

## HOLY SATURDAY RETREAT

Saturday 31st March, 10.00am-1.30pm



## Holy Saturday Sabbath Rest

Following the drama of Holy Week and the horror of Good Friday, everything becomes quiet on Saturday - the Jewish sabbath.

Jesus said: It is finished. The work completed and then the day of rest.

While we await the triumphant joy of Easter Day, this morning offers a space to be quiet and simply be.

There will be prayer together, reflections on 'Sabbath rest' and individual quiet time.

At the end of the morning we will share a simple lunch together.

Suggested donation: £8.

### Donations

If the cost is a barrier for any of these events, please feel free to come and give what you can.

### Mailing list

If you would like to receive details of future events by email, please subscribe to the mailing list at:

[leekparish.org.uk/churches/st-chads-house](http://leekparish.org.uk/churches/st-chads-house)

## Finding St Chad's House



Approach from Southbank St. Turn onto Westfields, opposite Leonard St. Westfields is a short (bumpy) drive which leads into Southfields and turns round to the left. St Chad's House is the third house on the left.

## Bookings

You can book on any of these events at:

[leekparish.org.uk/churches/st-chads-house](http://leekparish.org.uk/churches/st-chads-house)

or our Facebook page: [facebook.com/stchadsleek](https://facebook.com/stchadsleek)

Or contact Mike Fitzsimmons on 01538 382483 or [stchadsleek@gmail.com](mailto:stchadsleek@gmail.com)

St Chad's House,  
3 Southfields,  
Leek,  
ST13 5LR.



## Events Programme

# Spring

# 2018



Keep me  
as the apple  
of your eye;  
hide me in the  
shadow of your wings

Psalm 17: 8

## QUIET DAYS WITH PRAYER FOR HEALING

# Monthly Quiet Days

Our monthly Quiet Days are an opportunity to enjoy some quiet space with not too much structure.

Each day has a different theme, sometimes linked to the church festivals.

During the day there are three times of Celtic style prayer together with the rest of the day for individual quiet time.

The days offer space for you to spend your own time with God as well as a focus for worship.

At the end of each day there is a service of healing and wholeness and an opportunity to be prayed for if you want to.

A home-cooked lunch is provided.

Suggested donation: £10.

## Forthcoming dates:

(fourth Wednesday of each month, except†)

**Wednesday 24th January**

10.00am-3.30pm

**Wednesday 28th February**

10.00am-3.30pm

**Wednesday 21st March†**

10.00am-3.30pm

## SILENT ONE-DAY RETREAT

Saturday 17th February, 10.00am-3.30pm



# Silence in the Desert

At the beginning of Lent we may think of Jesus going into the desert following his baptism. With no company, no comforts, no distractions, he journeyed in silence, confronted by the reality of who he was.

This day is a short taste of silence and also a brief stay in the desert, taking some guidance from Christians who have been in the desert - literally or metaphorically.

The day will begin with an introduction to the silence, prayer together and some guidance on how to spend the time in silence. The whole day will then be silent until we gather for final prayers at the end of the afternoon.

We will also share a simple lunch together silently.

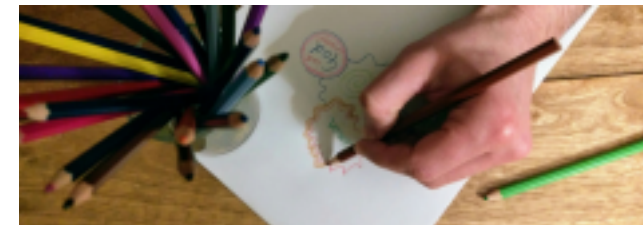
This will be a chance to sample what it's like to be in silence individually and to be sharing the silence.

It will hopefully be a good way to begin the Lent season and may shape your Lent this year.

Suggested donation: £10.

## WORKSHOP MORNING

Saturday 10th March, 10.00am-1.30pm



# Praying Without Words\*

(\*Or with very few!)

Sometimes praying can be difficult or feel impossible. When we have no words, how do we pray?

Depending on our background, our ways of praying can be exclusively word-based and we can even be afraid we are not praying 'properly' or in the 'right' words.

On this morning we will explore some practical ways of praying without words, primarily using doodling to pray without having to use sentences at all but just a pen and paper. It involves not just the mind but the body in a physical activity. And it uses creativity without needing any art skills. It's a way of praying that many people have found helpful.

If you're looking for another way of prayer to add to your vocabulary, or you are looking for a more helpful way to pray on your own, this morning is designed for you.

The morning will feature workshop sessions with space to use what we learn in personal prayer. It will be suitable for adults and older children.

Materials will be provided but feel free to bring your favourite coloured pencils or pens.

The morning will end with home-cooked lunch together.

Suggested donation is £10.