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
Romsey, Hampshire
SO51 8EL
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk
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Kindfulness:

A day on the importance of Self Compassion



Saturday 18th May 2024

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







Wisdom CENTRE

Kindfulness:
A day on the importance of Self Compassion

The kindfulness concept weaves together teachings from Christianity, Buddhism, and Western Psychology. Kindfulness is the intentional practice of mindful compassion and loving kindness, central aspects of Buddhism, and likewise, the Christian tradition. It is a generous orientation of our hearts toward other people in 'agape' love, irrespective of their actions or attitudes.
Compassion begins with ourselves and leads naturally towards compassion towards others. We need to gain a greater sense of self compassion before we can become a more kindful person, pouring loving kindness out into the world in a life of action, through compassionate outreach and orientation.

Come to this day to discover practices to help increase your sense and understanding of kindfulness for yourself and others.

Programme: (times may alter) During this facilitated session there will be time for personal reflection, sharing and activities.	
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: David Cole: David Cole presents the Contemplative and Mystic tradition, and ancient 'Celtic' Christianity in an inclusive way. For David the Divine is in every moment and in every created thing, an understanding which is peace for those seeking to live everyday in and with the Divine Presence.

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.





Kindfulness:
A day on the importance of Self Compassion

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend - Sat 18th May 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