

St. Michael's Convent Programme 2019



A place for retreat and reflection

St. Michael's Convent offers space in which to rest and recharge the spirit.

Pleasantly situated near the East Common in Gerrards Cross, Buckinghamshire, with many woodland walks nearby, we hope you will find this an ideal location 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.

Individual Retreats and Quiet Days

We welcome anyone who would like to come for an individual Retreat or Quiet Day. 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

Suggested donation for Guests

£45 for 24 hours (residential guests)

£20 for the day with a meal or £15 without a meal (day guests)

Small Residential Groups

We are also 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

plus a minimum of £20 per day for the use of a meeting room.

Day Groups

Our Meeting Room is available by the day and can accommodate around 20 people. Hot drinks and biscuits are provided. Please bring a packed lunch.

Suggested donation £100 per day

Smaller Day Groups are also welcome. Hot drinks and biscuits are provided (midday meal also available on request).

Suggested donation £20 (base rate for the room) plus £5 per person for the day (or £8 if including main meal).

Donations

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 help us to keep banking costs down, please use BACS:

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



or the [Donate](#) link on our website or the QR code above to make a donation without charges by debit or credit card via PayPal.

Alternatively, cheques may be made payable to the 'Sisters of the Church'.

Accompaniment

Spiritual Direction (sometimes called Spiritual Accompaniment) is available for those staying with us as well as for those wishing to have on-going direction. 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.

We find that those coming for spiritual direction usually offer something between £10 and £30 per session depending on their means.

To arrange a meeting please ring 0330 120 0631
or email hospitality@sistersofthechurch.org.uk

Counselling/Psychotherapy involves meeting on a regular basis (usually weekly) and provides an opportunity to explore, in depth, issues of concern and areas for growth.

One of the Sisters is a UKCP registered Psychotherapist. To arrange a meeting, please ring 0330 120 0633
or email counselling@sistersofthechurch.org.uk.

There is no charge for the initial interview. The suggested donation for further sessions is based on income and circumstances (to be discussed at the initial meeting).

Quiet Garden Days

4th Thursday of each month Open from 11 am. Tea and coffee available. Suggested donation £4. Please contact us to arrange your visit.

Evening Eucharist

Thursday Evenings Sung Eucharist 6pm in Chapel (usually following the pattern of Common Worship). All are welcome to join the Community for supper afterwards. Please book by [email](#) or telephone. Donations welcomed.

Programme Quiet Days

10am to 3.30pm Hot drinks provided. Please bring a packed lunch. Suggested donation for the day £20.

Love Bade me Welcome 16 March

Reflecting on George Herbert's poem and discovering more about his life and poetry as a way into prayer. Led by Sr Hilda Mary CSC

Moving into Stillness: Circle Dance - a way into prayer

13 July Led by Sue King

The Woman at the Well 19 October

Visiting again Jesus' encounter with the Samaritan woman, getting in touch with our own thirsts and hearing Jesus say 'Give me to drink.'

Led by Sr Hilda Mary CSC

Programme Residential Retreats

MBTI - Introduction to the Myers Briggs Type Indicator

29-31 March A weekend course to help you to learn more about yourself and others. Suggested donation £150. Led by Anne East and Sister Catherine CSC

Holy Week and Easter April 14 -21

Join us for all or part of the time.

First Time Retreat 7-9 June

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

Moving into Stillness: Circle Dance - a way into prayer

12-14 July Suggested donation £150. Led by Sue King

Garden Days July 16 - 20

Come and enjoy working in our garden, helping us to prepare for our NGS 'Yellow Book' Open Garden day. Free board and lodging!

6-day Individually Guided Retreat 27 July-3 August

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

Music and Spirituality 22-24 November

Comparing the spiritual experience involving music within Christianity with other faiths and with religionless spirituality, through 'musicking' including singing, playing, moving, chanting, listening and improvising. No musical skills necessary. Suggested donation £150. Led by The Rev Dr June Boyce-Tillman, MBE

Christmas with the Community December 24 - 27

Join us for all or part of the time.

General Information

Residential Retreats

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.

Household details

The house is centrally heated. Bedrooms (12) are simply and comfortably furnished. Each room has a hand basin and three/four 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 2019 the house will be closed: 1-7 January, 22-29 April, 20-29 May, 3-19 August, 27 December 2019 – 6 January 2020

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.

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.

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, by prior arrangement.

We are also 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.

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.

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

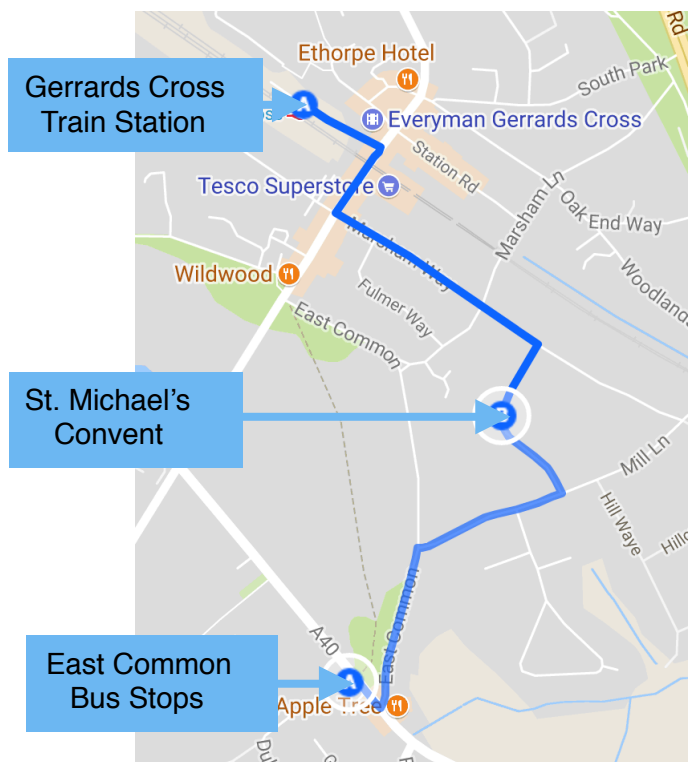
by email to: hospitality@sistersofthechurch.org.uk

or by telephone: 0330 120 0631

Further information available at
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) or about £5 by taxi.



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 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](#)