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.

Safeguarding: The Congregation of the Daughters of Wisdom is committed to promoting and implementing the safety and wellbeing of children and adults. We start from the principle that each child and each adult has a right to expect the highest level of care and protection, love, encouragement and respect..



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

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Creative Mindfulness

The Coming of the Light: A Personal Journey of Hope



Saturday 11th January 2025

10am—4pm
Tea and Coffee available from 9.30am
Suggested Offering—£37 to include refreshments, lunch and afternoon tea





Wisdom CENTRE

Creative Mindfulness
The Coming of the Light: A Personal Journey of Hope

The 'Festival of Light', Imbolc, or Candlemas is celebrated in the Pagan and later, Christian traditions, falling exactly 40 days after Christmas and halfway between the winter solstice and the spring equinox.

Without the need for creative ability, we work with images and words, using the metaphor of 'light' to create images that inspire a personal future that is live giving and full of hope as we lead up to Imbolc/ Candlemas in early February.

Using mixed media, our main activity will include creating a personal image of our life, or an aspect of our life experience. Brighter elements might represent what we envision for the future, whereas darker elements are what is passing away or unhelpful to our journey. Later, adding text we will integrate both our 'new' and 'discarded' elements/ feelings/ issues in the overall picture.

It may be that by the end of the day, you feel your image has been completed, or it may be a journey you continue to develop.

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 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 £37 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.





Creative Mindfulness
The Coming of the Light: A Personal Journey of Hope

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend - Sat 11th January 2025

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 £37 – 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