to deepen and refresh their relationship with God.

www.jesuitinstitute.org/events/a-retreat-in-daily-life-for-chaplains-3

LORETO SPIRITUALITY CENTRE, LLANDUDNO

Preached Retreats

1 - 8 June: Encountering the Disturbing Freshness of Jesus Led by Fr. Eamonn Mulcahy CSSp

29 June - 6 July: Walking with Jesus Led by Fr. Roderick Strange

Individually Guided Retreats (any number of days from 3 to 8)

20 -29 April: Anne Farren CJ and Josette Zammit-Mangion CJ

22 - 29 June: 6 Day Individually Guided Retreat Fr. Paul Daly and Josette Zammit-Mangion CJ

15 - 22 July 6 Day Individually Guided Retreat Fr. Brian O'Leary SJ and Una Coogan CJ

Holy Week

1 - 5 April: Led by: Michael Barnes SJ and The Loreto Centre Team. An opportunity to celebrate the Holy Week liturgies in the context of a prayerful retreat.

Living Theology Summer School

10 - 13 July Living Theology: A Summer School in Christian Faith

Themed Retreats

8 - 11 May: The 'I' in Retirement Identity and Change in the Second Half of Life Dominique D'Arcy and Jan Berry

15 -17 May: Making the most of your Singing Voice in Prayer and Praise Geraldine Cassidy

30 Day Spiritual Exercises

Full Spiritual Exercises (30 Day Retreat or can be made in daily life)

Ongoing Spiritual Direction

Spiritual direction is available on a long-term basis.

Contact: www.loretocentre.org.uk

Directors' News 2

ALTON DAY OF RENEWAL (ADoRe)

25 April: Surrender to Love

Speaker: Geoff Poulter

Our faith is a way of life; worshipping God because we love him. 'God is Spirit, so those who worship him must worship in spirit and in truth' (John 4:24) In-person all-day meeting at St. Joseph's Church, Christchurch

23 May (Zoom meeting): The Gifts and Fruit of Love

Speaker; Dr Maria Heath

The Holy Spirit empowers us to be "other Christs".
"You will receive power when the Holy Spirit comes on you; and you will be my witnesses ... to the ends of the earth." (Acts 1:8)

27 June (Zoom meeting): Love One Another

Speaker: Jenny Baker

Being a disciple of Jesus in the modern world. *"By this everyone will know that you are my disciples, if you love one another."* (John 13:35)

25 July (Zoom meeting): His Banner Over Us is Love

Speaker: Russ Fairman

Responding to God's invitation to His heavenly banquet. *"Let him lead me to the banquet hall, and let his banner over me be love"* (Song of Solomon 2:4)

Contact: www.altonrenewal.org



HOUSE OF PRAYER, East Molesey

The Call of Ecological Conversion

28 March: 10.00am - 4.00pm

Sr. M.A. Francalanza fcl

Holy Week: Individually Guided Retreat

31 March: 6.00pm - 2 April, 3.00pm

Led by House of Prayer Team

Let Him Easter In Us

25 April: 10.00am - 4.00pm

Longing for God: Individually Guided Retreat

1 May: 7.00pm - 3 May, 3.00pm

Led by House of Prayer Team

Contemplative Art

7, 14, 21, 28 May, 4, 11 June: 10.00am - 1.00pm

Led by Cari Bridgen

The Flame of Sacred Love: Exploring the Gift of the Holy Spirit

15 May: 7.00pm - 17 May, 3.00pm

Led by Alison MacTier

When the Saints Go Marching In

30 May: 10.00am - 4.00pm

Led by Anne Booth

Longing for God: Individually Guided Retreat

5 June: 7.00pm - 7 June, 3.00pm

Led by House of Prayer Team

Present Tents

19 June: 7.00pm - 21 June, 3.00pm

Led by Mary Chamberlin

John of the Cross - Our Spiritual Guide on Path to Union with God

27 June: 10.00am - 4.00pm

Led by Audrey Hamilton

Directors' News 3

Going Deeper: 6 Day Individually Guided Retreat

3 July, 7.00pm - 10 July, 10.00am

Led by House of Prayer Team

How to live a life without worry in a worrying world: a showing of Love in troubled times. The mysticism of Julian of Norwich

17 July, 7.00pm - 19 July, 3.00pm

Led by Dr Stefan Gillow Reynolds

Staying Sane in Unsure Times

25 July, 10.00am - 4.00pm

Led by Simon Park

www.christian-retreat.org

DOUAI ABBEY, WOOLHAMPTON

Awakening to the Mystery of God in the Scriptures, in our environment and each other

28 March

Led by Peter Bowe OSB and Martin Webb

Holy Week Retreat for Young People

2 – 5 April: Reserved for Young Adults

Life's Fragility: Reflecting on the reality of loss, ageing, sickness and death

25 April: Led by Clare Carlisle and John Cottingham

www.douaiabbey.org.uk

LONDON CENTRE FOR SPIRITUAL DIRECTION

Ignatian Wisdom for the Journey: Practices for Desire, Discernment and Deep Encounter

10 April: 10.00am - 3.00pm

Led by Dr Jason Clark

Sacred Pathways: Renewing Your Practice, Voice and Vision

13 April: 6.30pm - 9.00pm

Refresher Course for Spiritual Directors

14 April, 6.00pm - 7.00pm

Members Event – Remade in the Making – A Creative Workshop

25 April: Led by Cath Butler

Spiritual Direction and the Climate Crisis: Best Friends or Uneasy Bedfellow?

1 May: 10.00am - 3.00pm

Led by Nick Tatchell

Refresher Course for Spiritual Directors

12 May: 6.00pm - 7.00pm

Encounter Open Evening

13 May: 6.00pm - 7.30pm

Exploring Spiritual Direction: What It Is and How to

18 May: 7.00pm - 8.00pm

Exploring Dementia Together: Head to Heart

5 June: 10.00am - 3.00pm

Led by Sarah Thorpe

Safeguarding Bolt-On

8 June 8th: 6.00pm - 9.00pm

Led by Rev Beki Rogers

Refresher Course for Spiritual Directors

9 June: 6.00pm - 7.00pm

30 June: 6.00pm - 7.00pm

Holding the Whole Self: Anger, Grief and Strong Emotion in Direction

3 July: 10.00am - 3.00pm

Led by Celia Harrison

Exploring Spiritual Direction: What It Is and How to Begin

7 July: 7.00pm - 8.00pm

www.lcsd.org.uk/events

Events, Retreats and Resources

BENEDICTINE

Douai Abbey, Upper Woolhampton, Reading
English Benedictine Congregation under
the Patronage of Saint Edmund, King & Martyr.
www.douaiabbey.org.uk

Quarr Abbey, Ryde, Isle of Wight
A Catholic Benedictine Monastery that offers
hospitality and a range of activities and events.
www.quarrabbey.org

Worth Abbey, Crawley, East Sussex
An English Benedictine Monastery. The '*Open Cloister*'
is the Abbey's programme of weekend and mid-week
retreats, open to both men and women. The Retreat
Centre brochure is available online.
www.worth.net

**The Lay Community of St. Benedict (LCSB)
Lay Benedictines**
The Lay Community of St. Benedict (LCSB) is dedicated
to the Gospel and the spirituality of St. Benedict.
Members are married, single, men or women, young
and old. Includes lay people and those called to
religious ministry. For daily prayer times click on
www.lcsb.uk

CARMELITE

**Carmelite - Order of Discalced
Carmelites UK, Carmelite Spirituality Centre,
Carmelite Priory - Boars Hill, Oxford**
Provides an extensive range of resources such as
online talks and retreats, lectures, courses, such as
the *Living Prayer course - a course in contemplative
prayer and living*.
www.carmelite.uk.net

JESUIT

**London Centre for Ignatian Spirituality
Mount Street Jesuit Centre**
www.londonjesuitcentre.org

St. Beuno's Jesuit Spirituality Centre, North Wales
St. Beuno's provides a wide range of Individually
Guided Retreats including online, themed retreats
and training courses, such as *Retreat Giving and
Spiritual Guidance*. It provides courses in Spiritual
Direction, Spiritual Accompaniment, and Prayer
Guiding.
www.beunos.com
01745 583444

London Centre for Spiritual Direction
LCSD is an international centre, based in London. It
works to connect people with a spiritual director,
train spiritual directors and provide ongoing
development.
www.lcsd.org.uk



Sarum College, Salisbury

Sarum College is an ecumenical Christian institution. It offers a range of day courses, short courses, modules and postgraduate study, such as MA Christian Spirituality. Examples of courses and modules include Foundations and Forms of Christian Spirituality, Spirituality, Health and Wellbeing, Spiritual Development in Context. A two-year programme in Spiritual Direction offers a balanced learning environment, blending personal and spiritual formation with skills development.

www.sarum.ac.uk

Wisdom Centre Retreat and Conference Centre, Romsey

The Wisdom Centre offers a wide range of day retreats, activities and events.

www.wisdomhouseromsey.org.uk

Catholic Spirituality Network

Promotes the awareness of retreats and helps people develop their own spiritual life within the Catholic community. It is one of the denominational member groups of the Retreat Association.

www.csn.retreats.org.uk

PRAYER RESOURCES

Centre for Action and Contemplation

Daily meditations and online courses.

www.cac.org

Magnificat

The Magnificat is a spiritual guide to help you develop your prayer life, grow in your spiritual life, find a way to a more profound love for Christ, and participate in the holy Mass with greater fervour.

us.magnificat.net/home/discover





Dear Spirituality News

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spiritualitynewsletter@portsmouthdiocese.org.uk

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spiritualdirectorsnetwork@portsmouthdiocese.org.uk

**Catholic Diocese of Portsmouth
Spiritual Formation Team**

