# 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.

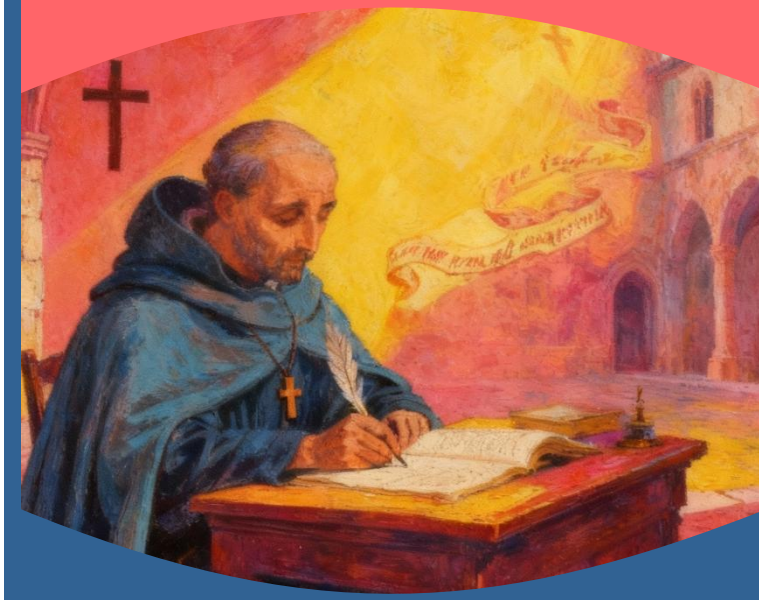


Wisdom Centre
Romsey, Hampshire
SO51 8EL
Tel: 01794 830206

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# Transformative Journey:

## The Spiritual Writings of St John of the Cross



## Saturday 4th July 2026

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





Wisdom CENTRE

# Transformative Journey

Join us for a transformative journey as we explore the spiritual writings of St. John of the Cross, focusing on his two most moving and contemplative works, *The Ascent of Mount Carmel* and *The Dark Night of the Soul*.

Whatever your spiritual understanding, or experience, this day has much to offer. St. John of the Cross writings on the growth of the soul are considered the summit of Christian mystical literature and offer profound insights into the spiritual journey of the soul and relationship with God.

Together, we will learn about the concept of the "spiritual dark night" and reflect on how feelings of disconnection and the absence of God are vital stages in spiritual growth.

The day will be spent listening to talks, and reflecting on SJC writings. We will discuss our own experiences of darkness and how these inform deeper spiritual growth. Participants will have time for contemplation and meditation, as well as opportunities to walk, sit, and express their inner energy through art.

| **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:** Martin Handy provides online and in-person spiritual counselling, psychotherapy and supervision. He is also a tutor for Chrysalis Courses, a provider of hypnotherapy and counselling diplomas. He lives in West Tytherley. He paints, meditates, writes, and loves to walk and cycle in nature.

**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.

# Transformative Journey

Name .....

Address .....

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.....

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Telephone .....

E-mail .....

**I would like to attend - Sat 4th July 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