Daughters of Wisdom

The Twelve Step Programme as a Contemplative Way of Life

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
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk

www.wisdomhouseromsey.org.uk

Twelve-Step Spirituality

The Twelve Step Programme as a Contemplative Way of Life



Saturday 25th January 2020

10am—4pm

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







Wisdom CENTRE
—Wisdom Centre Warmly Welcomes You—

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Contemplative writers in the Monastic/ Friar tradition such as Thomas Keating, Richard Rohr and Joan Chittester have written about the self compassion and discipline of life necessary for recovery. To attend this day there is no need to speak about your own experience. Twelve Steps, originally a spiritual programme for alcoholics has been adapted for families affected by addiction and a whole range of addictions including: Narcotics, debtors, gamblers, gaming, overeaters and co-dependents, adult children of addicts, sex and love addicts and more.

The 12 Steps are simple steps to freedom from egoism, brokenness, acquisitiveness, materialism and control. The messages in the 12 steps can free us from dependence on people, places and things towards a dependence on God.

This day will focus of steps 1-3 and time will be given for prayer, contemplation and meditation. There is space for creative expression, confidential conversations and a labyrinth.

Programme:

9.30-10.00 Arrivals and coffee

10.00-12.30 The Steps (1)

12.30-1.30 Lunch

1.30-3.30 The Steps (2 and 3) with meditation.

3.30-4.00 End with tea and cakes

Jude Maleski with Fiona Jenvey

Jude is a fully qualified and experienced Psychotherapist and Counsellor with a particular interest in Christian approaches to addiction and Twelve Step. Fiona has studied the steps of the monastic tradition for her MA and is the manager of Wisdom Centre

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.







The Twelve Step Programme as a Contemplative Way of Life

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend The Twelve Step Programme as a Contemplative Way of Life on Saturday 25th January 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 ☐

Please call to pay by credit/ debit card, or return form with cheque/ cash payable to Wisdom Centre

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