



Nether Springs Programme 2020

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.

RETREATS

This year, the programme is designed in a new way to reflect how the retreats we offer at Nether Springs relate to our ethos and Rule of Life. Attending a retreat at our Mother House is only one way of many to explore what makes us the Community we are and how we want to express our way of life, grounded in Availability and Vulnerability. The retreats are described in detail and the dates on which they will be offered attached to them.

Community Introductions: Learn more about who we are as Community. Specifically, if you are interested in journeying with us more closely or exploring our novitiate, please join us for a Community Introduction retreat.

Availability: We explore the challenge to be available to God and to others.

Vulnerability: We explore the challenge of intentional and deliberate vulnerability.

Ask for the Ancient Paths: An exploration of what we can learn from: the lineage from John's gospel; the Desert Mothers and Fathers; Celtic sites and Saints and Northumbrian Spirituality.

Living in Exile: How can we sing the Lord's song in a strange land? How can we make sense of our calling in our everyday lives?

From Hands to Heart – Practical, creative retreats that help us go deeper with God.

Spiritual Practices: Exploring spiritual practices that will help us go deeper with God.

Please note: at the end of the programme, there is a chronological calendar for 2020.

Community Introductions

Learn more about who we are as Community. Specifically, if you are interested in journeying with us more closely, or exploring our novitiate please join us for a Community Introduction retreat

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: 10-12 January, 31-02 February, 07-09 February, 30 March-02 April, 20-23 April, 1-4 June, 27-30 July, 7-9 August, 31-03 September, 26-29 October, 11-13 December

COMMUNITY INTRODUCTION RETREAT

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: 21-23 February, 24-26 April, 17-20 August, 12-15 October

COMMUNITY GROUP LEADERS £130

17-19 January 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.

09-13 April Thur(pm) –Mon (am) EASTER WORKSHOP £195

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.

15-17 May DANCING CELTIC DAILY PRAYER £130

Come and learn or enjoy again the dances that go with the liturgy in Celtic Daily Prayer plus some personal worship dances. A weekend of music and movement to express and deepen faith.

10-12 July WORK WEEKEND / CAEDMON EVENING

Come and lend a hand in the woodland, garden and home. We'll celebrate the final evening with a feast and a 'Caedmon Evening'—sharing story, song and dance.

10-15 August FAMILY WEEK £325

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. 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.

7-10 December ADVENT RETREAT £195

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.

Availability - *We explore the challenge of being available to God and to others*

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: 6-9 January, 27-30 January, 02-05 March, 1-3 May, 29 June – 02 July, 28 September -01 October, 30 November-03 December

LISTENING TO THE HEARTBEAT OF GOD – Individually Guided Retreat

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 to draw near to Christ as his Beloved One. You may also, of course, choose to explore other themes with your retreat guide.

Dates: 24-27 February, 22-25 June, 21-24 September

BEING WHO YOU ARE – Individually Guided Retreat

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: 27-30 April, 20-23 July, 19-22 October

SEEKING GOD AT THE CROSSROADS – Individually Guided Retreat

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: 25-28 May, 24-27 August

A led retreat exploring aspects of the Inner Journey and spiritual conflict with particular reference to the monastic understanding of the Cell.

ENTERING THE SILENCE – Individually Guided Retreat

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: 20-23 January, 23-26 March, 23-26 November, 14-17

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.

GIVEN FOR LIFE: EXPLORING MOTIVATIONAL GIFTS..... £130

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.

Dates: 14-16 February, 17-19 July

**13-15 March PART 2: FINDING GOD IN WHO YOU ARE:
AN EXPLORATION OF PERSONALITY AND SPIRITUALITY
WITH THE HELP OF THE MYERS BRIGGS TYPE INDICATOR..... £130**

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.

Vulnerability - We explore the challenge of intentional and deliberate vulnerability

17-20 February THE RETURN OF THE PRODIGAL.....£195

"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 Nouwen, The Return of the Prodigal Son

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.

THE COURAGE OF VULNERABILITY* £195

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 who have been living the way of Vulnerability for over 30 years, 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.

*prior to week, please purchase and read the book [Daring Greatly](#) by Brené Brown

Dates: 8-11 June, 14-17 September

12-14 June LEARN FROM THE BIRDS £130

Jesus told his followers that they can learn about God's love and goodness from watching birds and seeing how they are provided for. Christians throughout the ages have taken that lesson to heart, including Celtic saints like Cuthbert who was perhaps the first Briton to argue for protecting birds—like the local Eider Duck to whom Cuthbert offered sanctuary on the Farne Islands. Do bring your own binoculars if you have some.

Come and enjoy Northumbrian birds with Mark Winter, founder of the [Even Sparrows](#) retreats, and who lives locally. Not only does Mark have a passion for birds but he also has over 40 years of experience of watching them. Discover both the rich variety of birds we have locally and the lessons they can teach us.

5-8 October JOURNEYING HOME..... £195

In recent times our culture has tended to avoid speaking or thinking about death, although there are signs that this is changing. This retreat gives an opportunity for us to heed Chad's call to always be ready for death, 'for death may call for us at anytime.' Through stories, music, pilgrimage and creativity we will explore how to prepare for our own death in a positive and life-enhancing way.

9-11 October JOURNEYING BEYOND THE FAMILIAR..... £130

This retreat will focus on finding God in the midst of the changing landscapes of our daily lives. We'll be using a creative project to help us consider what it is to journey with God beyond the comfortable and familiar in to the unknown and uncharted. So, the retreat will combine times of led reflection, creative exploration and time alone with God.

2-5 November EMBRACING CONFLICT..... £195

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.

16-19 November KNOWING AND SHARING OUR STORIES£195

If you want to know someone, then you must know their story, for their story defines who they are. And if you want to know yourself, to gain insight into the meaning of your own life, then you must come to know your own story. This retreat will explore frameworks, practices and resources for knowing and sharing our own stories.

Ask for the Ancient Paths

An exploration of what we can learn from: the lineage from John's gospel; the Desert Mothers and Fathers; Celtic sites and Saints and Northumbrian Spirituality.

16-19 March BLESSING PEOPLE AND PLACES..... £195

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.

20-22 March CELTIC SAINTS: ST. CUTHBERT..... £130

An opportunity to enter imaginatively into the story of this great Northern saint through prayer, creativity, pilgrimage and storytelling. In doing so, we may discover landmarks and signposts for our own journeys. Includes a day trip to Holy Island on Saturday.

11-14 May CELTIC SITES AND SAINTS..... £195

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

18-21 May CELTIC SAINTS: ST. BRENDAN..... £195

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 out into the vast wilderness of the ocean with a small boat and a simple prayer, 'Christ of the Mysteries, can I trust you on the sea?' 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. We will also explore our own callings to risky living.

15-18 June ACHSAH PILGRIMAGE £195

10 Years after we took a physical journey from Hetton Hall to Acton Home Farm, carrying with us treasures of the Community to bring to our new Mother House, we will celebrate God's faithfulness to us by reversing the journey and walking from Acton Home Farm to Cuthbert's Cave (near Hetton Hall, now privately owned). Ability to walk several somewhat brisk miles each day is required.

6-9 July THE WAY OF THE DESERT..... £195

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.

3-6 August CELTIC SITES AND ST. OSWALD..... £195

A chance to explore the story of St. Oswald, ancient King of Northumbria and reflect on seats of power today. Includes story-telling and a pilgrimage to Bamburgh and Heavenfield on Oswald's Feast Day.

21-23 August CELTIC SAINTS: ST AIDAN £130

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.

7-10 September THE HOUSE THAT JOHN BUILT..... £195

'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. This retreat is less reflective and more engaged with lots of sessions as a group.

11-13 September CELTIC SAINTS: ST NINIAN £130

Ninian grew up in what is now Cumbria but felt a call to visit Rome. On the way home, he stopped in France, stayed with St. Martin in Tours and found his way for life. He then set up monastic settlements near his home and again in Galloway with his 'Candida Casa'. 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.

18-20 September CELTIC SAINTS: ST. BRIGID AND HOSPITALITY..... £130

Saint Brigid became famous for many things, but most of all for her hospitality and welcome. We will learn more about Brigid and will explore together what a hospitality of home and a hospitality of heart might like look in our own lives.

30 October - 1 November CELEBRATING THE SAINTS..... £130

Over this 'All Saints' Day' weekend, 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'. The retreat will include a pilgrimage on Saturday afternoon.

6-8 November NORTHUMBRIAN SPIRITUALITY..... £130

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 whoever we are and wherever we find ourselves.

13-15 November CELTIC SAINTS: ST. HILD £130

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 cowherd 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.

Living in Exile

How can we sing the Lord's song in a strange land? How can we make sense of our calling in our everyday lives?

09-12 March LIVING IN THE STORY.....£195

The Bible recounts the Story of God and his interactions with humankind. This retreat will explore how the Story of the Bible works and how we might live within that Story as part of our everyday lives.

03-05 April LIFE AT THE EDGE OF EMPIRE..... £130

This retreat is for those asking, 'how do we sing the Lord's song in a strange land?' and 'how then shall we live?' whilst living at the edge of 'empire'. The empire is the system that we are part of, yet which we often feel alienated from. We will explore how to live faithfully within the economic system of the empire and how to relate to a church that has been shaped by empire.

Drawing inspiration from the prophet Jeremiah and from the desert fathers and mothers we will combine contemplation, creativity and conversation to explore appropriate responses, alone and together.

**8-10 May A RETREAT FOR CHILDREN/ADULTS WITH LEARNING DISABILITIES
AND THEIR FAMILY/CARERS.....£130**

This retreat will offer activities for reflection and fun too. Some activities such as meals will be shared but others will be separate activities, relating to the needs within the group. Examples will involve craft, music, outdoor (weather permitting) time, reflective space. Please call the office with queries.

22-24 May GIFTS OF MONASTICISM IN EVERYDAY LIFE..... £130

The monastic tradition has provided many gifts for the wider body of Christ throughout the life of the church. But often they are like tools that don't make it out of the tool-bag when it comes to figuring out the questions of how then shall we live? and how shall we sing the Lord's song in a strange land? in the context of the places we live and work. This retreat is an opportunity to reflect on what the gifts of the monastic tradition might be for us, and how we might apply these in our lives.

16-18 October THE SEVEN SACRED SPACES £130

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.

03-06 February FELT-MAKING RETREAT £130

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.

Come in join in this 'winter-warmer' felting retreat. On the Monday evening we'll learn a flat felt technique which can be applied to book covers or hangings. On Tuesday we will try 3D felting which could be used to make a bag, slippers or a hat. On Wednesday we 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.

4-7 May SMALL-STITCHED COLLAGE..... £195

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 on their own accord. Suitable to 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.

(Photos for website forthcoming)

19-21 June GROWING IN CONTEMPLATIVE AWARENESS THROUGH ART..... £130

This weekend we want to:

- Encounter and collaborate with our Creator God through the process of art making.
- Explore how this can nurture our awareness of and relationship with God.

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

3-5 July SOUL COLLAGE..... £130

The Lord spoke and said: Write what you see. Write it out in big block letters so that it can be read on the run. This vision-message is a witness pointing to what's coming. It aches for the coming—it can hardly wait! And it doesn't lie. If it seems slow in coming, wait. It's on its way. It will come right on time. (Habakkuk 2:2 The Message)

Images are windows through which God can reach us, a visual prompt to our thinking. They evoke or provoke emotion. As we are given revelations, or visions, or when we nurture hopes and dreams, it's important to not only speak it but to create something visible so we can return to it, to gaze again and again to find new revelations and meaning from our piece of work, and see the message unfold. Sometimes it may take an image to bring up from the depths of our being an emotion or truth we forgot or lost, or perhaps we didn't even know we had within us. We all have a memory of a TV advert or campaign or piece of news reporting that has stayed with us, the emotions connected to that time will be refreshed with the image. Some images on the collage you will create with a contemplative silence may be like this, things we need to attend to, to revisit with God, whilst others will be fresh and new, new things for your future journey. Come and explore through image and metaphor what is being made visible for you right now.

Spiritual Practices - *Exploring spiritual practices that help us go deeper with God.*

13-16 January CONTEMPLATIVE AWARENESS £195

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.

10-13 February JOINING JESUS ON HIS JOURNEY: EXPERIENCING TRUTH THROUGH IMAGINATIVE PRAYER..... £195

Wherever you are on your faith journey, just beginning, questioning, midstream, there is always more! Whenever we encounter Jesus, truth bursts into life. We move from the realm of concepts to the reality that truth is found in a person, someone seeking to draw us ever more closely into his friendship. Come and discover more about using Ignatian-style Imaginative Prayer to journey with Jesus and join in the adventure of faith that not only informs the mind but inspires the heart.

13-16 July EMBODIED HOLINESS..... £195

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.

31 July-2 August TO KNOW LIVING THINGS..... £130

"This is one of the greatest challenges of our time: to convert ourselves to a type of development that knows how to respect creation". Pope Francis

More Details forthcoming.

2-4 October REDISCOVERING SABBATH..... £130

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. If you dare, it will involve some mobile-free time!

9-12 November SOUL FRIENDSHIP AND THE GIFT OF LISTENING £195

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.

— JANUARY 2020 —

CHRONOLOGICAL RETREAT PROGRAMME

2-5 Thurs - Sun	IN HOUSE RETREAT (for Nether Springs House Team)	
6-9 Mon – Thur	■ I STILL AND QUIET MY SOUL	£195
10-12 Fri – Sun	■ A TIME FOR EVERYTHING.....	£130
13-16 Mon – Thur	■ CONTEMPLATIVE AWARENESS	£195
17-19 Fri – Sun	■ COMMUNITY GROUP LEADERS	£130
20-23 Mon – Thur	■ ENTERING THE SILENCE	£195
24-26 Fri – Sun	HOUSE CLOSED	
27-30 Mon – Thur	■ I STILL AND QUIET MY SOUL	£195
31-02 Fri – Sun	■ A TIME FOR EVERYTHING	£130

— FEBRUARY 2020 —

03-06 Mon – Thur	■ FELT-MAKING RETREAT	£130
07-09 Fri – Sun	■ A TIME FOR EVERYTHING	
10-13 Mon – Thur	■ JOINING JESUS ON HIS JOURNEY: EXPERIENCING TRUTH THROUGH IMAGINATIVE PRAYER.....	£195
14-16 Fri – Sun	■ GIVEN FOR LIFE: EXPLORING MOTIVATIONAL GIFTS.....	£130
17-20 Mon – Thur	■ THE RETURN OF THE PRODIGAL.....	£195
21-23 Fri – Sun	■ COMMUNITY INTRODUCTION.....	£130
24-27 Mon – Thur	■ LISTENING TO THE HEARTBEAT OF GOD	£195

— MARCH 2020 —

Feb 28-March 01	Fri – Sun	HOUSE CLOSED	
02-05 Mon – Thur	■ I STILL AND QUIET MY SOUL		£195
06-08 Fri – Sun	TRUSTEES' WEEKEND		
09-12 Mon – Thur	■ LIVING IN THE STORY.....		£195
13-15 Fri – Sun	■ PART 2: FINDING GOD IN WHO YOU ARE: AN EXPLORATION OF PERSONALITY AND SPIRITUALITY WITH THE HELP OF THE MYERS BRIGGS TYPE INDICATOR.....		£130
16-19 Mon – Thur	■ BLESSING PEOPLE AND PLACES.....		£195
20-22 Fri – Sun	■ CELTIC SAINTS: ST. CUTHBERT.....		£130
23-26 Mon – Thur	■ ENTERING THE SILENCE		£195
27-29 Fri-Sun	HOUSE CLOSED		

— APRIL 2020 —

30-02 Mon-Thurs  A TIME FOR EVERYTHING £195

03-05 Fri-Sun  LIFE AT THE EDGE OF EMPIRE..... £130

06-08 Mon-Wed HOUSE CLOSED

09-13 Thur(pm) –Mon (am)  EASTER WORKSHOP £195

13-19 Mon - 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.

20-23 Mon – Thurs  A TIME FOR EVERYTHING £195

24-26 Fri – Sun  COMMUNITY INTRODUCTION £130

27-30 Mon – Thu  BEING WHO YOU ARE £195

— MAY 2020 —

1-3 Fri – Sun  I STILL AND QUIET MY SOUL..... £130

4-7 Mon – Thur  SMALL-STITCHED COLLAGE..... £195

8-10 Fri – Sun  A RETREAT FOR CHILDREN/ADULTS WITH LEARNING DISABILITIES AND THEIR FAMILY/CARERS.....£130

11-14 Mon – Thur  CELTIC SITES AND SAINTS..... £195

15-17 Fri – Sun  DANCING CELTIC DAILY PRAYER £130

18-21 Mon – Thur  CELTIC SAINTS: ST. BRENDAN..... £195

22-24 Fri – Sun  GIFTS OF MONASTICISM IN EVERYDAY LIFE..... £130

25-28 Mon – Thur  SEEKING GOD AT THE CROSSROADS £195

29-31 Fri – Sun HOUSE CLOSED

— JUNE 2020 —

1-4 Mo – Thu  A TIME FOR EVERYTHING £195

5-7 Fri – Sun TRUSTEES’ WEEKEND

8-11 Mon – Thur  THE COURAGE OF VULNERABILITY*..... £195

12-14 Fri – Sun  LEARN FROM THE BIRDS £130





15-18 Mon – Thur  ACHSAH PILGRIMAGE £195

19-21 Fri – Sun  GROWING IN CONTEMPLATIVE AWARENESS THROUGH ART..... £130








22-25 Mon – Thur  LISTENING TO THE HEARTBEAT OF GOD..... £195

26-28 Fri – Sun HOUSE CLOSED








— JULY 2020 —

29-02 Mon – Thur	 I STILL AND QUIET MY SOUL.....	£195
3-5 Fri – Sun	 SOUL COLLAGE.....	£130
6-9 Mon – Thurs	 THE WAY OF THE DESERT.....	£195
10-12 Fri – Sun	 WORK WEEKEND / CAEDMON EVENING	
13-16 Mon – Thurs	 EMBODIED HOLINESS.....	£195
17-19 Fri – Sun	 GIVEN FOR LIFE: EXPLORING MOTIVATIONAL GIFTS	£130
20-23 Mon – Thur	 BEING WHO YOU ARE.....	£195
24-26 Fri – Sun	HOUSE CLOSED	
27-30 Mon – Thurs	 A TIME FOR EVERYTHING	£195

— AUGUST 2020 —

31-2 Fri – Sun	 TO KNOW LIVING THINGS.....	£130
3-6 Mon – Thurs	 CELTIC SITES AND ST. OSWALD.....	£195
7-9 Fri – Sun	 A TIME FOR EVERYTHING	£130
10-15 Mon – Sat	 FAMILY WEEK	£325
17-20 Mon – Thurs	 COMMUNITY INTRODUCTION.....	£195
21-23 Fri – Sun	 CELTIC SAINTS: ST AIDAN	£130
24-27 Mon – Thur	 SEEKING GOD AT THE CROSSROADS	£195
28-30 Fri – Sun	HOUSE CLOSED	

— SEPTEMBER 2020 —

31-03 Mon – Thur	 A TIME FOR EVERYTHING	£195
04-06 Fri – Sun	TRUSTEES' WEEKEND	
7– 10 Mon – Thur	 THE HOUSE THAT JOHN BUILT.....	£195
11-13 Fri – Sun	 CELTIC SAINTS: ST NINIAN	£130
14-17 Mon – Thur	 THE COURAGE OF VULNERABILITY*.....	£195
18-20 Fri – Sun	 CELTIC SAINTS: ST. BRIGID AND HOSPITALITY.....	£130
21–24 Mon – Thur	 LISTENING TO THE HEARTBEAT OF GOD:	£195
25–27 Fri – Sun	HOUSE CLOSED	
28–1 Mon – Thur	 I STILL AND QUIET MY SOUL	£195

— OCTOBER 2020 —

2-4 Fri – Sun	■ REDISCOVERING SABBATH.....	£130
5-8 Mon – Thur	■ JOURNEYING HOME.....	£195
9-11 Fri – Sun	■ JOURNEYING BEYOND THE FAMILIAR.....	£130
12-15 Mon – Thur	■ COMMUNITY INTRODCUTION.....	£195
16-18 Fri – Sun	■ THE SEVEN SACRED SPACES	£130
19-22 Mon – Thur	■ BEING WHO YOU ARE	£195
23-25 Fri – Sun	HOUSE CLOSED	
26-29 Mon – Thur	■ A TIME FOR EVERYTHING	£195

— NOVEMBER 2020 —

30-1 Fri – Sun	■ CELEBRATING THE SAINTS.....	£130
2-5 Mon – Thur	■ EMBRACING CONFLICT.....	£195
6-8 Fri – Sun	■ NORTHUMBRIAN SPIRITUALITY.....	£130
9-12 Mon – Thur	■ SOUL FRIENDSHIP AND THE GIFT OF LISTENING	£195
13-15 Fri – Sun	■ CELTIC SAINTS: ST. HILD	£130
16-19 Mon – Thur	■ KNOWING AND SHARING OUR STORIES	£195
20-22 Fri – Sun	■ HEART ALONE WITH GOD.....	£130
23-26 Mon – Thur	■ ENTERING THE SILENCE	£195
27-29 Fri – Sun	HOUSE CLOSED	

— DECEMBER 2020 —

30-3 Mon – Thur	■ I STILL AND QUIET MY SOUL	£195
04-06 Fri – Sun	TRUSTEES' WEEKEND	
7-10 Mon – Thur	■ ADVENT RETREAT	£195
11-13 Fri – Sun	■ A TIME FOR EVERYTHING	£130
14-17 Mon – Thur	■ ENTERING THE SILENCE	£195
13 DEC – 2 JAN	HOUSE CLOSED	

See you in the New Year!

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 a 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.

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 taxpayer, 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.

TO BOOK, PLEASE CONTACT:

Nether Springs
Croft Cottage
Acton Home Farm
Felton
Northumberland
NE65 9NU

01670 787645

office@northumbriacommunity.org

www.northumbriacommunity.org

