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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Christian Mindfulness

For 12-Step Recovery and Mental Health



Saturday 13th January 2024

10am—4pm
Tea and Coffee available from 9.30am
Suggested Offering—£35 to include refreshments, lunch and afternoon tea





Wisdom CENTRE

Christian Mindfulness For 12-Step Recovery and Mental Health

There are many people who wish to tame and quiet the mind including those with anxiety, and those recovering from, or affected by addiction, perhaps because of addiction in the family. Quite often, the most effective way to do this is to begin of develop a meditation practice.

The Christian tradition has a long history of Mindfulness. St Augustine, St Basil and St Benedict in the 4th-6th centuries, along with Contemporary practitioners who draw on Buddhism including Thomas Keating, Henri Nouwen and Richard Rohr.

Meditation for addiction recovery is often overlooked, yet is a critical aspect of healing. Likewise, if you have been affected by addiction in close relationships, you may feel your reality has been distorted. You may feel overwhelmed by a fear of the future or encounter painful triggering memories of the past. By practicing mindful meditation we control the mind's impulses and we anchor ourselves to the present. This power exists in meditation.

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 is programme manager at Wisdom Centre, an ordained Anglican Minister and Friend of Wisdom. Before working at Wisdom Centre, Fiona was a commercial artist. Fiona is interested in the Wisdom tradition, monastic and missional communities, arts, crafts, design, gardening, and her family.

Wisdom Centre is set in beautiful gardens, including a Labyrinth bordering by the River Test. We are just across the road from Romsey Abbey and a short walk to the town and Memorial Park.
The emphasis at the Centre is on welcome and hospitality. The building itself is spacious, and comfortable with an airy Conference Room, Quiet Room, Sitting Room and a Creative Room. Each room has a distinct ambience of quiet, relaxation, prayer, hospitality, creativity and learning.

Wisdom Centre is entirely non-profit making. **Our suggested offering of £35 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. We are happy to transfer your payment to a future event.





Christian Mindfulness For 12-Step Recovery and Mental Health

Name .....

Address .....

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.....

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Telephone .....

E-mail .....

I would like to attend - Sat 13th Jan 2024

Lunch is vegetarian, **X** box for Gluten Free ☐ Dairy Free/Vegan ☐ Diabetic (low sugar) ☐ Other ☐

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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 the Congregation of the Daughters of Wisdom for £35 – 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