Daughters of Wisdom

The Gift of Years

The meaning of life for those growing older

We create space for all people of good will, 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 all people of good will 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

Gift of Years Group

A bi-monthly group for those interested in Spirituality and ageing



Next Session:
Thursday 28th November 2019

10.30am—12noon
Tea and Coffee available.
Donations Welcome





Wisdom CENTRE

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This bi-monthly group is a development of 'the gift of years' day in August 19. It was felt that a continuation was needed and that the bi-monthly sessions should be opened up to the whole community. Everyone is welcome

During the day together in August 2019 we explored two aspects of Ageing, that of **Regret** and **Meaning**.

From Joan Chittister OSB we read:

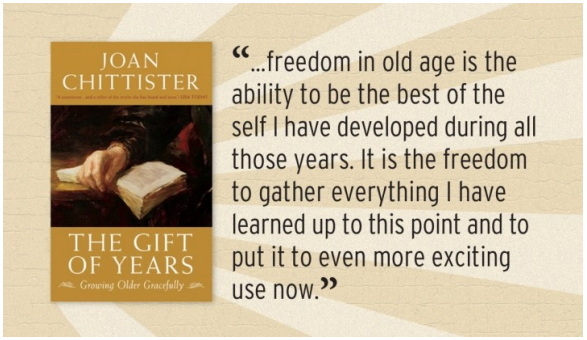
"The **burden of regret** is that, unless we come to understand the value of the choices we made in the past, we may fail to see the gifts they have brought us.

The **blessing of regret** brings us, if we are willing to face it head on, to the pains of being present to this new time of life in an entirely new way. It urges us on to continue becoming.

The **burden of meaning** is difficulty of finding purpose or value in past, present or future life stages.

The **blessing o**f **meaning** brings us, when we feel ready to face it the gift of being and the simplicity of life lived in this moment. This is the life of the wise sage to know and to taste and usually used to describe an elder respected for wisdom, experience, and judgment..

Sr Marie Turner DW and Fiona Jenvey, the Manager of Wisdom Centre, will animate the session.



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. We do appreciate donation towards the upkeep of the Centre.

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Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend The Gift of Years Follow up (no charge) Yes ☐

I am happy to be included in your mailing list (*Details of our Data Privacy Policy for GDPR are available on our website or from Wisdom Centre Reception*) ☐

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