Daughters of Wisdom

Finding Peace Within the Storm

A Day of Silence to Still the Mind

Outreach of meditatio
The World Community for Christian Meditation

Wisdom CENTRE

We create space for people. . . space to meet, space to reflect, space to talk, space simply to be. At the heart of this is hospitality rooted in the tradition and spirit of the Daughters of Wisdom. Our flame logo gives expression to these roots: the warmth of hospitality, the light of the Spirit, the spiral path to Wisdom.

Wisdom Centre

Wisdom Centre is a ministry of the Daughters of Wisdom, an international Congregation of religious women. They offer the Centre at Wisdom House to people of all faiths and none as a sanctuary of peace and tranquillity in a hectic and stressful world.



Wisdom Centre
Romsey
Hampshire
SO51 8EL
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk

www.wisdomhouseromsey.co.uk

Finding Peace Within the Storm

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Saturday 28th April 2018

10am—4pm
Tea and Coffee available from 9.30am
Suggested Offering—£29 to include refreshments, lunch and afternoon tea.







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This 'silent' day will include space for meditators to reflect and will include short talks, readings and music. Space for creativity will also be provided as will a beautiful garden with a meditation labyrinth. The environment at Wisdom Centre in Romsey is absolutely stunning. The Daughters of Wisdom are an active Congregation of religious women who live within the grounds. The DOW envisaged Wisdom Centre, a former Convent building, and its peaceful surroundings.
The day will not be overly structured. Refreshments will be available throughout the day and there will be a break for a simple community lunch which is included.

Outline of Programme:

9.30-10.00 Arrivals and coffee.

10.00-12.30 Introductions and quiet time with optional short talks and group silent meditation.

12.30-1.30 Lunch

1.30-3.30 Group silence, and options to explore creative silence and Wisdom Centre's indoor and outdoor contemplative spaces including the labyrinth.

3.30-4.00 End the day together with tea and cakes

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Julie Sinclaire is a Psychiatrist working with addiction. **Sally Walters,** is a therapist and WCCM National Co-ordinator for Mental Health. Julie and Sally will facilitate the day.

The World Community for Christian Meditation (WCCM) is a global contemplative family, developed from the desert tradition of early Christianity. In 1975 **John Main**, a **Benedictine** monk (1926-1982), started a Christian Meditation Centre in London, and meditation groups.

Wisdom Centre is set in beautiful gardens, including a Labyrinth, which you will be able to enjoy during your day. (Large umbrellas are available if the day is wet!)

The emphasis at the Centre is on welcome and hospitality. The building itself is spacious, warm and comfortable with an airy Conference/ Meeting Room, Quiet Room, Sitting Room and a Creative Room. Each room offers something to help you relax and make the most of your time with us.

Wisdom Centre is entirely non-profit making. Our suggested offering of £29 includes materials, refreshments and lunch.*

Please advise us of any special dietary requirements.

*Note we are unable to refund payments unless more than 7 days notice of cancellation is given.





Finding Peace Within the Storm

Name .....

Address .....

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.....

.....

Telephone .....

E-mail .....

I would like to attend the

'Finding Peace Within the Storm' Day

Special Dietary RequirementsYes ☐ No ☐

Details .....

am happy to be included in your mailing list (We only send relevant information)

☐

Have you been to Wisdom Centre before?

Yes ☐ No ☐

I enclose a cheque, payable to Wisdom Centre for £29—BACs payment on request

Please return payment and form to :
Wisdom Centre, Romsey
Hampshire
SO51 8EL
Or telephone or e-mail — details overleaf.