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 follow Covid/ Virus-Safe cleaning procedures.



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

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Silent Retreat Taster Day



Saturday 20th May 2023

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







Wisdom CENTRE

Silent Retreat
Taster Day

People often feel called to silence in response to God. Silence may also help those who feel over busy, or have recently experienced change. A silent retreat is a good opportunity to press the pause button in the hustle and bustle of everyday life, and to reflect on changing circumstances in our lives. Above all else it gives us the opportunity to connect with God.

We will start with some meditation, and will explain the resources available throughout the day. These will include the labyrinth and creative prayer spaces.

The rest of the day will continue in silence, including the sharing of lunch.

There will be opportunity to speak with one of the prayer guides during the day if this is something you would like to do.

Both Pauline and Debbie, our facilitators, are part of the Breathing Space team, who are a group of ecumenical spiritual directors facilitating this day.

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

Pauline Yong: Pauline is a Spiritual Director and Supervisor of Spiritual Direction. She lives in Southampton and enjoys dancing and playful prayer.

Debbie Waldron: Debbie is a Spiritual Director and Supervisor of Spiritual Direction. She lives in Wellow on the edge of the New Forest. She enjoys the creativity of Celtic and Ignatian Spirituality and being in nature.

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)

Silent Retreat
Taster Day

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend - Sat 20th May 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