Wisdom Centre

A Ministry of the Daughters of Wisdom

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.

For more information:

Tel: 01794 830206 or email: reception@wisdomhouseromsey.co.uk

www.wisdomhouseromsey.org.uk

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.

Wisdom Centre is Covid-Secure. All our seating areas are screened. We rigorously follow Covid-Safe cleaning procedures.



Wisdom Centre
Romsey, Hampshire
SO51 8EL
Tel: 01794 830206

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Twelve Step

As a Contemplative Way of Life (Steps 10-12)



Saturday 14th January 2023

10am—4pm
Tea and Coffee available from 9.30am
Suggested Offering—£33 to include refreshments, lunch and afternoon tea





Wisdom CENTRE

Twelve Step as a Contemplative Way of Life (Steps 10-12)

Overcoming addictive/ compulsive behaviours involves developing the humility of heart to accept life's challenges. Perhaps you struggle with addiction/ compulsion yourself? Contemplative writers in the Monastic tradition, Thomas Keating, Richard Rohr and Joan Chittister have written about the self-compassion and discipline of life necessary for happy living. 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 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 messages in the 12 steps can free us from dependence on people, places and things towards a dependence on God.
This day will focus on steps 10-12. There is space for creativity, meditation and exploring our labyrinth.

Programme: (times may alter)	
9.30-10.00	Arrivals and coffee.
10.00-11.15	1st Session
11.15-11.30	Coffee
11.30-12.30	2nd Session
12.30-1.30	Lunch
1.30-3.15	3rd Session
3.15-4.00	Tea and sharing the day's experiences

Facilitator: Fiona Jenvey Fiona has studied the steps of the Monastic Tradition for her MA and is the manager of Wisdom Centre. Fiona also has personal experience of family issues around addiction. Fiona is a Minister in the Church of England and has a heart for the spiritual but not religious.

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 £33 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 where nuts and other common allergens are present.

*Note we require 7 days notice of cancellation and refund (Covid-19 related cancellations are an exception)





Twelve Step as a Contemplative Way of Life (Steps 10-12)

Name .....

Address .....

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.....

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Telephone .....

E-mail .....

I would like to attend —Sat 14th Jan 2023

Lunch is vegetarian, **X** box for Gluten Free ☐
Dairy Free/Vegan ☐ Other ☐

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Our dining room is Covid safe with table service

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. BACs payment on request. Alternatively please enclose a cheque, payable to Wisdom Centre for £33 – Please leave an answerphone message if we are unable to answer.

Please return payment and form to :
Wisdom Centre, Romsey, Hampshire, SO51 8EL
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk