



Nether Springs  
Programme  
2017

*Norfolk*  
COMMUNITY

Nether Springs at Acton Home Farm is the home of the Northumbria Community. As our Mother House, it is a major focus for our spirituality and an important residential expression of our monastic life and Rule. It is set in the beautiful countryside of Northumberland where one can encounter God's beauty at work in Creation. Named for the springs Jacob gave his daughter and her husband to go with the desert land they inhabited (Judges 1:14-15), Nether Springs provides a place to drink deeply from, and be refreshed by, life-giving waters.

The rhythm of the day at Nether Springs includes space for worship, work, study, solitude and community. Our prayer offices reflect a quiet, contemplative tradition, while our meal times reflect a family dinner table. Some may come simply for 'time out' with the Lord, whilst others come primarily for the space to study or explore a topic more deeply. Some may come seeking God's guidance at an important time of life, and others still may come to challenge or reawaken a fledging faith with a community that acknowledges the desert times and embraces questions.

The primary purpose of the Nether Springs is to offer a monastic expression of heart, home and hospitality and to provide a place of welcome for people from whatever background, stream or tradition, be they believer or seeker. The Community in residence at the Nether Springs is on hand to welcome, direct and help all who wish to share our home. It is our privilege to receive people through our doors. If you'd like to talk with someone privately during your time at Nether Springs, please let us know and we'll try to arrange this for you.

**Please note:** Although we offer this full programme of retreats at Nether Springs, we also welcome people who come for some space – Monday to Thursday, or Friday to Sunday – whenever the house is open, without taking part in the led programme. Come and just be, within the rhythm of the day. We also welcome people for longer periods as part of a sabbatical break.

## Regular Retreats

Some of our retreats appear only once in this programme but some of our most popular ones are run at intervals throughout the year to give more people the chance to book in for them. Rather than repeat the information about the regular retreats each time they appear in the programme, they are described below with the dates on which they will be running.

## Community Introduction

An introductory retreat outlining the history, vocation and novitiate process of the Northumbria Community. An essential retreat for all who want to explore their relationship with the Community.

***Please note: participation in the first evening session is essential.***

**Dates: 20-22 January, 10-12 March, 8-11 May, 21-23 July, 8-10 September, 6-9 November**

## Space Retreats

**I Still and Quiet My Soul** ~ *Psalms 131*

This retreat offers you the opportunity to spend time with God within the daily life and rhythm of the community at Nether Springs. No set programme or teaching is provided, apart from an introduction on the first night. It is simply time to come and be yourself.

**Dates: 6-8 January, 30 January–2 February, 28-30 April, 15-18 May, 5-8 June, 12-15 June, 17-20 July, 4-7 September, 16-19 October, 3-5 November, 8-10 December**

**A Time for Everything** ~ *Ecclesiastes 3:1*

Join in with the life of the house based on the monastic daily rhythm of prayer, work, study/reflection, solitude and community. No set programme or teaching is provided, apart from an introduction on the first night. It is just an opportunity to come and be yourself.

**Dates: 17-19 February, 27 February–2 March, 27-30 March, 7-9 April, 5-7 May, 29 May–1 June, 26-29 June, 3-6 July, 31 July–3 August, 18-20 August, 25-28 September**

# Individually Guided Retreats

## Listening to the Heartbeat of God

In the Gospel of John, we find the Beloved Disciple at the Last Supper, leaning against Jesus, lying on his breast, reclining ... presumably he was near enough to hear his heartbeat, if he chose to listen. This is a time to receive individual support and guidance as you draw near to Christ as his Beloved One. You may also, of course, choose to explore other themes with your retreat guide.

**Dates: 22-25 May, 18-21 September**

## Being Who You Are

Spiritual formation is cooperating with the inner work of transformation the Spirit of God is seeking to accomplish in you. The Spirit's purpose is not to turn you into a different person, but to make you into the best 'you' that you can be. An opportunity to explore, with the support of your retreat guide such questions as: What helps you to be more the person you believe God has made you to be? What is squeezing you into a mould and hindering you from being who you really are? How well do the roles you play, and the responsibilities you carry, fit with the person you are? You may also, of course, choose to explore other themes with your retreat guide.

**Dates: 24-27 April, 21-24 August**

## Seeking God at the Crossroads

*This is what the LORD says, 'Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls.'*

*Jeremiah 6:16*

A chance to reflect on life-transitions with someone who will listen with you to God's work at the crossroads. You may also, of course, choose to explore other themes with your retreat guide.

**Dates: 20-23 February, 19-22 June, 24-27 July, 20-23 November**

## Entering the Silence

*Let me rest in Your will and be silent. Then the light of Your joy will warm my life. Its fire will burn in my heart and shine for Your glory. This is what I live for. Amen, Amen.*  
Thomas Merton

This silent retreat is a time to seek God in the cell of your own heart, in a community of fellow seekers. Each retreatant will be paired with a companion on the journey from whom they can receive individual support and guidance. Apart from the session of spiritual accompaniment each morning, we will seek God in silence from Monday after Night Prayers until lunch on Thursday.

**Dates: 23-26 January, 20-23 March, 23-26 October, 4-7 December,**

***Please note: It may be possible to talk privately with someone on the house team at other times of the year. Please enquire through the office.***

— JANUARY 2017 —

**3-5 Tues – Thurs IN HOUSE RETREAT**

**(for Nether Springs House Team)**

**6-8 Fri – Sun I STILL AND QUIET MY SOUL ..... £120**

*See page 3 for details.*

**9-12 Mon – Thur SPACE FOR THE NEW YEAR ..... £180**

*I hope for you in the New Year: That the single, most significant dimension of life is your relationship with God who never ceases to sing love songs to your soul ... That you make choices and decisions that reflect your truest self ... That you find adventure in each new day and marvel at the wonders of creation which constantly present themselves to you ... That you take risks and accept the growth-full challenges that come to you...*

*Joyce Rupp*

As we begin a new year, this is an opportunity to come away and reflect on your intentions and hopes for the time ahead and to pray God's blessings on it. There will be some guidance and resources offered, but mainly space within the rhythm of the day to connect with the Author of all our days.

**13-15 Fri – Sun COMMUNITY GROUP LEADERS ..... £120**

A time for those who lead Community Groups around the UK and beyond to gather, encourage one another, and be commissioned for their work in the year ahead.

**16-19 Mon – Thur CONTEMPLATIVE AWARENESS ..... £180**

A led retreat that explores embracing of a way of life that is open to finding God in all things and all things in God. We'll draw on the wisdom of Celtic Spirituality to help us learn to see the simplest of daily tasks as a sacrament. We will explore aspects of contemplative life and prayer and how these can be expressed in everyday ordinariness that we might *live our prayer and pray our life*.

**20-22 Fri – Sun COMMUNITY INTRODUCTION ..... £120**

*See page 3 for details.*

**23-26 Mon – Thur ENTERING THE SILENCE ..... £180**

*Individually guided retreat. See page 5 for details.*

**27-29 Fri – Sun HOUSE CLOSED**

Nether Springs is closed for three days every month as part of the resident community's commitment to a rhythm of life.

**30-02 Mon – Thur I STILL AND QUIET MY SOUL ..... £180**

*See page 3 for details.*

## — FEBRUARY 2017 —

**3-5 Fri – Sun TOWARDS SIMPLICITY ..... £120**

*Help me to know that the secret of contentment lies in organising the self in the direction of simplicity.*

*Hild Liturgy, Celtic Daily Prayer*

This led retreat is an opportunity to focus on the spiritual discipline of Simplicity, both inner and outer. We will be drawing on the teachings of Richard Rohr and Richard Foster and exploring together how this wisdom can be lived out in our everyday lives. If the traditional monastic vow of poverty can be translated in 'new monasticism' as simplicity, what does that mean for us?

**6-9 Mon – Thur HEART, HOME AND HOSPITALITY ..... £180**

Following the celebration of St. Brigid, known for her welcome to all, we will explore together what a hospitality of home and a hospitality of heart might look like in our own lives. We will reflect on Biblical hospitality and share out of our own experiences.

### ***Celtic Rune of Hospitality***

*I saw a stranger yestere'en.  
I put food in the eating place, drink in the drinking place,  
music in the listening place,  
and in the sacred name of the Triune  
He blessed myself and my house, my cattle and my dear ones,  
and the lark said in her song  
often, often, often, goes Christ in the stranger's guise.*

*Kenneth MacLeod*

**10-12 Fri – Sun GIVEN FOR LIFE: ..... £120**

**EXPLORING MOTIVATIONAL GIFTS**

Growing in knowledge of ourselves goes hand-in-hand with growing in knowledge of God. This retreat offers a well-tested and well-received tool for understanding our ‘motivational gift.’ What is it that motivates our personality, choices, and relationships with others? The teaching draws from a book of the same title and is based on Romans 12:1-8, verses which outline God’s unique design and motivational gifting for each individual.

**13-16 Mon – Thur THE WAY OF LOVE ..... £180**

Over this Valentine’s Day week, we’ll take a fresh look at St. Valentine himself, and ways of loving God, others and ourselves.

*Suitable for singles, marrieds, families and all ages.*

**17-19 Fri – Sun A TIME FOR EVERYTHING ..... £120**

*See page 3 for details.*

**20-23 Mon – Thur SEEKING GOD AT THE CROSSROADS ..... £180**

*Individually guided retreat. See page 4 for details.*

**24-26 Fri – Sun HOUSE CLOSED**

Nether Springs is closed for three days every month as part of the resident community’s commitment to a rhythm of life.

**27-02 Mon – Thur A TIME FOR EVERYTHING ..... £180**

*See page 3 for details.*

This retreat will include an Ash Wednesday Holy Communion service on Wednesday evening.

— MARCH 2017 —

**3-5 Fri – Sun TAKE TIME TO MAKE TIME ..... £120**

We want to enjoy the ‘fullness of life’ but often our experience falls far short. We wonder why and feel powerless, weighed down by the stresses and pressures of life. Join Community Companion Annie Candeland in taking time out in a fun and educational weekend to learn more about the causes and effects of stress and help find coping strategies to enjoy a balanced and healthy way of life. In addition, you will have the opportunity to enjoy good company, take time for personal reflection or share with a spiritual companion if you would like.

**6-9 Mon – Thur MOVING INTO STILLNESS ..... £180**

A week using simple movement, dance, art and poetry to lead us from the busyness of our daily lives to a still place to experience more deeply the presence of God and love deep in our hearts, with a little lightness and humour thrown in.

Led by Hilda Mary, who belongs to the Community of the Sisters of the Church and over the years has found creativity and art a pathway to prayer.

**10-12 Fri – Sun COMMUNITY INTRODUCTION ..... £120**

*See page 3 for details.*

**13-16 Mon – Thur LENTEN JOURNEY ..... £180**

A led retreat which offers time and space alone and with others to reflect on your own journey with Christ during this season of Lent.

**17-19 Fri – Sun FELT-MAKING RETREAT ..... £120**

Craft as well as prayer, often thrives with careful, focused attention.

Working with felt, in particular, allows for working with rich colours and textures, binding together loose threads to make a whole.

On the Friday evening we’ll learn a flat felt technique which can be applied to book covers or hangings. On Saturday we will try 3D felting which could be used to make a bag, slippers or a hat. On Sunday will be needle felting which

can be used to create a 3D sculpture or to embellish a picture. There will be time for quiet concentration as you learn or develop this craft, prayer in the monastic rhythm and happy chats around the table.

*Full instructions and materials are provided. Suitable for complete beginners.*

**20-23 Mon – Thur ENTERING THE SILENCE ..... £180**

*Individually guided retreat. See page 5 for details.*

**24-26 Fri – Sun HOUSE CLOSED**

Nether Springs is closed for three days every month as part of the resident community's commitment to a rhythm of life.

**27-30 Mon – Thur A TIME FOR EVERYTHING ..... £180**

*See page 3 for details.*

## — APRIL 2017 —

**31-02 Fri – Sun CONTEMPLATIVE AWARENESS ..... £120**

A led retreat that explores embracing of a way of life that is open to finding God in all things and all things in God. We'll draw on the wisdom of Celtic Spirituality to help us learn to see the simplest of daily tasks as a sacrament. We will explore aspects of contemplative life and prayer and how these can be expressed in everyday ordinariness that we might *live* our prayer and *pray* our life.

**3-6 Mon – Thur CELTIC SITES AND SAINTS ..... £180**

A chance to journey with the Celtic Saints whose spirituality and witness not only served the renewal of the Church but shaped culture in their own day and beyond. The example of Aidan, Cuthbert, Oswald, Hild and many others has inspired the Northumbria Community and provided a foundation for our Way for Living. This retreat offers an opportunity for the example of their lives to shape our own, as well as pilgrimage(s) to local Celtic sites.

*Suitable for families and seekers of all ages.*

**7-9 Fri – Sun CREATED FOR A PURPOSE ..... £120**

*Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.*

*Psalms 139:16*

Take time out to hear the still, small voice that knows you better than you know yourself. One word from your maker can change everything. We'll be communing with the master-craftsman through play and creative action, alone and together. Trusting that as we humble ourselves, become childlike and open up to the creative process, we encounter our Creator.

**10-12 Mon – Wed HOUSE CLOSED**

In this time, the Nether Springs team will be preparing for Easter Workshop.

**13-17 Thurs (3pm) – Mon (10am) EASTER WORKSHOP ..... £180**

Easter has always been a special time for the Community to gather. The Easter narrative draws us into Christ's life, death and resurrection. He gives us – individually and as a Community – our identity, our life and our future. This is a time for all of us to explore our journey of faith and for Community Companions to renew their vows.

*In addition to a workshop at Nether Springs, there will be local gatherings throughout the UK and beyond. Please check the website and newsletter for more details closer to the event.*

**17-23 Mon (10am) – Sun HOUSE CLOSED**

Nether Springs is closed for a week after Easter as part of the resident community's commitment to a rhythm of life.

**24-27 Mon – Thur BEING WHO YOU ARE ..... £180**

*Individually guided retreat. See page 4 for details.*

**28-30 Fri – Sun I STILL AND QUIET MY SOUL ..... £120**

*See page 3 for details.*

**1-4 Mon – Thurs EXPLORING SACRED SPACE ..... £180**

If we believe in a God whose glory is in our world, how do we make places that remind us of God’s presence and imminence? What makes a space ‘sacred’? What makes a space special to you? What are the different levels at work when human beings make a space set-apart or call it significant? These are some of the questions we will look at together.

Retreatants will also have a chance to go on pilgrimage to the well at Holystone to engage with an ancient site considered ‘sacred’ by both pagans and Christians, to connect with a fairly new sacred space at Nether Springs and to create their own little bit of sacred space.

**5-7 Fri – Sun A TIME FOR EVERYTHING ..... £120**

*See page 3 for details.*

**8-11 Mon – Thur COMMUNITY INTRODUCTION ..... £180**

*See page 3 for details.*

**12-14 Fri – Sun TENDING THE GARDEN OF OUR SOUL ..... £120**

Throughout the Old and New Testament, Scripture often uses metaphors taken from the natural world to describe the inner journey we take as we walk through life. What does working the soil, planting, growing and harvesting teach us about cultivating the garden of our soul? At this weekend we will relate with creation in tangible and experiential ways in order to make a connection between the outer and the inner world, understand ourselves better and grow in awareness of how we can tend to our own inner being in cooperation with the Creator.

**15-18 Mon – Thur I STILL AND QUIET MY SOUL ..... £180**

*See page 3 for details.*

**19-21 Fri – Sun CELTIC SAINTS: ST BRENDAN ..... £120**

Irish monks used boats called coracles to travel on the ocean in search of a ‘desert place’ in which they found God in a new way. One of the most famous of these monks is Brendan, who set out from the West coast of Ireland in search of paradise. During this retreat, we’ll hear some of the tales of Irish

monks on their journeys and reflect on the coracle as a symbol of contemporary Christian living. It will include a celebration of St. Brendan's Day on Monday and an exploration of our own callings to risky living.

**22-25 Mon – Thur LISTENING TO THE HEARTBEAT OF GOD ..... £180**

*Individually guided retreat. See page 4 for details.*

**26-28 Fri – Sun HOUSE CLOSED**

Nether Springs is closed for three days every month as part of the resident community's commitment to a rhythm of life.

**29-01 Mon – Thu A TIME FOR EVERYTHING ..... £180**

*See page 3 for details.*

— JUNE 2017 —

**2-4 Fri – Sun DANCING CELTIC DAILY PRAYER ..... £120**

Come and learn or enjoy again the dances that go with the liturgy in Celtic Daily Prayer, including a new dance for The Lord's Prayer. Andy Raine will lead us, and Anna Raine will perform a concert on Saturday night. A weekend of music and movement to express and deepen faith.

**5-8 Mon – Thur I STILL AND QUIET MY SOUL ..... £180**

*See page 3 for details.*

**9-11 Fri – Sun LEARNING THROUGH LOSS ..... £120**

*To all who mourn ... he will give a crown of beauty for ashes ... they will rebuild the ancient ruins.*  
*Isa 61:3-4*

An experience of any deep loss can wound us to the core. But as we invite God into the pain, we can recreate our lives and find fresh hope and purpose. In our vulnerability, God can then use us to bring compassion to others. This is an opportunity to be equipped in supporting others in friendship or pastorally as well as drawing insight for ourselves. A time to reflect and explore creative ways of healing and restoration.

**12-15 Mon – Thur I STILL AND QUIET MY SOUL ..... £180**

*See page 3 for details.*

**16-18 Fri – Sun PRAYER DRUMMING ..... £120**

Join with some seasoned prayer drummers to listen to God's heartbeat and to one another as we learn to express our praise, prayer and lament through one of the most ancient and universal of instruments. Bring a drum if you have one. No previous drumming experience required.

**19-22 Mon – Thur SEEKING GOD AT THE CROSSROADS ..... £180**

*Individually guided retreat. See page 4 for details.*

**23-25 Fri – Sun HOUSE CLOSED**

Nether Springs is closed for three days every month as part of the resident community's commitment to a rhythm of life.

**26-29 Mon – Thur A TIME FOR EVERYTHING ..... £180**

*See page 3 for details.*

— JULY 2017 —

**30-02 Fri – Sun INTRODUCTION TO IGNATIAN PRAYER ..... £120**

Come and explore new ways of praying including the imaginative contemplation of a gospel passage and a way to reflect on our day with the examen prayer. Ignatian spirituality can help us to pay more attention to God, and help us understand and identify His actions in our lives. The weekend will be practical and will include time for personal prayer to practise the prayer methods learned.

**3-6 Mon – Thur A TIME FOR EVERYTHING ..... £180**

*See page 3 for details.*

**7-9 Fri – Sun PHOTOGRAPHY AS A CONTEMPLATIVE PRACTICE ..... £120**

*To take photographs means ... putting one's head, one's eye and one's heart on the same axis.*

*Henri Cartier-Bresson*

This retreat will invite us to train our contemplative attitude through taking photographs. The camera, by narrowing our vision, can become like a spy-glass, a tool to train us to see beauty and richness that are usually hidden from us through our lack of attention.

We won't be focussing on the technical aspects of photography but using the process of taking pictures to learn how to see more clearly and to capture images from fresh perceptions. Please do bring a means of taking photographs: a camera, smart phone or tablet.

**10-13 Mon – Thur CELTIC SITES AND SAINTS ..... £180**

A chance to journey with the Celtic Saints whose spirituality and witness not only served the renewal of the Church but shaped culture in their own day and beyond. The example of Aidan, Cuthbert, Oswald, Hild and many others has inspired the Northumbria Community and provided a foundation for our Way for Living. This retreat offers an opportunity for the example of their lives to shape our own, as well as pilgrimages to local Celtic sites. Suitable for families and seekers of all ages.

**14-16 Fri – Sun FINDING GOD IN WHO YOU ARE ..... £120**

**AN EXPLORATION OF PERSONALITY AND SPIRITUALITY WITH  
THE HELP OF THE MYERS BRIGGS TYPE INDICATOR**

This course is for people who are interested in making connections between personality and spirituality. There will be an opportunity to complete the MBTI questionnaire, if you haven't done so before, and to talk it through in an individual session. In the group we will think about themes like: 'Finding God Within and Without', 'Finding God in Reality and Mystery', 'Finding God in Principles and Values', 'Finding God in Openness and Closure'. If you would like more information before deciding to come please contact the office who will arrange this.

**17-20 Mon – Thurs I STILL AND QUIET MY SOUL ..... £180**

*See page 3 for details.*

**21-23 Fri – Sun COMMUNITY INTRODUCTION ..... £120**

*See page 3 for details.*

**24-27 Mon – Thur SEEKING GOD AT THE CROSSROADS ..... £180**

*Individually guided retreat. See page 4 for details.*

**28-30 Fri – Sun HOUSE CLOSED**

Nether Springs is closed for three days every month as part of the resident community's commitment to a rhythm of life.

— **AUGUST 2017** —

**31-03 Mon – Thur A TIME FOR EVERYTHING ..... £180**

*See page 3 for details.*

**4-6 Fri – Sun CELTIC SAINTS: ST OSWALD ..... £120**

A chance to explore the story of St. Oswald, ancient King of Northumbria and reflect on seats of power today. Includes a local pilgrimage on Saturday for Oswald's Feast Day.

**7-12 Mon – Sat FAMILY WEEK ..... £300**

An opportunity for families to be together, sharing in the life and rhythm of Nether Springs and to use this home as a base for holiday exploration in Northumberland. Retreat ends after lunch on Saturday.

*Suggested donation for each family: one adult offers full donation, spouse/partner and children under 16 half donation, children under 8 free.*

**14-17 Mon – Thur BREAD FOR THE JOURNEY ..... £180**

An opportunity to explore ways in which 'bread' provides a rich and revealing metaphor for reflecting on our life journey as Christian disciples.

**18-20 Fri – Sun A TIME FOR EVERYTHING ..... £120**

*See page 3 for details.*

**21-24 Mon – Thur BEING WHO YOU ARE ..... £180**

*Individually guided retreat. See page 4 for details.*

**25-27 Fri – Sun HOUSE CLOSED**

Nether Springs is closed for three days every month as part of the resident community’s commitment to a rhythm of life.

**28-31 Mon – Thur SOUL FRIENDSHIP ..... £180**

An opportunity for Companions, Friends and others to share what ‘Soul Friendship’ means for each of us. Following the example of ‘good ones of old’ (Jesus, Desert Fathers and Mothers, Celtic saints, Medieval mystics), we will reflect on the meaning of spiritual friendship, accompaniment and direction in our own lives and within the Northumbria Community.

—— **SEPTEMBER 2017** ——

**1-3 Fri – Sun CELTIC SAINTS: ST AIDAN ..... £120**

Aidan travelled from the Isle of Iona to Northumberland at the request of King Oswald to bring the light of the Gospel to this land. He was known for speaking out courageously, wisely, and yet also graciously, living with simplicity and giving with extraordinary generosity to those in need. This led retreat will celebrate, through story, liturgy and a pilgrimage to Holy Island and Bamburgh, the example of St Aidan for missional living today.

**4-7 Mon – Thur I STILL AND QUIET MY SOUL ..... £180**

*See page 3 for details.*

**8-10 Fri – Sun COMMUNITY INTRODUCTION ..... £120**

*See page 3 for details.*

**11-14 Mon – Thur RED TENT WOMEN’S RETREAT ..... £180**

The idea of the ‘Red Tent’ is being adapted from its ancient use to one that provides a space for women today to come together to rest, replenish and connect. In this retreat, women of all ages and backgrounds are invited to share their lives, share their wisdom, share their laughter and share their sorrow, have fun and nurture creativity, all in the context of seeking God and keeping the rhythm of the day with the wider community at Nether Springs.

**15-17 Fri – Sun ‘BEING WITH’ ..... £120**

In a world of ‘Doing’ – doing for and doing to – this retreat will take a look at the importance and power of ‘Being With’ ... through friendship, through having an open table, through being good neighbours. How does ‘Availability and Vulnerability’ lead us to ‘being with’ God and others?

**18-21 Mon – Thur LISTENING TO THE HEARTBEAT OF GOD ..... £180**

*Individually guided retreat. See page 4 for details.*

**22-24 Fri – Sun HOUSE CLOSED**

Nether Springs is closed for three days every month as part of the resident community’s commitment to a rhythm of life.

**25-28 Mon – Thur A TIME FOR EVERYTHING ..... £180**

*See page 3 for details.*

**29-01 Fri – Sun WILLOW WEAIVING ..... £ 120**

Come create with willow, guided by a local, experienced willow-weaver. There will be opportunities to work on free-form sculpture (such as a bird feeder or candle holder, an angel or a celtic cross) and baskets.

*Full instructions and materials are provided. Suitable for complete beginners.*

———— **OCTOBER 2017** ————

**2-5 Mon – Thur THE COURAGE OF VULNERABILITY ..... £180**

*Vulnerability is the core, the heart, the centre of meaningful human experiences ... It is the birthplace of love, belonging, joy, courage, empathy and creativity. It is the source of hope, empathy, accountability and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.*

*Brené Brown*

As a Community that commits itself to Availability and intentional, deliberate Vulnerability, we have been thankful to discover the work of Brené Brown who writes about vulnerability with great humanity, wisdom and humour. Drawing

on her insights and on those of the Northumbria Community, we'll use reflection, discussion and artistic play to begin dismantling the walls of fear or shame that keep us hidden from ourselves and from others. We explore this calling: to let ourselves be seen and live full, whole-hearted lives.

**6-8 Fri – Sun GIVEN FOR LIFE ..... £120**

**EXPLORING MOTIVATIONAL GIFTS**

Growing in knowledge of ourselves goes hand-in-hand with growing in knowledge of God. This retreat offers a well-tested and well-received tool for understanding our 'motivational gift.' What is it that motivates our personality, choices, and relationships with others? The teaching draws from a book of the same title and is based on Romans 12:1-8, verses which outline God's unique design and motivational gifting for each individual.

**9-12 Mon – Thur MENTORING RETREAT\*..... £180**

**WISDOM GLEANED AND EXPERIENCES SHARED**

Join Roy Searle and others in a safe and supportive environment to encourage, share, learn from one another and draw from Roy's experience as one of the leaders of the Northumbria Community, who has planted and pastored churches, established and encouraged missional initiatives and who teaches, mentors and spiritually directs a number of people in leadership contexts, both Christian and secular. Time together will be relaxed, informative and hopefully a source of refreshment, help and encouragement.

*(\*Please note this retreat is not about being a Mentor for a Novice in the Northumbria Community, even though we've offered a retreat about this in the past.)*

**13-15 Fri – Sun PART 2: FINDING GOD IN WHO YOU ARE ..... £120**

**AN EXPLORATION OF PERSONALITY AND SPIRITUALITY WITH THE HELP OF THE MYERS BRIGGS TYPE INDICATOR**

This is open to anyone who has a confident knowledge of what their MBTI personality type is and would like to take their understanding further.

The course will cover 'Type Dynamics', exploring the dynamic interaction of all four preferences within one type. The course will also apply this learning to further exploration of Christian spirituality, partly by touching on the

themes of our lifelong journeys of development and the relationship between our conscious and our unconscious lives where, according to Jung, both our ‘Shadow’ and ‘True Self’ may be found.

**16-19 Mon – Thur I STILL AND QUIET MY SOUL ..... £180**

*See page 3 for details.*

**20-22 Fri – Sun BODY AND SOUL ..... £120**

A weekend spent in the company of Hildegard of Bingen reflecting on the interconnectedness of who we are in God. Hildegard was a 12th century German Benedictine abbess, Christian mystic, writer, composer, philosopher, visionary, and polymath who is thought to be one of the most influential persons of the Middle Ages. Her legacy can inform our thinking and living today.

**23-26 Mon – Thur ENTERING THE SILENCE ..... £180**

*Individually guided retreat. See page 5 for details.*

**27-29 Fri – Sun HOUSE CLOSED**

Nether Springs is closed for three days every month as part of the resident community’s commitment to a rhythm of life.

**30-02 Mon – Thur CELEBRATING THE SAINTS (Suitable for all ages) ..... £180**

Over this ‘All Saints’ Day’ week, we’ll have a chance to explore together the significance of being part of ‘The Communion of the Saints’. We’ll also explore the lives of a variety of Northumbrian Saints and how they might help shape a ‘Northumbrian Spirituality’.

— NOVEMBER 2017 —

**3-5 Fri – Sun I STILL AND QUIET MY SOUL ..... £120**

*See page 3 for details.*

**6-9 Mon – Thur COMMUNITY INTRODUCTION ..... £180**

*See page 3 for details.*

**10-12 Fri – Sun GO PEACEFUL IN GENTLENESS ..... £120**

Explore what it might mean to live gently and peaceably in a world of violence, increasing fragmentation, emerging nationalism and tribalism. What was the gift and charism of our Celtic forefathers and mothers and how does the spirituality of the Northumbria Community relate to how we live out our lives in a changing world?

**13-16 Mon – Thur ‘WHO ARE YOU GOD, AND WHO AM I?’ ..... £180**

This question is at the heart of the spiritual journey as we work out how we fit in the world and what our purpose is. It’s a question that is often asked at times of significant change and transition when the identity that we have constructed for ourselves is challenged, but ultimately it is about new spiritual growth at all times of life and is constantly before us as we live our questions as followers of Jesus. This retreat offers an invitation to be present to God and yourself, and will provide input and materials to ponder for yourself as you ask the question, ‘Who are you God, and who am I?’

**17-19 Fri – Sun REDISCOVERING SABBATH ..... £120**

We live in a culture driven by constant activity and business. The thought of resting a whole day every week might even sound scary to us as we all are affected by the pressure to do and achieve. How can we learn to stop? What lies at the heart of God’s commandment and this ancient practice of holding weekly Sabbath? Is it more than taking a break? How can we weave a new rhythm into the current patterns of our lives? This weekend invites you to explore the deeper meaning of entering into God’s Sabbath rest and how this spiritual discipline can radically change your life.

**20-23 Mon – Thur SEEKING GOD AT THE CROSSROADS ..... £180**

*Individually guided retreat. See page 4 for details.*

**24-26 Fri – Sun HOUSE CLOSED**

Nether Springs is closed for three days every month as part of the resident community’s commitment to a rhythm of life.

**27-30 Mon – Thur JESUS, CONFLICT AND PEACE-MAKING ..... £180**

*In Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us.*

*2 Corinthians 5:19*

How we respond to conflict is one of the biggest challenges we face. Often it's assumed a 'Christian' response to conflict is to be nice. But how did Jesus himself respond to the people and institutions who came up against him, didn't understand him, tried to silence him, sought to trick him and to ultimately defeat him? During this retreat, we'll explore each of the four Gospels, looking at the life of Christ through the lens of conflict, peace-making and reconciliation. We'll explore through study, drama and discussion.

— DECEMBER 2017 —

**1-3 Fri – Sun ADVENT RETREAT ..... £120**

As we enter the busy seasons of Advent and Christmas, this retreat offers the opportunity to prepare for the weeks ahead, to separate the trivial from the significant, and to consider again the meaning, relevance and wonder of the Incarnation of Christ. Through conversation, reflection, and practical workshops, we'll prepare to welcome Christ into our homes and lives.

**4-7 Mon – Thur ENTERING THE SILENCE ..... £180**

*Individually guided retreat. See page 5 for details.*

**8-10 Fri – Sun I STILL AND QUIET MY SOUL ..... £120**

*See page 3 for details.*

**11 DEC – 2 JAN HOUSE CLOSED**

## Staying at Nether Springs

For more information about your stay, please visit our website and look under the heading: 'Staying at Nether Springs'.

<http://www.northumbriacommunity.org/nether-springs/staying-at-nether-springs/frequently-asked-questions/>

Please bring your own towel if you're able. All other bedding and all meals are provided. Please also note: **wi-fi is not available on site.**

### Booking

To book in for a retreat, please contact the office (details overleaf). Information about retreats can also be found under 'What's on at Nether Springs' on our website. Please note, in order to minimise disruption to the other guests, the minimum length of stay for those coming for space is two nights.

### Bringing Children to Nether Springs

Children are welcome in the care of their parent/s or guardian/s. There may be some times when it is not appropriate for young children to stay, such as during individually guided retreats. If you bring children, you must take full responsibility for them at all times, respecting the need for quiet for those here on retreat.

***Safeguarding – Parents and Guardians bringing children need to be aware that because this is a house of hospitality open to all, there will often be strangers here, who are not known at all by any member of the resident staff team.***

### House Closed

There are times when the house is closed to guests, for team days or for preparation. As part of our commitment to monastic vocation we close the House for the last full weekend of every month, not only to give those living at the Mother House breathing space but also as a way of affirming the importance of the ebb and flow of life. For this period 'the tide is in'.

### Group Bookings

On some Tuesdays, Wednesdays or Saturdays it is possible to arrange for groups of up to ten people to come for a day visit, for a time of reflection around the monastic rhythm of the day. Members of the Northumbria Community can provide input if desired. Please contact the office if you would like to discuss this option for your group.

## Nether Springs

Croft Cottage  
Acton Home Farm  
Felton  
Northumberland  
NE65 9NU

01670 787645  
office@northumbriacommunity.org  
www.northumbriacommunity.org



### Donations to Nether Springs

As a registered charity, The Northumbria Community Trust does not ask for a set fee to cover the cost of your stay at Nether Springs. Instead, we invite donations to support the life and work of the wider Community as a whole.

Many guests welcome a suggestion as to what might be an appropriate donation. This is always a difficult question to answer. However, for your guidance, the suggested donation is indicated against each retreat in the programme. We ask that you make as generous a donation as is possible without risking hardship. Through the work of the Community, the generosity of those who can afford more will benefit those who have less. As the weekly and monthly costs of running the Community are substantial, we would greatly value your integrity and generosity in this regard.

If you are a UK income tax and/or capital gains tax payer, and sign the Gift Aid form, it will enable the Community to reclaim the tax you have already paid, thereby increasing your gift.

Donations toward the work of the Community can be made by cash, cheque or card payment. If you would like to consider giving to the Community regularly, Standing Order and Gift Aid forms are available in the Office.

© The Northumbria Community Trust

Registered Charity No. 1156630