

# St. Michael's Convent Programme 2018



## *A place for retreat and reflection*

Our guest area is integral to our Convent home, creating an atmosphere which is relaxed, quiet and comfortable.

We hope that your stay with us will offer an opportunity to step back from the rush of life into a place of reflection and prayer.

You are welcome to join us in our daily worship and to enjoy our chapel, library and extensive garden.

## About Us

The Sisters at St Michael's Convent are members of the Community of the Sisters of the Church, a worldwide Anglican Religious Order with ministries as far afield as the Solomon Islands, Australia and Canada, as well as those in the UK.

Hospitality is an important part of our ministry and we offer space for group and team meetings, and members of the house are available for spiritual accompaniment. We are committed to renewing interest in the Religious Life and welcome enquiries from those interested in joining us, or in living alongside the Community without lifetime commitment.

Our history is associated with child care, religious education, teaching and work with the marginalised. Today, many who come here for a time of quiet reflection are themselves involved in outreach to others. We welcome groups and individuals of any faith. Our Convent home offers space in which to rest and re-charge the spirit. Pleasantly situated near the East Common in Gerrards Cross, with many woodland walks nearby, we hope you will find this an ideal location for retreat and reflection. We are easy to get to as there are excellent travel connections from London and further afield.

**Vocation** Is God calling you to be a monk, a nun, a brother or a sister in an Anglican Community?

Have you ever wondered if this life was for you?

In association with Anglican Religious Communities across the UK, we are very pleased to welcome anyone interested in exploring these possibilities for a day, or longer.

Please contact the Hospitality Team for further information.

# Individual Retreats and Accompaniment

We welcome anyone who would like to come for an individual retreat.

What might this involve?

- space to breathe, to sleep, to rest
- shared times of silence
- silent prayer
- joining the Community for worship & liturgy
- meals together, both silent and talking
- browsing in our library
- enjoying our garden and local walks

We also offer opportunities for you to have spiritual accompaniment during your stay. We aim to be fluid and flexible with this as we use the tools of our training and our experience to adapt to where you are in your journey.

**Spiritual Direction** (sometimes called Spiritual Accompaniment). We offer Spiritual Direction for those staying with us as well as for those wishing to have on-going direction. We find that those coming for spiritual direction usually offer something between £10 and £30 per session depending on their means.

**Counselling/Psychotherapy** For those who would value support in exploring the inner world in depth on a regular, ongoing basis, a Sister is qualified as a Counsellor and Psychotherapist and is available by appointment. Please contact Sister Susan on 07719 811 353.



## Small Residential Groups

We are pleased to welcome small residential groups (up to 12 members) wishing to make a retreat, as well as Cell Groups and Parish Teams seeking a few days of reflection and renewal. A separate room is made available as a meeting space.

Suggested donation for small residential groups: £45 per 24 hours for each person, and a minimum of £20 per day for use of a meeting room.

## Programme Events (Daytime)

### Quiet Day:

**Hymns to inspire and help us on our Journey**

**24 November**

A Quiet Day looking at the life and hymns of Charles Wesley to take us deeper into prayer and contemplation and to find inspiration and encouragement for our daily lives.

10am to 3.30pm Hot drinks provided. Please bring a packed lunch. Cost for the day £20. Led by Sr Hilda Mary CSC.

## Programme Events (Evening)

**Thursday Evening Liturgy** Sung Eucharist following Common Worship. On the 4th Thursday of each month different styles of worship are explored. All are welcome to join the Community for supper afterwards. Please book by [email](#) or telephone. 6pm in Chapel. Donations welcomed.

# Residential Retreats

## **6-day Individually Guided Retreat 7-14 July**

Scripture based residential silent retreat, with one-to-one guidance. Suggested donation £385. Led by Sister Aileen CSC and team.

## **5 Steps to Faith 14-16 September**

A weekend of learning and prayer based on a new approach to sharing the Good News using an interactive resource from Andy Roland.

*Rev Andy Roland has degrees in History and Theology. For 21 years he was vicar of a small South London church, All Saints Hackbridge. His passion is to communicate with people on the fringe. 'Bible in Brief' gives a comprehensive overview of the Bible in six months, with accompanying website. 'Discovering Psalms as Prayer' tackles many of the problems people feel when they try to start praying. He writes a weekly blog on the Bible on [bibleinbrief.org](http://bibleinbrief.org).*

## **First Time Retreat 5-7 October**

A weekend of reflection and silence suitable for those who have not been on retreat before. Suggested donation £120-150. Led by Sister Catherine CSC.

## **Bells of Eternity: An exploration of the life and music of Arvo Pärt 19-21 October**

In Jungian terms it is clear Arvo Pärt's mature music issues directly from the Self. Perhaps this accounts for its immense popularity, for his works impart an unshakeable sense of spiritual calm to a world which, although desacralised, still hungers and thirsts for the divine. Led by Tia Kuchmy

*Tia Kuchmy is a Jungian analyst with IGAP, London, who originally trained as a musician at the University of Manchester and the Royal Northern College of Music. She has a special interest in linking the insights of C.G. Jung with archetypal dynamics in the realm of music, and has given talks in Jungian circles on a variety of topics, including the music of Michael Tippett, Bartok's Bluebeard's Castle, and Wagner's Parsifal. Tia practises in West Sussex and in south London.*

To apply for residential retreats, please send your name and contact details, together with any dietary requirements, and anything else you feel it would be appropriate for us to know about you. Residential retreats usually begin by 6pm. Early booking is advised as numbers are limited. We ask for a 50% deposit as confirmation of your booking.

## General Information

**Household details** The house is centrally heated. Bedrooms (13) are simply and comfortably furnished. Each room has a hand basin and three bedrooms have ensuite shower rooms. Additional showers are mostly shared between two guests. A bath is available on the second floor for those who prefer (unfortunately there is no lift access to this area).

Small kitchenette facilities are located on guest corridors with provisions for breakfast and 'tea times'.

We are pleased to cater for vegetarian and special diets provided that we are given the information at the time of booking. Residential guests are asked, if able, to bring with them their own towel and soap; this helps us to keep costs down.

**Arriving** Our preferred times for arrival are between 10am-12noon or 2pm-4pm. If these times are not possible special arrangements can be made.

**Access** A lift gives access to the first floor guest area and library. Two external doors can be accessed by ramps. Most areas of the house are wheelchair accessible.

**When we are open and closed** Unfortunately it is not possible for us to accommodate guests or groups on Mondays. Weekend guests normally leave by 3pm on Sunday. There are also times of the year when we are closed. In 2018 the house will be closed:

24th July - 13th August

## Suggested donation for Guests

£45 for 24 hours (residential guests)

£20 for the day with a meal or £15 without a meal

As a Religious Community we invite visitors into our Convent home, and as a UK registered charity (200240) we make no 'charges' for our hospitality.

We do suggest 'donations' which help to sustain the ministry of hospitality in this house, and we rely on the generosity of our Guests, but we would not want anyone to be prevented from coming to us through lack of funds. Those who are unable to offer the 'suggested donation' are helped by those who are able to contribute more. Additional donations for the Community's work are always welcome!

To make a donation, please make cheques payable to the 'Sisters of the Church'.

Alternatively, you may prefer to use the BACS system:

CSC -	Lloyds Bank
Account name	Sisters Of The Church
Account number	01027107
Sort Code	30-94-77

or PayPal: [www.paypal.me/sistersofthechurch](http://www.paypal.me/sistersofthechurch)

Donation by debit or credit card is also possible.

# How to Contact Us

Enquiries and bookings may be made by post to:

Hospitality Team, St. Michael's Convent, Vicarage Way  
Gerrards Cross, Buckinghamshire SL9 8AT

by email to: [hospitality@sistersofthechurch.org.uk](mailto:hospitality@sistersofthechurch.org.uk)

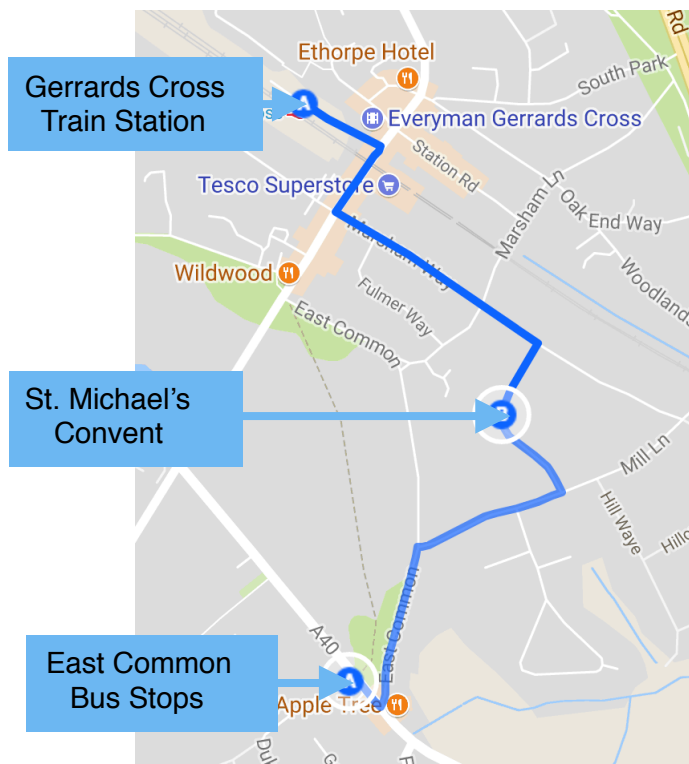
or by telephone: 0330 120 0631

Further information available at [www.sistersofthechurch.org.uk](http://www.sistersofthechurch.org.uk)

# How to Find Us

## By Public Transport from Central London:

Chiltern Railways from Marylebone to **Gerrards Cross Station**. St. Michael's Convent is an easy walk from the Station (10-15 minutes).



## By Bus from

Uxbridge: [101/102/105](#)

High Wycombe: [101/102/104](#)

Slough: [104](#)

Hemel Hempstead/Amersham: [105](#)

Heathrow (Central Bus Station): [TFL bus A10](#) to Belmont Road (Stop D), Uxbridge then [101/102/105](#)

West Ruislip: [TFL bus U10](#) to Belmont Road (Stop D), Uxbridge then [101/102/105](#)

to **East Common, Gerrards Cross**, a 10-15 minute walk from the Convent.

**By Car: SL9 8AT** (ample space for parking) [Vicarage Way](#), close to the A40.