



Nether Springs
Programme
2019

Northumbria
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: 14-17 January, 4-7 March, 17-19 May, 1-4 July, 4-6 October, 8-10 November,

Space Retreats

I Still and Quiet My Soul ~ *Psalm 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: 28-31 January, 11-14 February, 25-28 March, 8-11 July, 26-29 August, 30 September–3 October, 11-13 October,

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: 22-24 February, 12-14 April, 29 April–2 May, 27-30 May, 12-14 July, 2-4 August, 12-15 August, 28-31 October,

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: 25-28 February, 24-27 June,

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: 20-23 May, 19-22 August, 21-24 October,

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: 8-11 April, 22-25 July, 23-26 September

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: 21-24 January, 18-21 March, 18-21 November, 9-12 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 2019 —

3-5 Thurs – Sat IN-HOUSE RETREAT (for Nether Springs House Team)

7-10 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.

11-13 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.

14-17 Mon – Thur COMMUNITY INTRODUCTION £180

See page 3 for details.

18-20 Fri – Sun FELT-MAKING RETREAT £120

Craft as well as prayer, 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.

21-24 Mon – Thur ENTERING THE SILENCE £180
Individually guided retreat. See page 5 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 I STILL AND QUIET MY SOUL £180
See page 3 for details.

— FEBRUARY 2019 —

1-3 Fri – Sun CELTIC SAINTS: ST BRIGID AND HOSPITALITY £120
Saint Brigid became famous for many things, but most of all for her hospitality and welcome. We will learn more about Brigid, celebrate her feast day and will explore together what a hospitality of home and a hospitality of heart might like look in our own lives.

4-7 Mon – Thur SURPRISED BY JESUS £180
The gospels tell many stories of encounter – of people who were looking for Jesus and found him and those who found him when they weren't looking. Whether by choice or by chance, these encounters held surprises – and no one came away from them unchanged. Together we will look at a few of these stories. Alone, we will take one of them into silence – in the hope that we, too, will encounter Jesus.

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

8-10 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.

11-14 Mon – Thur I STILL AND QUIET MY SOUL £180

See page 3 for details.

15-17 Fri – Sun TRUSTEES WEEKEND

18-21 Mon – Thur THE RETURN OF THE PRODIGAL..... £180

I have tried hard to follow the guidelines of the spiritual life . . . I have failed many times but always tried again, even when I was close to despair.

Now I wonder whether I have sufficiently realized that during all this time God has been trying to find me, to know me, and to love me. The question is not ‘How am I to find God?’ but ‘How am I to let myself be found by him?’ The question is not ‘How am I to know God?’ but ‘How am I to let myself be known by God?’ And, finally, the question is not ‘How am I to love God?’ but ‘How am I to let myself be loved by God?’ God is looking into the distance for me, trying to find me, and longing to bring me home.

Henri J.M. Nouwen, The Return of the Prodigal Son: A Story of Homecoming

This retreat, suitable for all ages, is an opportunity to reflect on the Prodigal story afresh, inspired by writings of Henri Nouwen and rooted in experiential learning in the here-and-now.

22-24 Fri – Sun A TIME FOR EVERYTHING £120

See page 3 for details.

25-28 Mon – Thur LISTENING TO THE HEARTBEAT OF GOD £180

Individually guided retreat. See page 4 for details.

— MARCH 2019 —

1-3 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.

4-7 Mon – Thur COMMUNITY INTRODUCTION £180

See page 3 for details.

8-10 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, 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.

11-14 Mon – Thur CELTIC SPIRITUALITY £180
WITH PATRICK, COLUMBA & CUTHBERT

A chance to journey with these three Celtic Saints whose spirituality and witness not only served the renewal of the Church but shaped the culture of the British Isles in their own day and beyond. The example of Patrick, Columba and Cuthbert, 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.

15-17 Fri – Sun HEARING THE VOICE OF THE BELOVED £120

A time to explore and deepen some of the many ways The Beloved speaks to us and can be found in all things. We will look at creative ways of tuning ourselves into God’s love song that resounds in our hearts, the melody beyond the melodies and the word beyond words, in silence and sharing, embedded in praying the Daily Offices of the Community.

18-21 Mon – Thur ENTERING THE SILENCE £180

Individually guided retreat. See page 5 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 I STILL AND QUIET MY SOUL £180

See page 3 for details.

29-31 Fri – Sun CAMPER VAN OF DREAMS £120

A retreat exploring your dreams and vocation, centred around a genuine 1970s VW camper Van! This retreat is an opportunity to explore the person God has made you to be and the dreams (or vocation) that he has placed in you. There will be time to acknowledge the ‘dreamsnatchers’ that frustrate our dreams. And the Camper Van of Dreams will provide a safe space to give voice to the dream by speaking it out loud.

As well as being a focal point for retreats, the Camper Van of Dreams has helped people speak their dreams at Belfast Culture Night, Greenbelt, in schools and in prisons. *Suitable for all ages.*

— APRIL 2019 —

1-4 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.

5-7 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. A weekend of music and movement to express and deepen faith.

8-11 Mon – Thur SEEKING GOD AT THE CROSSROADS £180

Individually guided retreat. See page 4 for details.

12-14 Fri – Sun A TIME FOR EVERYTHING £120

See page 3 for details.

15-17 Mon – Wed HOUSE CLOSED

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

18-22 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.

22-28 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.

29-02 Mon – Thur A TIME FOR EVERYTHING £180

See page 3 for details.

—— **MAY 2019** ——

3-5 Fri - Sun IN GOD'S IMAGE:

LEARNING TO LOVE OURSELVES AS WE LOVE OTHERS£120

Do you know who you are? You are a marvel, you are unique. In all the years that have passed, there has never been anyone like you.

Pablo Cassals

As part of the amazing and astonishing created order and reflecting God's likeness; 'How then shall we live?'

Life presents many challenges and this weekend, we will explore how to love and nurture our whole selves in the practical, day to day living of it.

In addition, we'll have the opportunity to enjoy good company, take time for personal reflection, share with a spiritual companion and contribute to Saturday evening's 'Ceilidh'!

6-9 Mon – Thur EMBODIED HOLINESS £180

There comes a point when we can have a good look at our bodies and say, ‘Here I am. This is the body-like-no-other that my life has shaped. I live here. This is my soul’s address’, advocates Barbara Brown Taylor. Many of us struggle with wearing our own skin, but what we can miss, in our physical dis-ease, is that our bodies remain God’s best way of getting to us. In this retreat we hope to explore accepting and listening to our bodies, relating to and honouring others and entering into the story of Redemption through our bodies.

10-12 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*.

13-16 Mon – Thurs SEEKING GOD FOR YOURSELF..... £180

No one else can build a relationship for us. If we want to get to know someone, then we have to spend time together, listen to each other and share at least part of our lives with them. The same is true if we want to build a relationship with God. There is no substitute for leaning our own head on the breast of Christ and listening for the heartbeat of God. There is no abdicating our own responsibility for our own life and no shortcuts for the work, struggle and intimacy of the cell of the heart before God. Yet, whilst on the journey, we are together. In this retreat we will be exploring what it means to Seek God and looking at different ways that may help us to draw closer to God. There will be times of reflection, sharing insights together, and also times alone with God.

17-19 Fri – Sun COMMUNITY INTRODUCTION..... £120

See page 3 for details.

20-23 Mon – Thur BEING WHO YOU ARE £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 – Thu A TIME FOR EVERYTHING £180
See page 3 for details.

— **JUNE 2019** —

31-02 Fri – Sun GROWING IN CONTEMPLATIVE AWARENESS £120
THROUGH ART

This weekend we want to encounter and collaborate with our Creator God through the process of making and explore how this can nurture our awareness of, and relationship with, Him.

All art supplies will be provided to work on a variety of projects. No previous artistic experience needed.

3-6 Mon – Thur SMALL-STITCHED COLLAGE..... £180

During this workshop we will explore the possibilities of using a random collection of textiles and stitches to build up a collage piece. Sometimes it is useful to work without a clear idea of what you intend to create and discover processes by chance and develop ideas by experimenting with colour, surface, texture and design.

This workshop is all about experimenting and playing and allowing the ideas to surface of their own accord. It is suitable for all ability levels. There will be an abundance of materials provided for your use and more details will be given nearer the time as to what you might like to bring.

The facilitator has had years of teaching experience working with all ages and abilities and especially loves helping the less confident discover their often-suppressed creative side.

7-9 Fri – Sun TRUSTEES WEEKEND

10-13 Mon – Thur JOURNEY WITH JONAH..... £180

We invite you ... to take a walk on the wet side(!) with the reluctant prophet Jonah. Bring your wellies; bring your wetsuits; bring your imagination and join us as we dive into this classic fishy tale and have a whale of a time exploring it together. [Editor’s note - okay, so the wellies and wetsuits will not be strictly necessary]

14-16 Fri – Sun THROUGH THE YEAR WITH CHARLES WESLEY £120

In this retreat, we will be using the hymns and life of Charles Wesley as a *doorway to prayer*, as a way to deepen our faith and relationship to God. Charles Wesley (not to be confused with his brother John) was a fine poet and wrote well over 7000 hymns and poems, many of which are very familiar and still used regularly. We will explore a some of his hymns and have time for prayer, silence, reflection and rest.

**17-20 Mon – Thur FOR WHERE YOUR TREASURE IS, £180
THERE YOUR HEART WILL BE ALSO**

This retreat will focus on trust as a key aspect of our faith journeys. We'll be using a creative project to help us consider what trust means for us and in what/whom we put our trust. So, the retreat will combine times of led reflection, creative exploration, and time alone with God.

21-23 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.

24-27 Mon – Thur LISTENING TO THE HEARTBEAT OF GOD..... £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.

— JULY 2019 —

1-4 Mon – Thurs COMMUNITY INTRODUCTION £180

See page 3 for details

5-7 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.

8-11 Mon – Thur I STILL AND QUIET MY SOUL..... £180

See page 3 for details.

12-14 Fri – Sun A TIME FOR EVERYTHING £120

See page 3 for details.

15-18 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.

19-21 Fri – Sun THE SEVEN SACRED SPACES £120

The monastic tradition, as lived out through its diverse buildings, offers us a lens to glimpse a richer way 'to be church' as well as insights into quality community and even the nature of being human. Come and explore what are called *The Seven Sacred Spaces* in a setting that offers windows into all of them.

22-25 Mon – Thur SEEKING GOD AT THE CROSSROADS £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 – Thur THE WONDER OF THE WOODS..... £180

An opportunity to explore our long-held fascination with trees, woods and forests. Using science, story-telling and a sense of curiosity we will discover together what trees might have to say about God, faith and Community. The retreat may also include an opportunity to explore further afield from Nether Springs.

— **AUGUST 2019** —

2-4 Fri – Sun A TIME FOR EVERYTHING £120

See page 3 for details.

5-10 Mon – Sat FAMILY WEEK£300

An opportunity for families to be together, sharing in the life and rhythm of Nether Springs and potentially to use this home as a base for exploration in Northumberland. There is some input from the House Team and a final Ceilidh celebration on Friday night. 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.

12-15 Mon – Thurs A TIME FOR EVERYTHING £180

See page 3 for details.

16-18 Fri – Sun CELTIC SAINTS: ST NINAN £120

Romano-Briton Ninian set aside his Cumbrian royal privileges to follow God's call. After studies in Rome, on his way homeward he found his way for life in the inspiration of St Martin in Tours. In Galloway he founded *Candida Casa*. From this place the message of Christ reached the known 'ends of the the earth' and within its embrace many came to learn the message, and

their way of life. In this retreat, we will begin with the story of Ninian, follow the movement of his message through the landscape and how that has impacted Scotland and beyond. We'll also consider the need for healing and reconciliation when things have gone wrong. Retreat includes a pilgrimage on Saturday to Holystone with an ancient well attributed to Ninian.

19-22 Mon – Thur BEING WHO YOU ARE £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 I STILL AND QUIET MY SOUL £180

See page 3 for details.

30-01 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 Saturday morning pilgrimage to Holy Island and Bamburgh, the example of St Aidan for missional living today.

— SEPTEMBER 2019 —

2-5 Mon – Thur SOUL FRIENDSHIP AND THE GIFT OF LISTENING..... £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, listening, accompaniment and direction in our own lives and within the Northumbria Community.

6-8 Fri – Sun TRUSTEES WEEKEND

9-12 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.

13-15 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.

16-19 Mon – Thur LET GOD GROW IN YOU £180

Let the Son of God grow in thee, for he is formed in thee, and from thee, and may become to thee a great smile and exultation and perfect joy which no-one can take from thee.

How might these ancient words of Isaac of Stella inform and inspire our modern-day discipleship and spiritual formation?

20-22 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 are all 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. If you dare, it will involve some mobile free-time!

23-26 Mon – Thur SEEKING GOD AT THE CROSSROADS..... £180

Individually guided retreat. See page 4 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.

30-03 Mon – Thur I STILL AND QUIET MY SOUL £180

See page 3 for details.

— OCTOBER 2019 —

4-6 Fri – Sun COMMUNITY INTRODUCTION £120

See page 3 for details.

7-10 Mon – Thur MUZAHZAHING OUR LIVES £180

Come and explore what it might mean to permeate our lives, the church and the world with an intentional way for living that seeks to bring awareness of God into all of our life and work.

11-13 Fri – Sun I STILL AND QUIET MY SOUL £120

See page 3 for details.

14-17 Mon – Thur THE WISDOM OF THE DESERT..... £180

Come and explore the history and wisdom of the Desert Fathers and Mothers, their relevance for today, and the spirituality of desert places. The Desert Monastic tradition was a great inspiration for the Celtic Church and remains foundational for the Northumbria Community today.

18-20 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.

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

Individually guided retreat. See page 4 for details.

25-27 Fri – Sun HOUSE CLOSED

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28-31 Mon – Thur A TIME FOR EVERYTHING £180

See page 3 for details.

— NOVEMBER 2019 —

1-3 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?

4-7 Mon – Thur BLESSING PEOPLE AND PLACES £180

The God of blessing created us to be channels of blessing to people and places. The retreat will explore the means, disciplines and resources that help us to be people of benediction wherever we are and wherever we find ourselves.

8-10 Fri – Sun COMMUNITY INTRODUCTION £120

See page 3 for details.

11-14 Mon – Thur THE HOUSE THAT JOHN BUILT..... £180

'The House that John Built' is the Northumbria Community's telling of the lineage of the Celtic Saints, tracing the roots of this remarkable expression of the Christian faith. This retreat is an opportunity to familiarise yourself with the stories and places of a succession of saints. It will also include insights

into the significance of these 'thin places' and saints for today, as we continue to pray for and receive from their spiritual inheritance.

15-17 Fri – Sun CELTIC SAINTS: ST HILD £120

Bede describes Hilda as a woman of great energy, who was a skilled administrator and teacher. She gained such a reputation for wisdom that even kings and princes sought her advice, but she also had a concern for ordinary folk like Caedmon. He was a cow-herd at the monastery, who was inspired in a dream to sing verses in praise of God. Hilda recognised his gift and encouraged him to develop it. Although Hilda must have had a strong character, she inspired affection. As Bede writes, 'All who knew her, called her mother, because of her outstanding devotion and grace.'

From OHP website

An opportunity to enter imaginatively into the story of this great Northern saint through storytelling, prayer and creativity. In doing so, we may discover inspiration and courage to serve with our own gifts and in our own spheres of influence.

18-21 Mon – Thur ENTERING THE SILENCE £180

Individually guided retreat. See page 5 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 EMBRACING CONFLICT £180

A chance to examine how you deal with life's drama, and to learn from the example of Jesus. We'll look at the gospels 'through conflict lenses', exploring the tensions that Jesus faced, and what it meant for him to embrace conflict. There will also be plenty of space for personal reflection and prayer.

If you want deepen your capacity for passion, courage, wisdom or gentleness, use this retreat to draw closer to your heavenly Father.

29-01 Fri – Sun WHERE THE WILD SALMON SWIMS £120

The salmon was a Celtic symbol for wisdom and knowledge. This retreat offers an opportunity to follow the life cycle of the salmon and discover what wisdom it still holds today to teach us about our journey with God.

—— DECEMBER 2019 ——

2-5 Mon – Thur ADVENT RETREAT £180

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 Annunciation and the Incarnation of Christ. Through conversation and reflection, we'll prepare to welcome Christ into our hearts and lives.

6-8 Fri – Sun TRUSTEES WEEKEND

9-12 Mon – Thur ENTERING THE SILENCE £180

Individually guided retreat. See page 5 for details.

13 DEC – 3 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 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.

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