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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Into The Silent Land:

Reflections on the Traditions of Meditation



Saturday 21st February 2026

10am—4pm

Tea and Coffee available from 9.30am
Suggested Offering—£38 to include refreshments, lunch and afternoon tea







Wisdom CENTRE

Into the Silent Land

We have borrowed the title of a book by Martin Laird to describe this day. Aimed at complete beginners and more experienced practitioners, we explore diverse traditions found within meditation and contemplative practice including wisdom from Buddhist, Sufi, Celtic and other traditions.

Facilitated by leaders from the two meditation groups meeting at Wisdom Centre, we share how sacred breath, silence, music, poetry and other words can inform our practice and how meditation (although not a form of therapy), can offer a respite from busyness, disquiet and emotional struggles for many of us

We begin with the role of breath in the spiritual life, the nature of awareness, inner silence and connection with the sacred. We explore how a "prayer word" is used in some traditions to still the mind. We also develop our understanding of contemplation using readings, poetry and music.

Our programme will begin with arrivals from **9.30 for coffee** with a 10am start. **Lunch will be available from 12.30**. Refreshments will be available all day. We will serve afternoon tea at about 3.30pm

We will have 4-5 taster sessions through the day. There will be a brief explanation for each and then a chance to try each practice

Facilitators:

Owain Clarke is a music therapist and student of Sufism, Owains session introduces mindful listening to music and looks at the transformative power of sound to enhance presence, relaxation, and inner awareness.

Rob Burnfield, a retired lawyer is an experienced meditator in the Buddhist and Christian traditions. Having practised Buddhism in Theravadan and Lin Chi traditions for over 30 years, Rob will introduce themes of loving-kindness, expansiveness and absence of boundaries.

Hazel Hickson is a psychotherapist. Hazel will introduce trauma informed approaches to meditation through Celtic spirituality and connecting with nature, where the sacred may be found. By opening our awareness we are able to attune to body and the senses.

Andrea Wooldridge has been a leader of Christian meditation since 1998 and since leaving paid work, devotes her time to supporting groups and charities that help the most vulnerable in our society. Andrea will explore the role of art and poetry in meditation.'

Fiona Jenvey is the manager of Wisdom Centre and has practiced meditation in the Christian and Buddhist traditions. Fiona will introduce a reflection on the Psalms of David, who, according to legend, delights God when he plays his harp

Wisdom Centre is entirely non-profit making. **Our suggested offering of £38 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)

Into the Silent Land

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend — Sat 21st February 2026 ☐

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.

Please call to pay by credit/ debit card. BACs payment on request. Alternatively please enclose a cheque, payable to Congregation of the Daughters of Wisdom for £38 – Please leave an answerphone message if we are unable to answer.

Please return payment and form to :

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email: reception@wisdomhouseromsey.co.uk