

## Jordans Quaker Meeting House: Retreats, June to October 2017

**9th June**

### ***Inner Quiet in a restless world***

In 1817 Elizabeth Fry wrote in her diary: “my mind too much tossed by a variety of interests and duties... Most of these things press a good deal upon me. I hope I am not undertaking too much, but it is a little like being in a whirlwind, and in the storm”.

Many of us could say the same today. This day will be a chance to take a day away from all the pressures of our lives and just be. We shall practise mindfulness and other ways of stopping, being quiet and tuning in to whatever the Light wants to show us.

**11th August**

### ***Oneness: our interconnectedness***

Existence is an intricately interconnected web of relationships. We share the breath of life and thus we are connected.” (Satish Kumar)

We live in a divided world, but also a small one. The universe models connectedness and mutuality. How do humans respond? In small groups, alone, and in plenary, we will spend the day exploring how we connect with each other, and with the rest of creation.

**13th October**

### ***A spiritual basis for sustainable living***

Drawing on a variety of spiritual traditions we will explore why it is essential to cultivate gratitude and appreciation, how we can be *present to what is*, and how to find hope by remembering who we really are. Developing the perspective of ‘deep time’ we can find encouragement to sense our way forward, to empower and enliven our response to the global crises of our age. At the end of the day we will look at how we each feel able to contribute to the healing of our world, as we proceed in a spirit of radical trust.

All the retreat days require prior booking by contacting us via email or telephone, Donations are £35 (or what you can afford) and all the retreats have the following programme: Registration & tea/coffee from 9:30, with a 10 am start and 4 pm finish. We’ll enjoy a ‘Bring and Share’ lunch around 1 pm.

To book, ring 01494 876594 or email [office@jordansquakercentre.org](mailto:office@jordansquakercentre.org). Cheques should be made payable to **Jordans Quaker Meeting** and may be sent to: JQC, Welders Lane, Jordans, Bucks, HP9 2SN.

We hope that you will be able to join us and look forward to welcoming you to Jordans.

### ***with Diana Lampen***

*Diana Lampen is a trained yoga teacher and an Associate of the Yoga Society International. She is the author of ‘Facing Death’ and ‘A Relaxation Handbook’, and has made 40 recordings on yoga relaxation, some for people with special needs. She and her husband John founded The Hope Project, which works for peace in partnership with local organizations in Britain, Belarus, Bosnia, Croatia, Uganda and Ukraine. See [www.hopeproject.co.uk](http://www.hopeproject.co.uk)*

### ***with Jennifer Kavanagh***

*Jennifer Kavanagh is an associate tutor at Woodbrooke Quaker Study Centre, and has published six books on the spiritual life. Her latest is ‘A Little Book of Unknowing’.*

### ***With Alex Wildwood***

*Alex Wildwood trained in body-based psychotherapy and in explorations of our ‘deep ecology’ with Buddhist scholar and activist Joanna Macy ([www.workthatreconnects.org](http://www.workthatreconnects.org)) His latest book (written with Jo Farrow) is *Universe as Revelation* (Pronoun Press 2013).*