



WARDENS RETREATS 2018-2019



As the Warden of Holland House, I'm pleased to be offering a new programme of spiritual guidance and teaching within the contemplative Christian tradition, drawing on both current masters of this tradition like Fr Richard Rohr, and on other ancient traditions.

As a practitioner of zen, and a qualified Hatha Yoga teacher, it continually amazes me to discover how these ancient traditions can shed new light on our own contemplative practice, illuminating both the gospels and the message of Christ for us afresh - but don't take my word for it - come and see for yourself.

For a more in-depth time, do consider the new "**Finding your God**" retreat or the popular "**View from the Hill**" as these are one-to-one guided residential retreats that create space for both deeper engagement and refreshment.

If you'd like to explore some alternative ways to pray, "**Praying Differently**" is a one day retreat exploring the rich Christian diversity of prayer. It's designed so that you come away with a new practice for yourself and includes time for a one-to-one session of questions and guidance.

The **Richard Rohr meditation** days are usually over-subscribed, so do book your place early !

It's my privilege and delight to share these days with you - do please ask me about them via my email address ian.spencer@hollandhouse.org. or alternatively further details can be found on the Holland House website.

All the retreats below can be booked directly via the shop / events page at www.hollandhouse.org. or by telephone or email.

I look forward to seeing you at Holland House soon.

Ian

Revd Ian Spencer.

Email: To book: reservations@hollandhouse.org
To discuss content: ian.spencer@hollandhouse.org
For general information: reception@hollandhouse.org

Telephone: 01386 860330

Web: www.hollandhouse.org

Richard Rohr meditation days £38 (inc refreshments & lunch)

2018:

November 1st - *Life as Participation*

December 14th - 17th "scripture as spirituality" £295 Residential

These once-a-year retreats are heavily subscribed so do book early. Includes talks, discussion, video, worship, meditation and free time.

2019:

January 24th- *Yes and...*

March 6th - *Stinkin' thinkin'*

May 9th - *True Self*

July 18th- *Discharging your loyal soldier*

Sept 11th - *Going down is going up*

Nov 7th - *The image of God*

Yoga for Christians £38 (no previous experience necessary)

2018:

October 18th

December 6th

2019:

January 31st

March 12th - 13th Yoga for Lent (residential £165)

Inc' postures, breath-work, meditation, discussion and free time.

May 23rd

July 25th

Sept 24th

Nov 19th

Praying Differently (£38 each. From one to four places)

For those who want to explore a different prayer practice for themselves. Includes a short one-to-one session per person hence limited availability.

2018:

October 24th

December 4th

Praying Differently

2019:

February 20th

April 10th

June 13th

October 22nd

Finding your God (residential £165)

These are 48hr one to one guided retreats for those seeking a deeper relationship / realisation of God. Perhaps traditional names and symbols are not helpful to you anymore or need refreshing - this is an opportunity to discover what the Divine means for you.

The View from the Hill (residential £279)

These are three day one to one guided retreats for those who need to step-back and reflect on their current situation. Sitting together on our metaphorical hill, we look at the journey thus far, the present moment, and what may arise next.

Wild Goose Zen Sangha (£5 dana / donation per session)

The WGZS is a nation-wide Zen Buddhist sangha with sitting groups all around the country including Canterbury, Brighton, York and Edinburgh. Established over 10 years ago by Fr Patrick Eastman (a retired R.C. Priest) the sangha attracts people from all faith traditions and none.

The Holland House sitting group meets regularly each Friday from 2.00pm until 3.30pm, usually in "The Den" near the entrance to the car park.

If you'd like more information please visit

<http://wildgoosesangha.org.uk>,

or email karen.spencer01@gmail.com.