Daughters of Wisdom

Humble Heart; Noble Heart

St. Benedict's Guide to Humility, Wisdom, Strength and Peace

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

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Saturday 16th June 2018

10am—4pm

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







Wisdom CENTRE

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Benedict's Guide to Humility, Wisdom, Strength and Peace

Using the Wisdom of St. Benedict and his steps of Humility we learn how Benedict taught his communities to develop the genuine strength, confidence and acceptance needed to live a happy life.

Benedict teaches that humility is the path to human greatness and flourishing. To have a humble heart is to have a noble heart. Humility is where our real strength lies. The Rule by Saint Benedict is medieval, and its most passionate advocates are cloistered monks and nuns. How then does this ancient wisdom translate into advice for ordinary people who often feel 'last,' With humility comes the Wisdom cope with life's difficulties and contentment with the gifts and limitations inherent in ourselves, others and our circumstances.

Outline of Programme:

9.30-10.00 Arrivals and coffee.

10.00-12.30 Introductions opening prayers and outline of Benedict's teaching. The morning will include two sessions with contemplation

12.30-1.30 Lunch

1.30-3.30 Time together and time alone with options to explore creative work and Wisdom Centre's indoor and outdoor spaces including the labyrinth.

3.30-4.00 End the day together with tea and cakes

Fiona Jenvey is the spirituality programme leader at Wisdom Centre, and attached to Romsey Abbey as an 'Ordinand' in Pioneer Ministry. Fiona is just completing an MA in Christian Spirituality and is especially interested in Medieval Benedictine Spirituality, and its transmission through the 'Wisdom' of Benedictine, Cistercian and religious communities today who have fostered an atmosphere of ecumenism, and inter-spirituality 'without borders.'

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.





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Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend Benedict's Guide to Humility.

Special Dietary RequirementsYes ☐ No ☐

Details .....

I 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.