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

email: reception@wisdomhouseromsey.co.uk
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Creative Mindfulness

The tree as a symbol of personal endings and new beginnings



Saturday 4th November 2023

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





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There is no need to have any creative ability to benefit from this workshop. Working with images and words, we use this natural Autumnal 'pause' in the year's cycle as a good time to reflect on our own life, and all that we do. What would we like to leave behind, and not take forward into the coming year? What would we like to add to our life, or to nurture more?

Using mixed media, our main activity will include creating our own image of a winter tree using simple techniques. Later, adding text we will learn how to show our 'discarded' elements/ feelings/ issues as leaves falling to the earth, like leaves in the autumn. The image of the tree also shows our 'new life, our ideas/ hopes/ desires to take forward, perhaps shown as blossom blooming forth in the Spring? It may be that we may keep adding to our images of autumn and spring after this workshop, as we continue to reflect on our life during the winter months, when all is quiet on the surface, yet is teeming with unknown and unseen new life and possibilities beneath the sacred earth.

Programme: (times may alter)	
9.30-10.00	Arrivals and coffee.
10.00-12.30	1st Session
11.15-11.30	Coffee
12.30-1.30	Lunch
1.30-3.15	2nd Session
3.30-4.00	Tea and sharing the day's experiences

Facilitator: Sue Hofman, supported by Fiona Jenvey. Sue is a painter, printmaker and mixed-media artist, living and working in West Sussex. Sue also works as a workshop facilitator, where she helps people use art as an accessible means of self-expression and communication. Sue draws on earth-centred spirituality and her skills as a colour therapist.

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.





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Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend - Sat 4th November 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