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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A Peaceful Heart

"Nothing in all creation is so like God as stillness" – Meister Eckhart



Saturday 19th September 2026

10am—4pm

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







Wisdom CENTRE

A Peaceful Heart

"As far as you are in God, to that extent you live in peace; as far as you are not in God, to that extent you lack peace." " Meister Eckhart.

According to spiritual teachers, true peace is not found by arranging external circumstances to our liking, but by letting go of personal preferences, desires, and self seeking. When a person is completely detached, they do not prefer one thing over another (e.g., health over sickness, poverty over wealth, joy over sorrow).

The Christian theologian, Meister Eckhart taught that "perfect peace knows no preference". Over the centuries, Eckhart has influenced Buddhist teachers, philosophers and mindfulness practitioners.

Come to this day to explore the wisdom (and personal challenges) of Eckhart's teaching and his emphasis on the detachment, non-duality, and inner stillness required to transcend personal desire and judgement.

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: Fiona Jenvey is the manager at Wisdom Centre and an Anglican Priest. Fiona holds an MA in Christian Spirituality and Theology and is particularly interested in Benedictine expressions of spirituality and the Wisdom Tradition.

Wisdom Centre is set in beautiful gardens, including a Labyrinth, which you will be able to enjoy during your day.

The emphasis at the Centre is on welcome and hospitality. The building itself is spacious, warm and comfortable with an airy Conference/ Meeting Room, Quiet Room, Sitting Room and a Creative Room. Each room offers something to help you relax and make the most of your time with us.

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 (illness related cancellations may be an exception)





A Peaceful Heart

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend — Sat 19th September 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