

# SPIRITUALITY DAYS 2019

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**Saturday 18 May**  
St Mary the Virgin  
Buriton

**Saturday 15 June**  
St Peter's  
Soberton

**Saturday 13 July**  
Mountbatten Hospice  
Newport

**Saturday 20 July**  
St Thomas' Cathedral,  
Old Portsmouth

**Saturday 7 September**  
St John the Baptist  
Shedfield

**Saturday 5 October**  
St John's  
Rowlands Castle

## Welcome to our 2019 Programme of Diocesan Spirituality Days

Let yourself be stretched and discover new ways of engaging with God. Step aside from the busyness of daily life and step into God's slower rhythms of peace: allow him to open your heart to his presence at a deeper level than the everyday.

This year we will again offer a mix of whole-day and morning-only events in various venues around the diocese. Do make sure you are clear about where and when your event is happening.

Please note that the day's format is up to the speaker, and they won't all be the same; some will be largely silent, some will involve group interaction.

If you are coming from the mainland to the Isle of Wight, please let us know **when you book** if you would be willing to car-share. We can't guarantee that there will be spaces available.

I hope that the variety of events we are offering will nourish your soul and ground you in God, giving you energy and joy to re-engage with your daily round and the neighbour who shows to you the face of Christ.

Revd Dr Ruth Tuschling  
Diocesan Spirituality Adviser

### Important Information

Please use the forms at the back of the brochure to book for the days.

The venues will be open for registration and coffee 30 minutes before the start, and hot drinks will be provided during the morning and at lunchtime. Please arrive in good time to have your coffee before the speaker begins and remember to bring your own lunch if it is a whole-day event.

Consider bringing extra layers to wear, as you are sitting for quite a bit of time in old stone buildings. Bring a cushion if you find church seating less than comfortable.

To comply with the new data protection legislation (GDPR), we need your explicit consent in order to hold your contact details. Please complete the data consent form attached.

We will hold your details for three years in order to send you information about spirituality events only.

**10am to 1pm on Saturday 18 May 2019**  
**(coffee from 9.30am)**  
**with Helen Mitchell**  
**Seward Room, St Mary the Virgin, Buriton GU31 5RT**

## **Christian Meditation: A Way of Silence and Stillness**

This day will be an introduction to a way of contemplative prayer as taught by the Benedictine monk John Main.

Contemplation has been described as a state of graced availability to God. At the heart of this way of prayer is silence and stillness. The essential is to let ourselves become silent and still so that we can be open to God, attentive to God, in the depths of our being. But John Main's teaching is intensely practical. First of all, he says, we need to know what to do!



Our time together will include some teaching and time for discussion, but also plenty of silence to begin to practise mediation in the Christian tradition.

### **About the Speaker:**

Revd Helen Mitchell is a self-supporting Anglican priest who lives in Petersfield and is Associate Priest at St Peter's Church. She is married to Robin and they have three grown up children. Helen is a Spiritual Director with particular interests in contemplative prayer and an Ignatian spirituality.

**Cost: £6**



**10am to 3.30pm on Saturday 15 June 2019**

**(coffee from 9.30am)**

**with Marjorie Arnold**

**Church Room, St Peter's Church, School Hill, Soberton PO32 3PF**

## **Ignatian Spirituality**

*Come to me ...*

*And rest*

*And watch how I work*

*And be refreshed*

A Quiet Day based on Matthew 11:18-30

We will be looking at these verses through Ignatian imaginative contemplations with some brief explanations of Ignatian spirituality on the way. There will be plenty of silence for you to spend time with God by yourselves - resting in Him, being with Him as He interacts with people and being refreshed in the living water of His love.



### **About the Speaker:**

Marjorie is a Licensed Lay Minister (Reader) in the Petersfield Deanery and an Ignatian trained Spiritual Director who loves being alongside people and helping them see where and how God is working in their lives. Based in Liphook, she enjoys walking in the surrounding Hampshire and Surrey countryside (and by the sea!) as well as being a great sports enthusiast. Her five young grandchildren keep her both amused and exhausted.

**Cost: £8.50**



**10am to 3.30pm on Saturday 13 July 2019**

**(coffee from 9.30am)**

**with Rosie Deedes**

**Mountbatten Hospice, Halberry Lane, Newport PO30 2ER**

## **Journeying with God through the Seasons**

In this workshop we will explore the journey of life and faith through reflections on the seasons.

We will use passages from the Bible, poetry, music and art to consider how the seasons in nature can teach us about the seasons of life. There will also be opportunities to discover our own written and artistic creative talents.

There will be plenty of space to be still and quiet, and to enjoy the environment and beautiful gardens at Mountbatten.



### **About the Speaker:**

Revd Rosie Deedes is the Spiritual Care Lead at Mountbatten, the hospice on the Isle of Wight, where she has worked full-time since 2017. She was a Prison Chaplain for 16 years and a University Chaplain for two. She is an ordained Anglican Priest and is married with three children.

**Cost: £8.50**

**10am to 1pm on Saturday 20 July 2019**

**(coffee from 9.30am)**

**with David Morgan**

**Becket Hall, Portsmouth Cathedral, St Thomas's Street,  
Old Portsmouth PO1 2HA**

## **Hymns and Spiritual Songs**

What we sing matters. The hymns and songs we sing in worship form us individually and collectively in our faith. The words can sink deep into our memories and our hearts. Our favourite hymns say something about our spiritual lives - and so do our least favourites. What about those songs and lines we can't or won't sing?

This morning is a chance to explore what God might be saying to us, and what we might be saying about God, through the words that we sing as well as those that we don't. Don't worry if you are uncertain about your own voice, no singing will be necessary. You may wish to bring a hymn book or the words of a few favourites with you; a small selection of books will also be provided.



### **About the Speaker:**

Revd David Morgan is Assistant Curate of St Faith's, Havant. Before ordination, he was a freelance musician specialising in church music, brass bands and musical theatre.

**Cost: £6**

**10am to 1pm on Saturday 7 September 2019**

**(coffee from 9.30am)**

**with Richard Wharton**

**Study Centre, St John the Baptist, Church Road, Shedfield SO32 2HY**

## **A Personal Relationship with Jesus**

If someone asked you whether you have a 'personal relationship with Jesus', how would you reply? Is this a phrase that sums up your faith or is it something that has never quite seemed a reality for you? The idea of having a 'personal relationship with Jesus' has come into such popular use within contemporary Christianity that we can tend to assume people automatically understand what it means.

On this day we will explore what it might mean for us to have a personal relationship with Jesus and how this might lead us into a transformed understanding of ourselves and our relationships with others.



### **About the Speaker:**

Revd Richard Wharton has worked as a Diocesan Schools Adviser for the past five years and is also a Curate within the Diocese. Prior to this he was a primary school Headteacher. He is particularly interested in approaches to fostering Christian spirituality with our complex and often confusing contemporary culture.

**Cost: £6**



**10am to 3.30pm on Saturday 5 October 2019**

**(coffee from 9.30am)**

**with Cis Delmege and Jenny Hogg**

**Church Hall, St John the Baptist, Redhill Road, Rowlands Castle PO9 6DF**

## **Encountering God within us and in all Things**

We invite you to a day focussed on spiritual journeying.

Our lives are composed of numerous journeys.

Today the emphasis will be reflecting on and deepening our relationship with God.



### **About the Speakers:**

Cis and Jenny are experienced Spiritual Directors and members of the Diocesan Spirituality team.

**Cost: £8.50**

## Days of Exploration...

If you would like to take part in any (or all) of these days, please complete the following three easy steps:

1. complete the appropriate booking form(s) for the days chosen (in the back of this booklet)
2. complete the Personal Data Consent Form (in the back of this booklet)
3. total payment for all days chosen **(cheques payable to Portsmouth Diocesan Board of Finance)**

then send all items to:

Mission, Discipleship & Ministry,  
Diocese of Portsmouth,  
First Floor, Peninsular House,  
Wharf Road,  
Portsmouth PO2 8HB

For further details please contact the office on 023 9289 9656 or email [mdm@portsmouth.anglican.org](mailto:mdm@portsmouth.anglican.org)

## Personal Data Consent Form (Training)

Your privacy is important to us, and we want to communicate with you in a way which has your consent, and which is in line with UK law on data protection. As a result of a change in UK law, we now need your consent to how we contact you. When making your booking of the 2019 Spirituality Days, please also complete and return the following form by filling in the contact details **you want us to use** to communicate with you:

Name: .....

Email Address: .....

Phone Number: .....

By signing this form you are confirming that you are consenting to the Diocese of Portsmouth processing your personal data for the following purposes (please tick the boxes where you grant consent):-

I consent to the Diocese of Portsmouth contacting me by ☐ phone or ☐ email.

☐ To keep me informed about news, events, activities and training provided by the Diocese of Portsmouth (*note you can unsubscribe at any time*);

Signed: ..... Date: .....

You can grant consent to all the purposes; one of the purposes or none of the purposes. Where you do not grant consent we will not be able to use your personal data; (so for example we may not be able to let you know about forthcoming training and events); except in certain limited situations, such as where required to do so by law or to protect members of the public from serious harm. You can find out more about how we use your data from our "Privacy Notice" which is available from our website and at the back of this booklet

You can withdraw or change your consent at any time by contacting [mdm@portsmouth.anglican.org](mailto:mdm@portsmouth.anglican.org). Please note that all processing of your personal data will cease once you have withdrawn consent, other than where this is required by law, but this will not affect any personal data that has already been processed prior to this point.



## Registration form - Saturday 18 May 2019

### Christian Meditation: A Way of Silence and Stillness

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

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

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_

Email (PRINT): \_\_\_\_\_

Please note that payment acknowledgement will be made by email.

I enclose completed Personal Data Consent Form and a cheque made payable to **PDBF** for £6

**Please return this form latest by Friday 19 April 2019**

## Registration form - Saturday 15 June 2019

### Ignatian Spirituality

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

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

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_

Email (PRINT): \_\_\_\_\_

Please note that payment acknowledgement will be made by email.

I enclose completed Personal Data Consent Form and a cheque made payable to **PDBF** for £8.50

**Please return this form latest by Friday 17 May 2019**

## Registration form - Saturday 13 July 2019

### Journeying with God through the Seasons

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

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

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_

Email (PRINT): \_\_\_\_\_

Please note that payment acknowledgement will be made by email.

I enclose completed Personal Data Consent Form and a cheque made payable to **PDBF** for £8.50

**Please return this form latest by Friday 14 June 2019**

## Registration form - Saturday 20 July 2019

### Hymns and Spiritual Songs

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

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

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_

Email (PRINT): \_\_\_\_\_

Please note that payment acknowledgement will be made by email.

I enclose completed Personal Data Consent Form and a cheque made payable to **PDBF** for £6

**Please return this form latest by Friday 21 June 2019**

## Registration form - Saturday 7 September 2019

### A Personal Relationship with Jesus

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

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

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_

Email (PRINT): \_\_\_\_\_

Please note that payment acknowledgement will be made by email.

I enclose completed Personal Data Consent Form and a cheque made payable to **PDBF** for £6

**Please return this form latest by Friday 9 August 2019**

## Registration form - Saturday 5 October 2019

### Encountering God within us and in all Things

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

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

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_

Email (PRINT): \_\_\_\_\_

Please note that payment acknowledgement will be made by email.

I enclose completed Personal Data Consent Form and a cheque made payable to **PDBF** for £8.50

**Please return this form latest by Friday 6 September 2019**



# DATA PRIVACY NOTICE

## 1. Your personal data - what is it?

Personal data relates to a living individual who can be identified from that data. Identification can be by the information alone or in conjunction with any other information in the data controller's possession or likely to come into such possession. The processing of personal data is governed by the General Data Protection Regulation (the "GDPR").

## 2. Who are we?

The Portsmouth Diocesan Board of Finance (PDBF) is the administrative body for the Diocese of Portsmouth and is the data controller (contact details below). This means the PDBF decides how your personal data is processed and for what purposes.

## 3. How do we process your personal data?

The PDBF complies with its obligations under the "GDPR" by keeping personal data up to date; by storing and destroying it securely; by not collecting or retaining excessive amounts of data; by protecting personal data from loss, misuse, unauthorised access and disclosure and by ensuring that appropriate technical measures are in place to protect personal data. Your electronic data is stored on a cloud based IT system based in the UK.

We use your personal data for the following purposes: -

- To enable us to provide a voluntary service for the benefit of the public in a particular geographical area as specified in our constitution;
- To administer membership records;
- To fundraise and promote the interests of the charity;
- To manage our employees and volunteers;
- To maintain our own accounts and records (including the processing of gift aid applications);
- To inform you of news, events, activities connected with PDBF;
- To share your contact details with the Diocesan office so they can keep you informed about news in the diocese and events, activities and services that will be occurring in the diocese and in which you may be interested.

## 4. What is the legal basis for processing your personal data?

- Explicit consent of the data subject so that we can keep you informed about news, events, activities and services and process your gift aid donations and keep you informed about diocesan events.
- Contractual processing is necessary for the performance of the contract to which you the data subject is party to.

#### **4. What is the legal basis for processing your personal data?**

- Explicit consent of the data subject so that we can keep you informed about news, events, activities and services and process your gift aid donations and keep you informed about diocesan events.
- Contractual processing is necessary for the performance of the contract to which you the data subject is party to.
- Processing is necessary for carrying out obligations under employment, social security or social protection law, or a collective agreement;
- Processing is carried out by a not-for-profit body with a political, philosophical, religious or trade union aim provided: -
  - the processing relates only to members or former members (or those who have regular contact with it in connection with those purposes); and
  - there is no disclosure to a third party unless there is a legal basis to do so without consent.

#### **5. Sharing your personal data**

Your personal data will be treated as strictly confidential and will only be shared with other members of the Diocese in order to carry out a service to other diocesan members (employees, clergy or lay volunteers) or for purposes connected with the diocese. We will only share your data with third parties outside of the Diocese if legally permitted to do so.

#### **6. How long do we keep your personal data?**

We keep data in accordance with the guidance set out in the guide "Keep or Bin: Care of Your Parish Records" which is available from the Church of England website [see footnote for link, the Portsmouth diocese retention Policy and legal requirements for retaining personal data.

Specifically, we retain HR data on employees while it is still current; gift aid declarations and associated paperwork for up to 6 years after the calendar year to which they relate; and proof of employment permanently.

#### **7. Your rights and your personal data**

Unless subject to an exemption under the GDPR, you have the following rights with respect to your personal data: -

- The right to request a copy of your personal data which the PDBF holds about you;
- The right to request that the PDBF corrects any personal data if it is found to be inaccurate or out of date;
- The right to request your personal data is erased where it is no longer necessary or legally required for PDBF to retain such data;
- The right to withdraw your consent where consent was given to the processing

- The right to request your personal data is erased where it is no longer necessary or legally required for PDBF to retain such data;
- The right to withdraw your consent where consent was given to the processing at any time
- The right to request that the data controller provide the data subject with his/her personal data and where possible, to transmit that data directly to another data controller, (known as the right to data portability), (where applicable) [*Only applies where the processing is based on consent or is necessary for the performance of a contract with the data subject and in either case the data controller processes the data by automated means*].
- The right, where there is a dispute in relation to the accuracy or processing of your personal data, to request a restriction is placed on further processing;
- The right to object to the processing of personal data, (where applicable) [*Only applies where processing is based on legitimate interests (or the performance of a task in the public interest/exercise of official authority); direct marketing and processing for the purposes of scientific/historical research and statistics*]
- The right to lodge a complaint with the Information Commissioners Office.

## **8. Further processing**

If we wish to use your personal data for a new purpose, not covered by this Data Protection Notice, then we will provide you with a new notice explaining this new use prior to commencing the processing and setting out the relevant purposes and processing conditions. Where and whenever necessary, we will seek your prior consent to the new processing.

## **9. Changes to our privacy policy**

We keep our privacy policy under regular review and we will place any updates on our website page. This privacy policy was last updated on 22 December 2017.