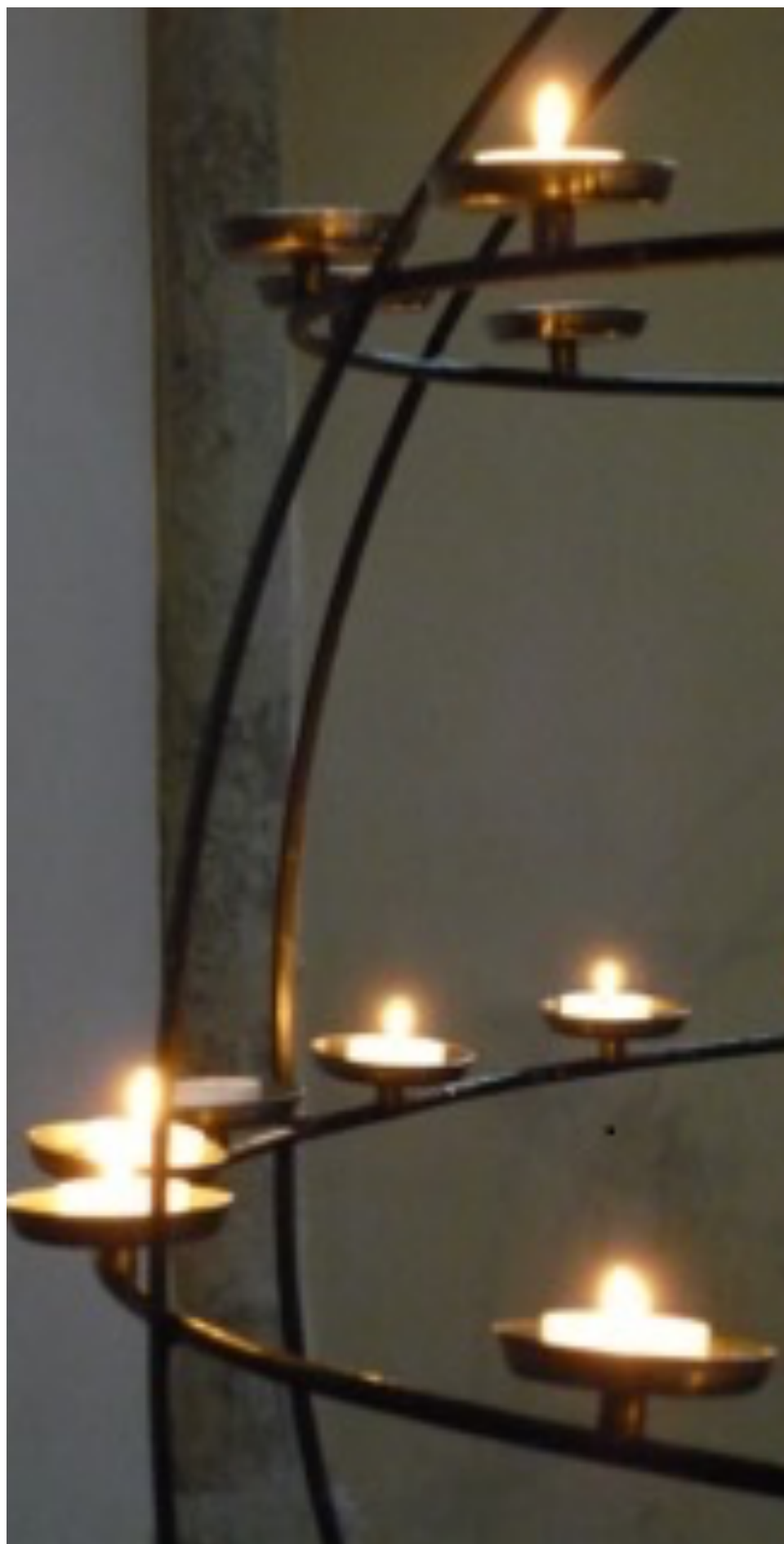


SPIRITUALITY DAYS 2020



Saturday 16 May
St John the Baptist
Shedfield

Saturday 13 June
All Saints
Catherington

Saturday 11 July
St Thomas Cathedral
Old Portsmouth

Saturday 18 July
St Helen's
Seaview

Saturday 5 September
Holy Rood
Stubbington

Saturday 3 October
All Saints
Denmead

Welcome to our 2020 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 16 May 2020

(coffee from 9.30am)

with Marion Syms

Shedfield Study Centre, St John's Lane, Church Road, Shedfield SO32 2HY

Blackbird singing in the dead of Night (Lennon & McCartney)

A contemplative May morning listening and looking.

We will allow God's creation to teach and speak to our deepest being, and to summon out what we might be.



About the Speaker:

Thrilled by glimpses of God in everyday life, Marion strove to find a flexible rhythm of prayer that could bring a unity between her Christian discipleship and her secular work in pharmacology at the University of Portsmouth. In the Celtic and Monastic traditions, she found much that resonated and brought nourishment to her inner being and energy to her outer life. Now, in retirement, the exploration continues as she accompanies others on their faith journey and teaches on the Engage programme. She also facilitates our diocesan link with Ghana.

Cost: £6

10am to 1pm on Saturday 13 June 2020

(coffee from 9.30am)

with Brenda Bayne and Peter Bone

All Saints, 330 Catherington Lane, Waterlooville PO8 0TD

The Path of Centering Prayer

Do you feel drawn to silence? Are you looking for a way to explore or deepen your relationship with God?

Firmly rooted in ancient Christian tradition and inspired by 14th century English spiritual classic, *The Cloud of Unknowing*, this session introduces Centering Prayer - a receptive method of meditation that prepares us to receive the gift of contemplation, in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. We will consider how to respond to the thoughts that inevitably arise in the silence and share a Centering Prayer 'sit' together.



About the Speakers:

A trained and experienced teacher, Brenda is a practitioner of Centering Prayer, facilitating practice groups and assisting on Centering Prayer retreats. Recently retired from her psychotherapy practice, she enjoys the space and time this affords her.

A recently trained presenter of Centering Prayer, Peter is a retired librarian from Horndean. He is a keen walker, usually with Monty the dog.

Cost: £6

10am to 3.30pm on Saturday 11 July 2020

(coffee from 9.30am)

with Angela Tilby

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

Let the Light get in

Living with Imperfection

This is a day for reflecting on the importance of our imperfections in the search for God and the journey of prayer. Leonard Cohen's famous lines provide a starting point:

Ring the bells that still can ring

Forget your perfect offering

There is a crack in everything

It's how the light gets in



The day will be divided up into talks with practical suggestions for reflection and exercises through the day.

About the Speaker:

Angela is a writer, broadcaster and teacher in church history and spirituality. A former television producer, she has worked in theological education and parish ministry and is now a Canon Emeritus of Christ Church Cathedral Oxford and Canon of Honour of Portsmouth Cathedral.

Cost: £8.50

10am to 3.30pm on Saturday 18 July 2020

(coffee from 9.30am)

with Ali Morley

St Helens, Eddington Road, Seaview, Isle of Wight PO34 5EF

Eco Spirituality

This day will be held at St Helens Church and churchyard, a beautiful natural setting.

Three sessions will help to focus on our God-given connection to the earth, our sustenance from the earth and our responsibility to care for the earth.

There will also be an opportunity for people to walk the labyrinth in their times of contemplation and a creative project to prayerfully engage with, should you wish.

Tea, coffee and cake will be provided.



About the Speaker:

Alison is a priest, interested in how the church can engage with the social justice issues of the 21st century. With an MA in Christian Spirituality that focussed on Tolstoy and his original reading of the faith and non-violence, she passionately believes that there is much to be learnt from the past to radicalise our churches' future. The church at St Helens is responding to the call for justice for the Earth with an extensive commitment to Ecochurch.

Cost: £8.50

10am to 1.30pm on Saturday 5 September 2020
(coffee from 9.30am)
with Richard England
Holy Rood Church, Gosport Road, Stubbington PO14 2AS

Spirituality and Wellbeing

Wellbeing is becoming one of the most important topics of our time.

As rates of poor mental health increase, especially amongst younger people, we are faced with the sobering reality that modern life may be toxic to our wellbeing.

In this contemplative session, we will consider what it means to 'be well in the love and grace of God', as well as looking at how the practices of spiritual formation can contribute to our own wellbeing.



About the Speaker:

Richard is Vicar of Crofton Parish. He is married to Kathryn and they have two daughters.

Cost: £6

10am to 3.30pm on Saturday 3 October 2020

(coffee from 9.30am)

with Liz Quinn

All Saints, Hambledon Road, Denmead, Waterlooville PO7 6NN

Sensing God - Praying with our Senses

Sensing God: *Praying with our Senses* is an opportunity to focus on our different senses to become more open and aware of God's presence.

A variety of ways of engaging will be used including creative arts, words, music, images, food and gentle body movements.

As the day progresses, we relax and open into God's presence, leading to a peaceful opportunity to engage with a variety of prayer stations.

Please bring a mat or blanket for the gentle body movements.



About the Speaker:

Liz Quinn is a Reader-in-Training and a Spiritual Director. She has worked with young people on spirituality days and retreats. She enjoys being creative and recognises her own need for praying in a variety of ways.

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 9685 or email 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 2020 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. 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 16 May 2020

Blackbird singing in the dead of Night (Lennon & McCartney)

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 17 April 2020

Registration form - Saturday 13 June 2020

The Path of Centering Prayer

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 15 May 2020

Registration form - Saturday 11 July 2020

Let the Light get in

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 12 June 2020

Registration form - Saturday 18 July 2020

Eco 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 19 June 2020

Registration form - Saturday 5 September 2020

Spirituality and Wellbeing

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 7 August 2020

Registration form - Saturday 3 October 2020

Sensing God - *Praying with our Senses*

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 4 September 2020

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.

- 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 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 web page. This privacy policy was last updated on 22 December 2017.