



SPRING PROGRAMME FEBRUARY – APRIL 2010

WEEKLY & THROUGHOUT THE YEAR

Pelagos the place to just BE...

Quiet Room

Step out of the busyness of life into a place of stillness and quiet to relax with a cuppa, read a book or pray in peace.

**Available by appointment. Tea and coffee provided.
Room by donation.**

Pelagos...where you are

We are delighted to bring to you:

- **Quiet Days** for Parishes, Housegroups, Staff Teams etc.
 - **Open Door Retreats**
 - **Themed Labyrinths** e.g. Prayer, Lent, Pentecost, Advent etc.
 - **Family Service Workshops**
 - **Facilitated PCC Days**
 - **Biblical Study Courses**
- Cost by arrangement.**

Individual Guided Retreat Days

Spend a day in prayerful retreat meeting for 3 sessions with your own personal spiritual guide from 10am - 4pm.

**Please bring a packed lunch, tea and coffee provided.
Cost £60.**

Spiritual Direction

People seek this ministry at different points in their lives and for various reasons.

It can be a way to:

- Make better sense of your faith journey
- Find clarity and support at times of significant life choices
- Respond more deeply to God's presence and move forward towards wholeness and freedom.

The spiritual director offering this ministry will be a person of prayer who makes the commitment to accepting you as you are and where you are.

Their role is to support the discernment of God's activity in your life.

Cost from £20.



**For more information or to book complete the form below or:
visit:** www.pelagos.co.uk **call:** 01494 765586 **email:** info@pelagos.co.uk

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PELAGOS BOOKING FORM

I would like to book:.....

Date:..... Number of attendees..... Total cost.....

Name of person booking.....

Address.....

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Phone No..... email.....

*Please enclose a cheque for the total amount payable to 'Pelagos' and send to:
**Pelagos, 23A Cottage Offices, Latimer Park, Latimer Road, Chesham, Bucks.
HP5 1TU.***

*We do not exclude anyone based upon their ability to pay. If you would like to participate but need help with costs, please contact Revd Joanna Gallant.
All enquiries will be treated confidentially.*

Please let us know of any access requirements:.....

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FEBRUARY

ICES Biblical Studies Course – The Pentateuch

10 Sessions fortnightly Monday evenings. Begins 8th February 8 – 9.30pm.
Led by Revd Joanna Gallant.

Interactive Christian Extension Studies provides practical, accredited study courses designed to lay a solid base of theological awareness. Offering the kind of demanding but accessible study that all Christians should consider, the courses provide you with the opportunity to explore the essentials of the Christian faith on your own, yet allow you to meet with others to share your learning. With each course students receive a comprehensive ICES self study book of around 450 pages.

Total Cost £125 including the ICES self study book (worth £45).

Lenten Retreat Day

Saturday 20th February 10am – 4pm.

Led by The Rt Revd Alan Wilson, Bishop of Buckingham.

Begin your Lenten journey immersed in the presence of God.

Early booking advised, places for this day are limited.

Please bring a packed lunch, tea and coffee provided.

Cost £20.

MARCH & APRIL

Carmelite Spirituality for Today: Teresa of Avila and John of the Cross

Saturday 13th March 10.30am – 4pm.

Led by Peter Tyler and Julianne McLean.

The morning will look at **Carmel and the Desert Tradition, Life and Times of St John of the Cross, St John for Today – Writings and Relevance** and in the afternoon **The Life of Teresa of Avila, The Interior Castle.**

Peter Tyler is Senior Lecturer and Programme Director of Pastoral Theology at St Mary's University College, Twickenham and author of *The Way of Ecstasy – Praying with Teresa of Avila and John of the Cross – Outstanding Christian Thinker.*

Julianne McLean is a consulting psychologist, Jungian analyst and spiritual director who has taught on several Anglican ordination courses and at Sarum College, Salisbury and is author of *Towards Mystical Union.*

Early booking advised, places for this course are limited.

Please bring a packed lunch, tea and coffee provided.

Cost £22.50.

MARCH & APRIL (continued)

Wise Leadership Workshop for Church Leaders

Friday 19th March 1.30am – 4.30pm.

Led by Chris Gothard.

Using excerpts from Bishop Stephen's inspirational book, 'Hit the Ground Kneeling: Seeing Leadership Differently', we will look at the rewards and challenges of leadership.

This workshop will allow you to give yourself time and space to think about leadership and how you can refresh yourself in the role. There will be opportunities to talk with others, time for quiet contemplation and journaling.

Your facilitator will be **Chris Gothard, Emotional Health & Well-being Consultant**, who regularly works with groups of leaders (and other staff) on their resilience and well-being.

'There is another kind of listening that arises from pausing, from contemplation – listening to your own self.'

Cost £30.

Wise Leadership Workshop for Head teachers

Friday 30th April 9.30am – 12.30pm.

Led by Chris Gothard.

For an outline of the workshop please see above.

Cost £30.

COMING UP NEXT TERM...

JUNE

The Jesus Prayer

Saturday 26th June 10am – 4pm.

Led by Bruce Batstone of The London Centre for Spirituality.

JULY

A Week of Accompanied Prayer

4th – 9th July 10am – 4pm.

Led by Alison Hassall, Revd Joanna Gallant and prayer guides.

How to find us and booking details overleaf...