Daughters of Wisdom

Ignatian Spirituality: A Journey of Quiet Contemplation in the Ignatian Tradition

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

Ignatian Spirituality

A Journey of Quiet Contemplation in the Ignatian Tradition



Saturday 11th August 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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Ignatian Spirituality offers to those of us who live busy lives a way to God. It helps us find our own appropriate way to mental prayer, to finding God in all things and in an active life in the world and the church. It gives us tools for discerning what God wishes us to do and be.
The day will be one of exploration and challenge as the joys and affirmation of Ignatian Spirituality are unfolded
There will be individual contemplative meditations available for use in the Centre facilities but also creative meditations in the Art Room and for the labyrinth. Books will also be available

Outline of Programme:

9.30-10.00 Arrivals and coffee

10am-12.30 A spiritual journey with St Ignatius of Loyola. Exploring Ignatian Spirituality with Individual reflective time and time for coffee.

12.30-1.30 Lunch

1.30-3.30 Exploring the unique features of Ignatian Spirituality with Individual reflection time and time for coffee

3.30-4.00 End the day together with tea and cakes

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Cis Delmege

Cis Delmege is an experienced Ignatian Spiritual Director. Cis co-leads an Ignatian Spiritual Direction course and is a member of the Portsmouth Diocesan Spirituality team. Cis discovered Ignatian Spirituality many years ago and is constantly fed and surprised by this Spirituality.

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 Ignatian Spirituality: A Journey of Quiet Contemplation in the Ignatian Tradition

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

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