

EVENTS

January – March 2024

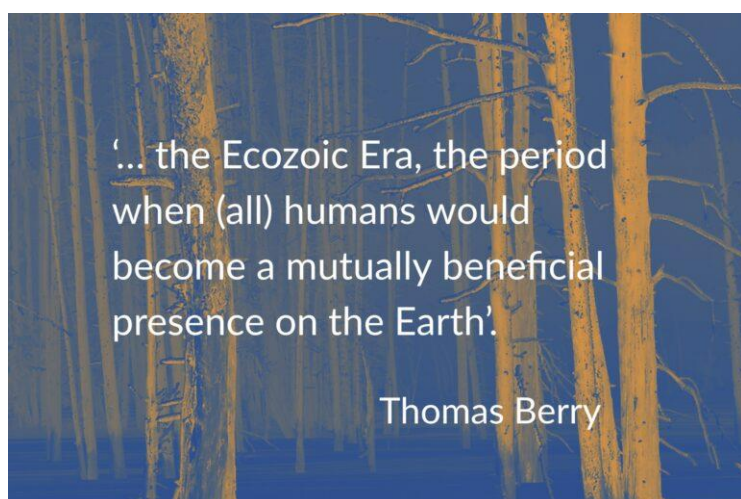
Arranged by many centres and organisations across the UK. Compiled by **Living Spirituality Connections**

www.livingspirit.org.uk

January

Sun 14 Jan 6 - 7.15 pm on Zoom. Being amongst Beings. The Animate Earth. In conversation with **Shawn Sanford Beck**, an ecumenical Christian priest and the founder of the Ecumenical Companions of Sophia, an informal online community fostering Christian-Pagan dialogue and spiritual practice. **Zoom link from:**

<https://www.sjp.org.uk/earth-justice/changing-our-minds/>



Profound changes in our understanding and behaviour are needed if we are to build a world fit for future generations. What sources of wisdom will shape such far-reaching change? Join us for a 4-part series of online conversation with indigenous thinkers and contemporary theologians from Turtle Island (the North American continent).

Further sessions in this **Changing our Minds** series put on by St James's Piccadilly Ecozoic Project are on **18 February, 10 March and 14 April at 6pm.**

Tues 16 January 6.30 - 8. Discernment and decision making. A comprehensive experiential introduction led by **Mary Goggin and Rosie Pike**. London.

<https://www.londonjesuitcentre.org/>

Tues 16 January 11 - 12.15 on Zoom. Well-being for Low Energy. Body, Mind and Spirit. Led by **Helen Warwick**. www.holyroodhouse.org.uk

Part 1 of 3 session course. Sessions 2 & 3 are on **23 and 30 January.**

Tues 16 January. 10 – 4. Love's Mysteries in Souls. The poems and faith of John Donne.
Led by **Mark Oakley**. Salisbury. www.sarum.ac.uk

We will explore the faith of John Donne through his poetry. We will look at various poems, and passages from his sermons, to examine his beliefs, contradictions, and fears. We will learn about his life and how this connects to his literary work. We will also explore whether there is a real distinction to be made between the young, audacious 'Jack' Donne, and the more mature and scholarly 'Dr' Donne. We will ask how his work resonates in us today and what we might learn about Christian faith from a closer reading of his poems.

Tues 16 January - Tues 10 December. 7.30-9.30 pm French time. Beholding Divine Beauty. Start of a 10 session online series exploring Beauty, Goodness and the Act of Creation in all senses, including art, theology and social justice. Speakers include **Catherine Goodman, Sarah Bachelard, Charles Taylor, and Guy Claxton**. World Community of Christian Meditation. <https://wccm.org/events/beholding-divine-beauty/>

Wed 17 January. 10 - 4.30. The Nativity Icon: Treasuring these things and Pondering in our Hearts. Near Perth. <https://www.bieldatblackruthven.org.uk>

"Icons are doorways into stillness, into closeness with God." Anam Cara community

After the busyness of the Christmas period, we invite you to come and spend a day gazing at and praying with this richly detailed icon of the Nativity. Icon is simply the Greek word for image, but sacred icons are more than a work of art and have been called "windows on Heaven". Icons have been used for centuries in the Eastern Orthodox church as a form of prayer. Sacred icons depict Jesus, Mary, his mother or one of the saints and they invite the viewer to communicate with the person or event depicted in the image in a prayerful way.

Sat 20 January 10-4. A Light in the Darkness. Led by **Tracey Martin**. Online. <https://www.woodbrooke.org.uk/>

Come and join us for a day of reflection and contemplation. We will explore what gives us hope and sustenance in both the light and the dark. The day will combine poetry, music and readings from the Bible and Quaker texts with individual reflection and worship sharing. It will be an opportunity to retreat from the world for a while with the aim of going back into it feeling stronger and more supported.

Mon 22 January 7.30 - 9 on Zoom. Desert Spirituality. 5 session series in association with the Church Times, run by Sarum College. Leader: **Laura Swan**. www.sarum.ac.uk

Who are the desert ascetics? When and where did they emerge? How did they impact the early Christian movement? And what is “desert spirituality”? What might the ascetics and the desert tradition have to say to us today? We will explore the movement of Christianity into the desert. Why? What were they seeking?

Laura Swan OSB is the author of *The Forgotten Desert Mother: Lives, Sayings, and Stories of Early Christian Women* among other titles. Her passion is restoring women to the stories we tell. Her interest in the Desert Tradition began with her entrance into the monastery and she has been a student of the Desert Tradition and desert spirituality ever since. She is the monastery archivist and journeys with our women in formation.

This is the first session in a five-part series on five major strands of the Christian spiritual tradition: Desert, Benedictine, Franciscan, Ignatian and Quaker spiritualities.

Wed 24 January - 21 February 6.30 - 8 pm. Online. **Rethinking Security: steps to sustainable peace with justice.** Leaders: **Joanna Frew and Tanya Hubbard**.
<https://www.woodbrooke.org.uk/>

Sat 27 January 10-4. Wisdom from the Desert. Led by **Audrey Hamilton**. Surrey.
www.christian-retreat.org

Join us for a day 'in the wilderness' as we explore what the wisdom of desert spirituality can say to us today. We shall draw on the treasures of some of the Desert Fathers and Mothers and learn how a rhythm of silence and prayer can be woven into the pattern of even the busiest life.

Sun 28 January 2.30 by Zoom. Living Spirituality Connections Midlands Group. A reflective time setting our Spiritual intentions for 2024. New members welcome. Email our Midlands Coordinator Ann Gardner: a.gardner@me.com

Mon 29 Jan 4.30 - 6. The Seeds are Rumbling: Calling on Brigid as Midwife, Muse, and Transforming Fire. Online retreat with **Christine Valters Paintner**.
<https://abbeyofhearts.com/calendar/>

Through teaching, meditation, poetry, song, and creative exploration, you will be invited to tend to the seeds rumbling within the dark fertile earth of your own spirit and call upon Brigid to help nurture them into new beginnings.

February

Sat 3 February. Dealing with shame. Led by Fr Malachy Keegan. Combining the ancient wisdom of the Christian tradition with the insights of modern psychology. London.

<https://www.londonjesuitcentre.org/>

Wed 7 February 10-4. The Spice of life - Tasting God in All Things. Led by **Angela Rogerson.** A quiet day of prayer and reflection, underpinned by mindfulness practices to help us deepen our awareness of God's presence and action in our daily lives. W. Yorks.

<https://www.briery.org.uk>

9-11 February. Finding God In Life's Liminal Spaces. North East Wales.

<https://www.beunos.com>

Are you in a liminal space in your life? In that strange place between an ending and the not yet? You may be in a time of transition and feel that you would welcome a safe comfortable space to step out of the daily rhythms to spend some time with God.

In this retreat there will be some input sessions in relation to waiting with all its discomforts, with a focus on Ignatian principles that may be of help as you discern possibilities and future choices. Time will be spent in the company of Biblical characters who know what it is like to wait for God to act. Though this is not an accompanied retreat with a spiritual director there will be opportunities for you to pray with resources, savour the silence of the house and enjoy the restful countryside of North Wales.

9 - 11 February. Faith in Struggle. Led by Rev **John Rackley.** Leicestershire.

<https://www.laundeabbey.org.uk/event/faith-in-struggle/>

Many of us experience struggles with God. It's not that we don't believe in God it's just that it doesn't always go smoothly. These spiritual struggles can get us down and inhibit our faith. The Bible has a whole file on God Strugglers – Jacob a prodigal son, the laments of David the psalmist, Qoheleth the mysterious preacher, Jeremiah the gloomy prophet. Even Jesus had times when he really wondered whether God was taking him in the right direction. Yet for them all such times were the source of a deeper trust in God and a resilient faith.

This retreat will give us an opportunity to journey with these biblical God Strugglers and in the prayerful surroundings of Launde consider of some of our own spiritual struggles and offer them to God as part of our faith for his guidance and restoration.

Sat 10 February. Storytelling as spiritual exploration. Led by **Steve Gurr**. Sussex. www.penhurst.org.uk

Mon - Thurs 12 - 15 February. Modern & Post-Modern Perspectives on Christian Spirituality course. Leader: **Dr Michael Hahn**. Salisbury. www.sarum.ac.uk

This course is an excellent introduction to the forms and types of spirituality in the Christian tradition from the Reformations to the present day. We will cover movements in Christian Spirituality in (and beyond) modernity as well as new scholarly approaches to studying such movements. Starting in the period after the Reformations, students will investigate the nature of Christian spiritualities in this period and consider the impact of modernism, postmodernism, feminism, and political theology on contemporary perceptions of Christian spirituality. Students will also investigate the increasingly interdisciplinary nature of academic engagement with Christian Spirituality.

This module will also touch on the relationship between Christian and atheist spiritualities. This is a postgraduate course open to 'auditors' e.g. those not enrolled for academic credit.

This course would make an excellent addition to a study break, retreat or sabbatical in the beautiful Salisbury Cathedral Close, where residential participants enjoy full board, access to the library and to the pattern of liturgy at Salisbury Cathedral.

Wed 14 February. A Lenten Pause. 9.30-10.30. Near Perth. The first of a number of Lenten Pauses on Wednesdays. <https://www.bieldatblackruthven.org.uk>

"Lent is not a time to be festive, but it is a time to become free, to be planted deep in holy ground, to become oaks of righteousness." Ray Simpson

Why pause? These Lenten pauses provide an opportunity to move beyond the popular notion of Lent being merely a time of giving up something, like wine or chocolate, to explore the possibility of transformation – in our lives, as well as for sustained spiritual growth. These pauses also help to mark and honour the journey to the cross. They are an invitation to deepen and connect with the One who has walked the road before us.

Wed 14 February - 30 March 4 - 5. A Different Kind of Fast: Lent Retreat. An Online Companion Retreat to the Book. With **Christine & John Valters Paintner, Amanda Dillon, and Jamie Marich**. <https://abbeyofthearts.com/calendar/>

These are fasts from certain ways of being in the world which can deplete us and increase our anxiety and suffering. We don't just abstain from them, but also embrace their

antidote which lead us to identify our true hungers. This Lent we will live more fully into a vibrant state of being so that we are resourced to bring our unique creative gifts into the world.

Wed 14 February 11 - 3. Faith & Moral Courage: A Day of Inter-religious Dialogue
St Ethelburga's Centre, London. <https://stethelburgas.org/events/>

Join us to explore what moral courage looks like now, as seen through the lens of each of the Abrahamic faiths. With special guests **Dr Rowan Williams, Rabbi Laura Janner-Klausner and Imam Abdal Hakim Murad**, this will be an interactive day, with keynotes, panel discussion, and facilitated conversation amongst participants.

Wed 14 February - Sun 24 March. Stations of Lament – Exhibition. Whirlow Grange Spirituality Centre, Sheffield. <https://www.whirlowspiritualitycentre.org/>

The Stations of Lament explores in colour and cloth the theology, experience and potency of lament. Each station interprets an aspect of lament with themes of weeping, confusion & chaos, protest, comfort, truth-telling, desolation and emerging hope.

16-18 February. The Wilderness Experience. Led by **Brigit Main**. Sussex.
www.penhurst.org.uk

As we step into Lent, an opportunity to explore wilderness experiences in the Bible and in our lives.

16-18 February. Spiritual Adaptation to Climate and Extinction Emergencies. Led by Rupert Read. Lake District. www.glenthorne.org

We need to accept that our way of life will be changed forever as a result of the climate crisis, which is now far too advanced for us to be able to prevent or entirely mitigate against it. That means adapting to the new brutal reality of the changed Earth, which is no easy task. Partly material, partly spiritual, such adaptation needs to include grief-work plus a major change in values and what we hope for. It also includes a new humility. This short course focuses uncompromisingly on spiritual adaptation to the reality of our present and future. **Rupert Read** is an associate Professor of Philosophy at the University of East Anglia.

16 - 18 February. Lenten Retreat 'Making Space for Growth'. With Revd Dr **Jan Berry**. N. Yorks. www.holyroodhouse.org.uk

18 February 6 - 7.15 pm. Indigenous sciences of sustainability: ancient native food systems & their lessons for the future. In conversation with **Dr Lyla June Johnston** (aka Lyla June). **Zoom link from:** <https://www.sjp.org.uk/earth-justice/changing-our-minds/>

Dr Lyla June Johnston is an Indigenous musician, scholar, and community organizer of Diné (Navajo), Tsétsêhéstâhese (Cheyenne) and European lineages. Her doctoral research focused on the ways in which pre-colonial Indigenous Nations shaped large regions of Turtle Island (aka the Americas) to produce abundant food systems for humans and non-humans.

Part 2 of a series called **Changing our Minds**, put on by the Ecozoic Project at St James's Piccadilly (see 14 January).

21-22 February. Share the Joy. An encounter with icons. Led by **Andrea and David Chance**. Devon. www.sheldonretreat.com

Wed 21 February 10 - 12 noon. Start of Lent Workshops Series: Transformation. York. <https://www.stbedes.org.uk>

Over these five workshop sessions (ending on 20 March), **Colin Black and Siobhan Burke** will invite you to creatively enter into and explore the theme of 'transformation'. Most sessions are from 10 – 3.

19-22 February. Mindfulness, Song and personal transformation. Led by **Shaun Lambert and Mike Leigh**. Sussex. www.penhurst.org.uk
A unique fusion to draw us into spirituality, wellbeing and community.

Thurs 22 February 10.30 – 4. The Cloud of Unknowing. Workshop with **Donna Worthington**. Near Carnforth, Lancs.
Explore this incredible mystical text written in the 14th century, a profound guide on prayer.

To book contact hyningbookings@yahoo.co.uk or ring 01524 732684.

Saturday 24th February 10 – 1. Online. **The Cloud of Unknowing** with **Donna Worthington**. <https://www.christianretreats.live>

Sat 24 February 10 - 4. Signs of hope in the wilderness. Romsey, Hants.

<https://www.wisdomhouseromsey.org.uk/>

What is your image of a desert or wilderness? Define your own desert, wilderness or void. Is it a desert of temptation; of thirst; of wandering; of despair; of fruitlessness or a desert of grief? Is it a place of distraction and lost focus?

There are many deserts. Some have a purpose and some, to our eyes, do not. We can think being in a desert or wilderness is something of our own making but often it isn't. We can be so anxious to get out of our desert that we learn nothing from it. Some of the questions we might ask ourselves are "how would I define my desert?", "Am I ashamed to find myself there?" "What happened?" or "do I feel I have been cast out to the wilderness by another person or situation?" Of course the wilderness is not necessarily a bad place, God lured Hosea's wife into the desert to speak to her words of love, Jesus was driven into the desert by the Spirit, can we find the Spirit somewhere in our own desert?

24th February, 8th June, 14th September, 23rd November Divine Nature – The Seasons with **David Cassian Cole**. Spring. Summer. Autumn. winter seasons. 4 individual seasonal days throughout 2024, discovering how to encounter and engage with the Divine in and through the natural world. Woking, Surrey.

<https://www.stcolumbushouse.org.uk/event/divine-nature-the-seasons/>

Taking examples and teachings from scripture and from Christians throughout the ages, as well as the four seasons as they change around us in the same place.

David Cassian Cole (Brother Cassian). After coming out of a full time Church Minister role, Brother Cassian endeavours to present the Christian faith from different perspectives for spiritual seekers who may not feel comfortable in or with traditional or mainstream church, and to promote a life of peace and compassion.

March

5 - 8 March. Lent Retreat: Treasure in the Wilderness. With **Andrew Mayes**.

Leicestershire. <https://www.laundeabbey.org.uk/event/treasure-in-the-wilderness/>

Andrew Mayes takes us on a Lenten journey to outstanding deserts of the planet and an odyssey of the soul. This voyage of discovery takes us across five continents as we venture to places few pilgrims reach: the Gazan desert, the Sahara, the Australian outback, the Athos wilderness and the Ordos Desert of China, and the Syrian desert, among others. Physicality leads to spirituality as we listen to compelling voices that speak to us poignantly across space and time—including spiritual writers long-forgotten or not well-known. These

unearth for us the treasure we seek: we uncover the distinctive charism of each desert, offering us different and challenging ways of looking at the world and at the spiritual life. We discover the unpredictable desert to contain unexpected, priceless treasures of transformative wisdom that speak uncannily into our own contemporary spiritual search. We see how these gems can energise and inspire our discipleship or spiritual practice. As we embark on this spiritual quest, we may never be the same again!

Andrew was formerly Spirituality Adviser both to the diocese of Chichester and the diocese of Cyprus and the Gulf. He has worked for some years in Jerusalem, and is the author of 14 spirituality books. A Franciscan and Anglican priest, Andrew delights in imagery and metaphor that takes us into the deeper reaches of prayer.

Thursday 7 March 2.30 - 5.30 pm. Holding the Thread in Turbulent Times. Led by **Deborah Haskew** and **Will Johnson**. Online. <https://www.woodbrooke.org.uk/courses/holding-the-thread-in-turbulent-times/>

It's hard not to feel lost, drained, or diminished from the effort of holding on in stormy times. This session will help you find your way back from your weathered self to your foundational self and to connect with your anchors and resources within. This is a stand-alone session and also a good 'taster' of the Circle of Trust approach in advance of a residential retreat that we are hoping to offer later in the year.

Led by Facilitators prepared by the Center for Courage & Renewal, we will:

- *Work within the Touchstones for creating Trustworthy Space
https://couragerenewal.org/wp-content/uploads/2022/10/CCR_Touchstones_V5.pdf
- *Slow down and make space to come back to our whole selves and reconnect with the deeper threads in our inner and outer lives – and in so doing replenish our energy and strengthen our ground.
- *Work with poetry, prose, images and evocative questions to lead us into deeper conversation with our inner teacher.
- *Move in and out of individual and shared inquiry with personal reflection and journaling, deep listening in small groups and brief sharing in the whole group.
- *Introduce and support you through this respectful way of working.

If this way of working appeals to you, you may also be interested in our second half-day retreat using the 'Courage and Renewal' approach: Resilience and Renewal in Turbulent Times'

Wed 6 March 10 - 1. Introduction to Trauma Theology course. A half-day online course delivered via Zoom. Sarum College. www.sarum.ac.uk
This course will provide an introduction to the burgeoning field of trauma theology. Since

the beginning of the 21st century, theologians have been increasingly taking trauma seriously in terms of the ways in which we do theology and the ways in which we read the biblical narratives. Recognising the specific nature of a trauma experience, theologians have been concerned with what impact this has on theology.

The course will offer a brief history of the development of trauma theories and how these have been used by theologians. We will encounter two key texts in the field and spend time unpacking some central ideas including the motif of Holy Saturday, the question of whether Jesus is a trauma survivor, and the significance of the Eucharist in trauma theology.

Dr **Karen O'Donnell** has an international reputation in the field of trauma theology. She has researched and published widely in this area. She is particularly interested in feminist theologies, body theologies, and liturgical theologies. Karen is the Director of Studies at Westcott House where she teaches liturgy, worship, and trauma theology. She also teaches Gender and Christian Theology in the Divinity Faculty, University of Cambridge.

8-10 March. Being and Doing in a climate crisis. How to respond to devastating climate events on our planet. Explore a God-centred way of being and doing. Led by Val Freeman. Sussex. www.penhurst.org.uk

Sunday 10 March 6 – 7.15 pm Indigenous sacralities underneath state ideologies: reading the bible, reading modernity. In conversation with **Prof Jim Perkinson** and **Prof Lily Mendoza**. Zoom link from: <https://www.sjp.org.uk/earth-justice/changing-our-minds/>

Prof Jim Perkinson is a long-time activist and educator in inner city Detroit. He is Professor of Social Ethics at the Ecumenical Theological Seminary and lecturer in Intercultural Communication Studies at the University of Oakland (Michigan). He is the author of five books on theology/spirituality. He has also written extensively on questions of race, class and colonialism in connection with religion and urban cultures.

Dr Lily Mendoza is Professor of Culture and Communication at Oakland University in Rochester, Michigan, USA and Director of the Center for Babaylan Studies, a non-profit organisation committed to decolonisation and indigenisation among diasporic Filipinos on Turtle Island. She hails originally from the Philippines in the traditional homeland of the Ayta and other indigenous peoples. Her latest (co-edited) book publication is 'Decolonizing Ecotheology: Indigenous and Subaltern Challenges'.

Part 3 of a series called **Changing our Minds**, put on by the Ecozoic Project at St James's Piccadilly (see 14 January).

Fri 15 March 3-5 pm online. The Dance of Conflict Transformation with Dr. Dena Jennings.

<https://abbeyofthearts.com/calendar/>

In this retreat, explore the components of conflict in our daily lives as illuminated by the lives of mystics and saints. We will examine personal and communal aspects of conflict transformation as we observe how our desert elders and Celtic saints moved through opposition.

Sun 17 March 2.30. In person meeting of **Living Spirituality Connections Midlands Group.**

We will take a book, film or podcast/ talk which we will view in advance for discussion when we meet. New members welcome. Email our Midlands Coordinator Ann Gardner:

a.gardner@me.com

Mon - Thurs 18 - 21 March. Send my roots rain. Led by Christopher Chapman. Sussex.

www.penhurst.org.uk

Explore ways of allowing the life-giving water of the Spirit to soak down to your roots.

Mon 18 - Fri 22 March. Dialogue for Peaceful Change training. Corrymeela, Northern

Ireland. <https://www.corrymeela.org/events/237/dialogue-for-peaceful-change-training>

Dialogue for Peaceful Change (DPC) is a global training programme developed by practitioners working in national and international conflict settings around the world. The DPC methodology offers a practical toolkit and methodology for managing key aspects of both interpersonal and group conflict. Dialogue for Peaceful Change practice revolves around four areas of learning: 1. The Nature of Conflict—participants experience a variety of activities, reflections and lectures, which enable them to consider their own understanding of their experience of conflict. 2. DPC Conceptual Framework and Models—participants learn the key conceptual framework of DPC, which includes models which locate and explore the drivers of conflict as well as the role of peace building and meditative behavior. 3. Conflict Tool Kit and Skills Development—participants then learn a variety of tools, which will add to their previous knowledge and skill sets in order to enhance their work in conflict situations within the community, the work place and within their own social networks. 4. Applied Mediation Practice—participants then have the opportunity to apply these new skills through: Intensive coached role-play on mediation scenarios that are based on realistic local conflicts, gathered from all regions in the world. Identifying and recognising need to build and strengthen existing or new patterns of intra and inter agency cooperation to impact synergy, problem solving and enhanced learning.

Tues 19 March. Online Lent Creative Retreat with Helen Warwick. Details from

www.holyroodhouse.org.uk

Wed 20 March 9.30 - 4. Black Lives Matter as an Expression of Black Theology. Course Leader: Professor Anthony Reddie. Near Bath. www.ammerdown.org.

This day long workshop will explore the underlying theological dynamics that have propelled the Black Lives Matter movement into the public consciousness, especially, since the murder of George Floyd. Although BLM is a comparatively recent phenomenon, the workshop will help illustrate the longer historical forces that have shaped it; establishing it as the latest version of a wider Black liberation movement that has been centuries in the making. The workshop will be participative, inclusive and humorous. It will be challenging and enjoyable in equal measure.

22-24 March. Grief in loss. Hope in Christ. Led by Elizabeth Partridge, Liz Taylor and Francis Kemsley O Carm. Aylsford Priory Kent. www.thefriars.org.uk

24-28 March. Holy Week Retreat. London. www.sisters-of-st-andrew.com. Input, sharing, meditative worship, personal prayer and silence.

Mon 25 - Sun 31 March. Sacred Life is Death and Resurrection – Holy Week Retreat. In person at Bonnevaux France, and online. Led by **Laurence Freeman**. World Community of Christian Meditation. <https://wccm.org/events/>

Easter – the word 'easter' - is about divine estrogen, the natural element that supports the human life process.

27 March-2 April. Holy Week and Easter. Experience the heartache, confusion, silence and joy of the journey. Iona, Scotland. www.iona.org.uk

28-31 Holy Week retreat. Journey towards Easter with the community. County Durham. <https://minsteracres.org/>

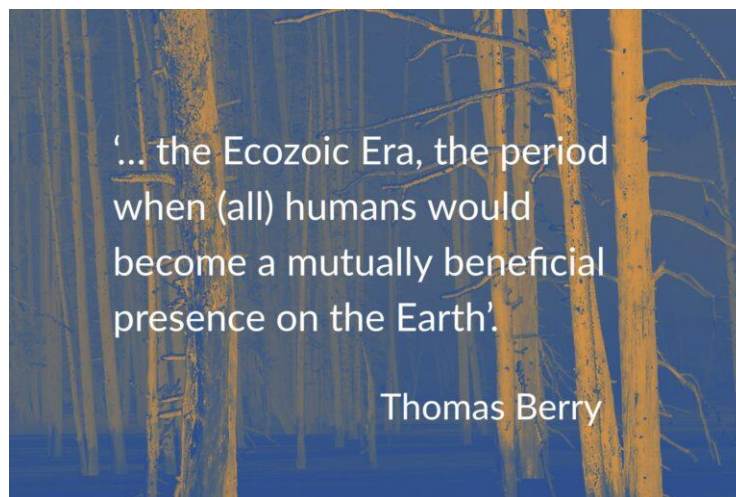
28 - 31 March Easter Retreat: Turn Your Life Around! Course Leader: **Rupert Kaye**. Near Bath. www.ammerdown.org

Join us for a masterclass in flipping hopeless defeat into joyful victory. As we reflect on the Easter story, we will consider why Christians believe the death and resurrection of Jesus is more than the ultimate plot twist. It represents a pivotal turning point in human history. Just when it seemed that all was lost ... as the promised King had been publicly humiliated, crucified to death and his lifeless body laid to rest in a tomb ... God raised Jesus back to life, proving three things: Jesus really is the long-promised Messiah The grave is not the final chapter in a human life No matter how hard and hopeless things seem, there is always hope Together, we will discover how, because of Jesus' resurrection, each and every one of us can live a life that is: forgiven, purposeful, powerful and eternal.

28-31 Easter Retreat. Aylsford Priory Kent. www.thefriars.org

ADVANCE NOTICES

Sunday 14 April 6 – 7.15. Changing Our Minds in conversation with **Sandy Bigtree, Mohawk Nation, and Prof Philip P Arnold.** Zoom link from: <https://www.sjp.org.uk/earth-justice/changing-our-minds/>



Sandy Bigtree, Bear Clan, is a citizen of the Mohawk Nation at Akwesasne. She is a founding board member of the Indigenous Values Initiative which fosters collaborative educational work between the academic community and the Haudenosaunee to promote the message of peace that was brought to Onondaga Lake thousands of years ago. Sandy is a multi-media performance artist, and the Sandy Bigtree Band was well known throughout the 1970s.

Prof Philip P. Arnold is Associate Professor and Chair of the Department of Religion at Syracuse University, and a core faculty member of Native American and Indigenous Studies. He was the Founding Director of the 'Skä-noñh – 'Great Law of Peace Center', which repurposes the site that formerly celebrated the Jesuits coming to Onondaga Nation Territory. He is the President of the Indigenous Values Initiative which educates the general public about the indigenous values of the Haudenosaunee.

Part 4 of a series called **Changing our Minds**, put on by the Ecozoic Project at St James's Piccadilly (see 14 January).

Wed 17 April. Start of Felting Connections series
April – May 2024 with Linda Courage



Four Wednesdays at St Bede's Pastoral Centre, York
Run in collaboration with Living Spirituality Connections

10.00 – 15.00

Cost £80 plus £10 for materials

17/04 Exploring felt making processes & making personal connections

24/04 Setting out to make a substantial felt of your own

01/05 Looking for beauty in your work & enhancing with stitch & symbols

08/05 Observing & cooperating with your felt & celebrating its meaning

View the event poster here: [https://livingspirit.org.uk/wp-content/uploads/Felting Connections Final April.](https://livingspirit.org.uk/wp-content/uploads/Felting-Connections-Final-April)

Over these four workshop sessions you are invited to explore felt making as a spiritual practice.

Slow down and spend time making a felt in the beautiful new art space in the basement exploring and reflecting on the process.

Each session will begin with a catch up time and a heart centred meditation. You will be encouraged to journal within and between sessions.

All felting materials will be provided but you will need a waterproof bag and towels so that you can take home your felt with you between sessions. Drying your felt at home using heat will enhance its making.

Continued...



Linda is a contemplative expressive artist. She has facilitated creative workshops to help people connect with themselves for many years. She is part of Living Spirituality Connections and a member of the Abbey of the Arts.

For further details or to book a place contact Fiona Hill at fiona@stbedes.org.uk
St Bede's Pastoral Centre 01904 464900 www.stbedes.org.uk