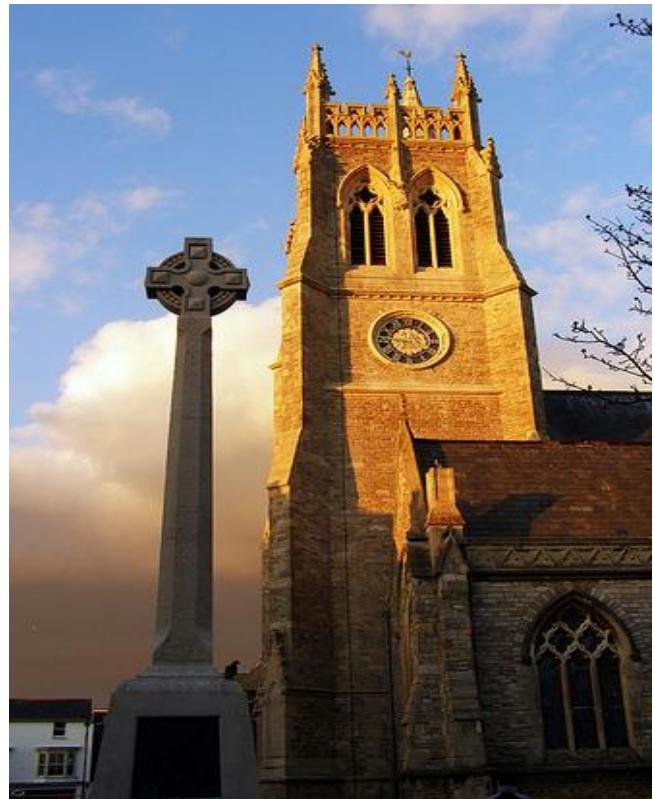


# Cathedral / Minster Spirituality Days 2011



Saturdays  
St Thomas' Cathedral  
Old Portsmouth and  
Newport Minster, IOW

Days of exploration...

# ***Diocesan Cathedral/Minster Spirituality Days 2011***



## **Welcome to our 2011 programme of Diocesan Spirituality Days**

This year's programme of 'Days of Exploration' contains a wide and exciting range of opportunities. They are designed to provide an encouraging and gentle ways into spiritual searching and learning for those for whom such activities are unfamiliar. They are also attractive and worthwhile events for those who already see themselves as travellers on a pilgrimage of faith.

The programme will again operate in the two venues of St Thomas's Cathedral in Portsmouth and at Newport Minster on the Isle of Wight. Some features that have been much welcomed in previous years, '*The Enneagram - What's it worth?*' has rolled forward from last autumn and '*Ancient Future*' is being offered again this year. Other programme items break new ground in order to extend the range of opportunity and challenge that will be available.

The list of contributors includes skilled and experienced practitioners and teachers of spirituality, from many backgrounds. We hope that everyone can find something here which will help with their looking for and learning about authentic and purposeful living.

Please use the forms at the back of the brochure to book for the days. The venues will be open for registration 15 minutes before the start and hot drinks will be provided during the morning and at lunchtime. Do please bring your own lunch. Alternatively, there are eating places in Old Portsmouth and in Newport.

**Canon David Isaac  
Head of Mission and Discipleship**

**Saturday 12 March  
Newport Minster, Isle of Wight  
10.00 am–3.30 pm**

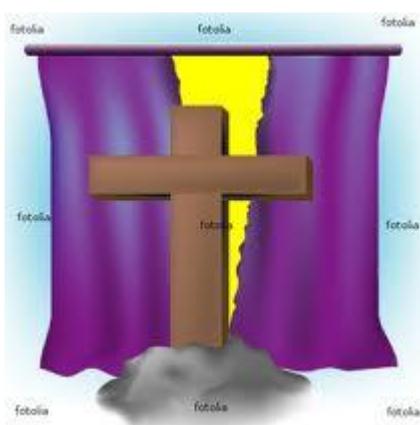
***The Cross of Contradiction - A Quiet Day for Lent***  
**Gerald Reddington**

The Palm Sunday journey of joy moves slowly to the sadness of Good Friday. What unfolds is our restoration back into the 'everlasting arms' of God. The Easter message is one of the promise again of wholeness. Jesus places the contradictions of joy and sorrow before us, when we are able to embrace both, we discover there is another state of being with God.

The three Session themes are:

*Joy: Rejoicing.* The hope which the Palm Sunday children give us is that we have to lose our preconceived ideas in order to recognize a new possibility. If we follow the Wisdom of Jesus we will discover a resolution of contradiction that will lead us to encounter God in a new way. *"Your joy is your sorrow unmasked"*\*

*Sorrow: Redemption.* The dark of Good Friday is the necessary precursor for the coming Easter Light. There is a tension between the human and the divine, both in Jesus and in us. To give meaning to the tension is essential and is disclosed in the tragedy of the Cross. *"Your pain is the breaking of the shell that encloses your understanding"*\*



*Wholeness: Reunited.* One of the most astonishing events in the record of the Crucifixion is in St Matthew's Gospel, 27v51 *"Behold, the curtain of the temple was torn in two, from top to bottom".* This is the great symbolic ending of division between God and us. We are no longer separated from God. Our relationship is healed, made whole, an astonishing gift. Some call this new life, Resurrection. *"When you love you should not say, 'God is in my heart' but rather. 'I am in the heart of God".*\* \*Quotations from Kahlil Gibran

Continued overleaf



**Gerald Reddington** says he has been lucky in life. Moving from a National Service Commission to stockbroking, he was able to combine this with a happy marriage, and voluntary work at Centrepoint, Soho, the emergency night shelter for young homeless.

Ordained at 46, he also trained to be a Group Psychotherapist, working part time in the NHS. He was Vicar of St Barnabas, Ealing before retiring to the Isle of Wight where he grew up.

Cost £7.50

**Saturday 16 April  
St Thomas' Cathedral, Old Portsmouth  
10.00 am to 3.00 pm**

***Journeying to the Cross - Diocesan  
Passiontide Quiet Day***  
**Rae Moyise**



A chance to take a day of unhurried time to notice the ways God speaks to us in our lives, and give opportunity for us to respond. There will be three led reflections exploring the journeys that both Mary and Jesus took towards the cross and how our journeys interweave with theirs.

In between the reflections will be extended periods of silence for personal prayer either in the Cathedral or, if preferred, outside, perhaps by the sea.

For those who would like it, some written material will be given to aid reflection. The day will conclude with a final gathering together as a group.



**Rae Moyise** has lived in Chichester for ten years and was involved in the setting up of the Portsmouth Spirituality Course. She leads retreats and Quiet Days, and for a number of years has accompanied individuals in their spiritual journeys. For the last three years she has worked as a Family Group Conference Facilitator bringing together families and professionals, enabling partnership between them to tackle difficult issues.

Donations are invited to the Bishop's Lent Appeal

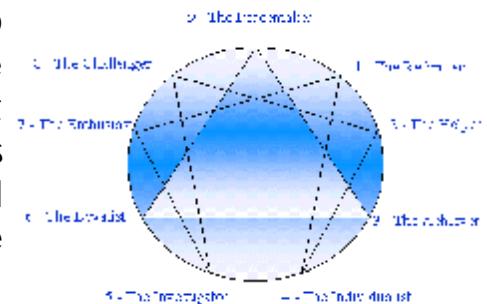
**Saturday 14th May**  
**St Thomas' Cathedral, Old Portsmouth**  
**10.00 am - 3.30 pm**

## ***The Enneagram - What's it worth?***

**Simon Parke**



The Enneagram offers a uniquely complete map of the psychological forces in us - both the healthy and the destructive. There is no aspect of life it doesn't touch on. As with all truth, its honesty is only for the courageous. But should courage be found in you, you in turn will find the Enneagram a great friend.



This day in Cathedral House and the cathedral will be given over to consideration of the Enneagram, in its various aspects and applications. Bring your questions and discoveries. It is a day both for those who know nothing, and for those who know something. No knowledge will be assumed; but all knowledge will be welcomed, deepened and stretched. Time spent by you in preparation for the day will not be time wasted. We will each bring what we can; and carry away gold.



**Simon Parke** was a priest in the Church of England for twenty years, before deciding on new adventures. He then worked in a supermarket for three years, stacking shelves, on the till, chasing thieves and chairing the shop union. He is now a freelance writer, consultant and retreat giver. He writes a weekly column for the *Daily Mail* called 'One-Minute mystic', which is also now a book. He has a weekly column in the *Church Times*, and his Enneagram book is called '*Enneagram, the world's greatest psychologist*' (Lion). Simon has been working with the Enneagram for something over twenty years; and is still learning. [www.simonparke.com](http://www.simonparke.com)

Cost £7.50

(N.B. this date is re-arranged from Sept 2010)

**Saturday 4th June**  
**St Thomas' Cathedral, Old Portsmouth**  
**10.00 am -3.30 pm**

## ***Accessible Spirituality***

### **Mark Rodel**

Common ground : sacred ground

Is there a way of approaching spirituality that resonates with people without explicit faith? Are there ways that the Christian Church can encourage and stimulate spiritual well-being among the non-religious without necessarily pressing for their conversion? Can we participate in emerging conversations around spirituality without insisting that it is conducted on our terms and yet at the same time without losing our identity?

These are some of the questions I explore in my work. I don't have the answers, but I invite you to come and share in some of my experiments. This will be an experiential day exploring the two strands of skinny ritual and spirited conversation that shape my engagement with people of all ages in a number of contexts. Those joining me for the day will I hope find refreshment and stimulation for themselves and be encouraged and enabled to share those gifts with others.



***The Revd Mark Rodel.*** Mark is the Diocese of Portsmouth's only recognised 'Ordained Pioneer Minister', though he would say that there are lots of people doing pioneering work across our diocese. Mark works in the centre of Portsmouth, looking to encourage both spiritual exploration and the emergence of new forms of Christian community. So far he has led the congregation that formerly met in St Luke's parish church in Somerstown into a new way of being church alongside residents of a tower block. He is also developing 'Pub:Faith', a weekly conversation about faith, life and spirituality in a city centre pub.

As well as that, Mark is exploring opportunities for 'happenings' in the city centre - sometimes brief, always arresting events that are designed to provoke, challenge and inspire people passing by to engage with their own spirituality. He says: 'I want to encourage Christians to follow Christ's own invitation to become guests, rather than hosts, in the world. To seek out people of peace wherever we find them and to share in the gifts of the culture around us. To recognise the Spirit in others and to speak the Word.'

Cost £7.50

**Saturday 16th July  
St Thomas's Cathedral, Old Portsmouth  
10.00 am - 3.30pm**

***The Servant's Spirituality*  
Bishop Godfrey Ashby**

The mysterious 'Suffering Servant' of so-called Second Isaiah was a powerful model for Jesus's ministry, and is well known to us in eg Handel's Messiah.

Bishop Godfrey sees this as a reworking of the first Isaiah's message of trust and hope in a later situation, that the Servant is Israel and Israel's vocation towards the world, and that this is only fully expressed in Jesus, the Church of Christ and the contemporary Christian. The day will look at applying this message to us, now.



The day will be one of input, opportunities for guided reflection and discussion, and include prayer-time and the Eucharist.



**Bishop Godfrey Ashby** is an Assistant Bishop in our Portsmouth Diocese, and an Old Testament scholar. He taught Old Testament in South Africa, at St. Paul's Theological College, Grahamstown, at The Federal Seminary at Alice, at Rhodes University, Grahamstown and at Witwatersrand, Johannesburg. In S Africa he was Bishop of St. John's Transkei, and before his move here was Assistant Bishop of Leicester, UK.

Cost: £7.50

Saturday 10<sup>th</sup> September  
St Thomas' Cathedral, Old Portsmouth  
10.00 am - 3.30 pm

## ***Ancient Future (Soaking in Scripture)***

Simon McMurtary, Harriet Lea-Banks,  
Ben Mizen, Caroline Baston

"Stand at the crossroads and look;  
ask for the ancient paths,  
ask where the good way is, and walk in it,  
and you will find rest for your souls."  
Jeremiah 6:16



This is a day to explore how some of the ancient spiritual practices such as 24 hour prayer, labyrinths, prayerful reflection on scripture (*Lectio Divina*), icons, prophetic voices have re emerged in today's multimedia world. There will be silence, space to reflect and the opportunity to practice what we explore. The day will be lead by a team of people:



**Simon McMurtary** lives in Winchester, he read Theology and trained as a Vineyard Pastor before becoming a Reader in the Church of England. He is involved with Reader training and is a novice Third Order Franciscan. He is especially interested in contemplative prayer, biblical hermeneutics and relating spirituality to today's post modern culture.

Continued overleaf



**Harriet Lea-Banks** is currently studying Engineering at Southampton University. As a student, finding God in the routine of everyday is something that she is really inspired by - much like many of the ancient monastic practises. Harriet says "Whether it's getting the bus, calculating a solution to an equation or playing Christian metal; worshipping God seems to take many different forms for me!"

**Ben Mizen** has been the Youth and Children's Work Adviser for the diocese of Portsmouth since February 2005. Prior to that he was the Youth Minister in St Albans and was responsible for leading worship and music for an evening service. He has also worked nationally for The Boys' Brigade UK, an English speaking church in the Netherlands, a local Youth For Christ centre and before all of that he was a primary school teacher. He describes himself as a "recovering charismatic seeking reflection and space to meet with God".



**Caroline Baston** is Archdeacon of the Isle of Wight, and is committed to wanting to find ways of sharing the spiritual wisdom from the past, today. She is a Third Order Franciscan; passionate about issues of social justice and helping people deepen their faith and prayer in order that all may be agents of transformation today.



Cost £7.50

**Saturday 24th September  
Newport Minster, Isle of Wight  
10.00 am - 3.30 pm**

***Pray as you are*  
Ann Leonard and Marion Syms**

A day of exploration of the riches available to help us live and pray.  
During the day we shall look at:

The influence of St Benedict with his measured discipline which helps us connect with God all through the day; the joy and spontaneity of St Francis, the use of the imagination in reading Scripture, that Ignatius taught us; the need for silence in our busy and noisy lives. The Iona Community's awareness of the need for social action and God's love for the whole world and especially for the poor.

Our day will include worship and from Iona and Taizé and time for prayer and reflection.



**Ann Leonard** is Vicar of St Peter's and St Andrew's Hayling Island. She has been an associate member of the Iona Community for 20 years and was ordained 16 years ago. She has long been interested in encouraging people to tap into our rich and diverse spiritual heritage, which has developed over the centuries and can enable us to deepen and enrich our inner lives of prayer and reflection. We can learn so much from the wisdom of Benedict, Francis and Clare, Ignatius, Teresa of Avila and many others in their different ways of praying and following Christ.

Continued overleaf

Ann enjoys the work of spiritual direction, accompanying people who wish to reflect on their faith journeys. We are all different in our personalities and our approaches to prayer. She believes that the journey of our inner life and faith is a dynamic one. It can often become more of an adventure as we get older – in, as Carl Gustav Jung called it, ‘the afternoon of life’. to my outer life. Now retired, the exploration continues as I accompany others on their faith journey and am increasingly involved with the Spirituality ‘Network’ in Portsmouth and beyond and with the Portsmouth Diocesan Link with Ghana.



**Marion Symes** – As a lay person, from school-days onward through to a long and challenging university life, I have struggled to find a flexible rhythm of prayer that could help bring a unity to my Christian discipleship and my secular life. It has been particularly within the Celtic and Monastic traditions that I found much that resonated and brought nourishment to my inner being and direction and energy to my outer life. Now retired, the exploration continues as I accompany others on their faith journey and am increasingly involved with the Spirituality ‘Network’ in Portsmouth and beyond and with the Portsmouth Diocesan Link with Ghana.

Cost £7.50

**Saturday 8th October  
St Thomas' Cathedral, Old Portsmouth**

## ***Prayer, Poetry and the Creative Spirit***

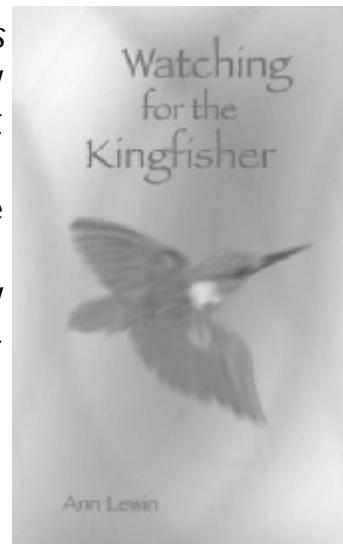
**Anne Lewin**

The day will provide the opportunity to explore how poetry and prayer both take us to space beyond words. There will be times of worship and silence, and the chance to allow the creative spirit to find its voice through us, all in the context of prayer.



**Ann Lewin** spent the major part of her working life as a secondary school teacher, (RE and English) and ended it as a Welfare Adviser for International Students at the University of Southampton. She writes, (some of her books will be available at the Quiet Day) leads Retreats and Quiet Days, and spends her leisure time enjoying bird-watching, music and the theatre, and the company of friends.

This anthology combines Ann Lewin's volumes *Candles and Kingfishers* and *Flashes of Brightness* with some new material. The reader will find a wealth of spiritual insight relating to life events as well as the search for God, whether familiar with Ann's poetry or coming to it for the first time. In his forward The Right Revd Graham Jones, Bishop of Norwich states: 'She helps illuminate reality with new shafts of light'. This is a book to be recommended. It would make a good gift.



Cost £7.50

## Days of exploration...

If you would like to take part in any (or all) of these days, please complete the appropriate form found in the back of this booklet and return it with payment (if applicable) to Mrs Kay Lancaster at the address below.



Mrs Kay Lancaster  
First Floor, Peninsular House  
Wharf Road, Portsmouth PO2 8HB

For further details please contact Mrs K Lancaster: 023 9289 9656  
or email [kay.lancaster@portsmouth.anglican.org](mailto:kay.lancaster@portsmouth.anglican.org)

## Registration form—Saturday 12th March 2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

I enclose a cheque made payable to 'PDBF' for £7.50

### Data Protection Act 1998

-this information will be retained on computer and paper solely for the purpose of this course and informing you of other courses.

I agree to this information being held for the above purposes.

If you do not wish to be informed about other courses run by the diocese please tick the box

Please return this form by Friday 25th February

## Registration form—Saturday 16th April 2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

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Donations invited on the day to the Bishop's Lent Appeal

Please return this form by Friday 1st April

## Registration form—Saturday 14th May 2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

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If you do not wish to be informed about other courses run by the diocese please tick the box

Please return this form by **Friday 6th May**

## Registration form—Saturday 4th June 2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

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I agree to this information being held for the above purposes.

If you do not wish to be informed about other courses run by the diocese please tick the box

Please return this form by **Friday 21st May**

## Registration form—Saturday 16th July 2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

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Please return this form by **Friday 8th July**

## Registration form—Saturday 10th September 2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

I enclose a cheque made payable to 'PDBF' for £7.50

### **Protection Act 1998**

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If you do not wish to be informed about other courses run by the diocese please tick the box

Please return this form by **Friday 2nd September**

## Registration form—Saturday 24th September 2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Post code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

I enclose a cheque made payable to 'PDBF' for £7.50

### **Protection Act 1998**

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I agree to this information being held for the above purposes.

If you do not wish to be informed about other courses run by the diocese please tick the box

Please return this form by **Friday 16th September**

## Registration form—Saturday 8th October 2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Post code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

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If you do not wish to be informed about other courses run by the diocese please tick the box

Please return this form by **Friday 30th September**

notes

(Portsmouth Diocesan Board of Finance

- A company limited by guarantee
- Registered in London No. 226466
  - Charity No. 249256)