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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Silent Retreat

A day facilitated by the
Breathing Space team



Saturday 20th June 2026

10am - 4pm
Tea and Coffee available from 9.30am
Suggested Offering - £38 to include refreshments, lunch and afternoon tea





Wisdom
CENTRE

Silent Retreat

People often feel called to silence in response to God. When we find it hard to fully articulate what we wish to express, silence can often liberate us from feeling bound by words, especially for those who feel over busy, or have recently experienced change.
A silent retreat is a good opportunity to press the pause button in the hustle and bustle of everyday life, and to reflect on changing circumstances in our lives. Above all else, a silent retreat can give us the opportunity to encounter God's compassionate and unfailing Presence more deeply.

We will start with some meditation, and will explain the resources available throughout the day. These will include the labyrinth and creative prayer spaces. The rest of the day will continue in silence, including the sharing of lunch.

Both Pauline & Debbie, our facilitators, are part of the Breathing Space team, who are a group of ecumenical spiritual directors facilitating the day.

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

Debbie Waldron: Debbie is a Spiritual Director and Supervisor of Spiritual Direction. She lives in Wellow on the edge of the New Forest. She enjoys the creativity of Celtic and Ignatian Spirituality and being in nature.

Pauline Yong: Pauline is a spiritual director and supervisor of spiritual direction. She lives in Southampton and enjoys dancing and playful prayer.

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 £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. We are happy to transfer your payment to a future event.

Silent Retreat

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend - Sat 20th June 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.

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 £38 – 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