Daughters of Wisdom

# A Quiet Day

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. We 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
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www.wisdomhouseromsey.co.uk


# A Quiet Day

## A Day to enjoy the peaceful ambience of Wisdom Centre With Meditation



## Saturday 13th April 2019

**10am—4pm**

**Tea and Coffee available from 9.30am**
**Suggested Offering—£30 to include refreshments, lunch and afternoon tea.**







Wisdom CENTRE

# A Quiet Day

Visitors to Wisdom Centre remark on our peaceful ambience. Today is a chance to enjoy this unique space without the intrusion of a particular theme. Instead we take the day as it comes with plenty of time to enjoy the inside and outside spaces, spiritual library and craft room.

There will be introductory meditations and thoughtful readings provided for reflection. This is a day for those who need to recharge their spiritual batteries, spend time exploring our library of spiritual books or connect to the spirit through creativity. As always we will provide a simple nutritious lunch and a delicious selection of cakes.

**Outline of Programme:**

**9.30-10.00** Arrivals and coffee.

10.00-11.15 Meditation on the spiritual value of quiet.

**11.15-11.45** Coffee

**11.45-12.30** Reflections using the Wisdom of popular Christian writings

**12.30-1.30** Lunch

**1.30-3.30** Short meditation followed by personal; reflection through meditation, prayer, outdoor spaces, reading or arts/ crafts

**3.30-4.00** End the day together with tea and cakes and sharing the experiences of the day.

**Fiona Jenvey** is the spirituality programme leader at Wisdom Centre and previously worked in the creative industries. Fiona is attached to Romsey Abbey as an 'Ordinand' in Pioneer Ministry and has recently completed an MA in Christian Spirituality. Fiona is especially interested in Benedictine Spirituality, Mindfulness, Christian Contemplation and Meditation.

**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 £30 includes materials, refreshments and lunch.*

*Please advise us of any special dietary requirements which we will do our best to accommodate. Those with severe allergies please be advised that our food is prepared in an environment were nuts and other common allergens are present.

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





# A Quiet Day

Name .....

Address .....

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Telephone .....

E-mail .....

**I would like to attend 'A Quiet Day' 13th April 2019**

Lunch is provided and is vegetarian, do you require: Gluten Free ☐ Dairy Free ☐

Other

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Please note our food is prepared in an environment which handles nuts and other common allergens.

Yes ☐ I am happy to be contacted by phone/ email about this and similar events at Wisdom Centre.

Have you been to Wisdom Centre before?

Yes ☐ No ☐

I enclose a cheque, payable to Wisdom Centre for £30We are also able to accept credit/ debit card and BACs payment on request

*Please return payment and form to :*
Wisdom Centre, Romsey, Hampshire, SO51 8EL
Tel: 01794 830206
email: reception@wisdomhouseromsey.co.uk