

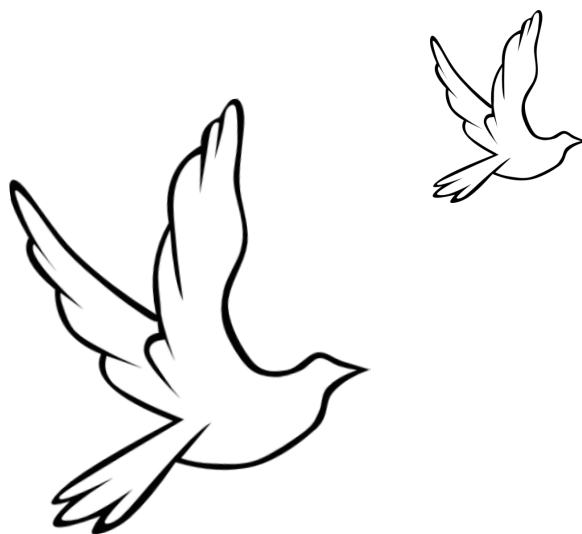


CENTRE FOR APPLIED CARMELITE SPIRITUALITY (CARMELITE PRIORY, OXFORD)

LIST OF RETREATS 2022

These retreats can be attended online (livestream or zoom) or in-person at the Priory in Boars Hill. Those attending in-person may wish to come each day to the Priory for the retreat sessions or book separately for their accommodation with the Retreat Centre for the period of the retreat.

*For further information about any of the retreats listed please contact the Administrator, Ruth Preston.
Email: ruth.preston@carmelite.org.uk Phone/Text/WhatsApp: +44 (0)7849596572*





The Seven Last Words: Seven Blessings from the Cross - Lenten Retreat

This online Lenten retreat will invite us to reflect on the Seven Last words of Christ on the Cross and to receive them as blessings. All are welcome to

participate in the reflection delivered via webinar. There will also be options for a facilitated sharing and guided prayer after the reflection via Zoom, as well as a brief take-away to assist with prayerful reflection on the topics covered. Participants who wish to avail of this offer can sign up for the 'Full Session' option.

During each week of Lent, there will also be opportunities for Individually Guided Sessions (IGS) and Group Guided Sessions (GGS). An IGS offers you the opportunity to review the week and reflect on your life with the assistance of an experienced spiritual guide, paying closer attention to how and where God has been at work in your life. The GGS is like an IGS but done in a group. Both our IGS and GGS allow you the opportunity to journey with another person or others, learn from them and share the questions or doubts you may have.

If you're interested, please contact the Administrator for further information. Times and dates will be confirmed upon enquiry.

Dates: Mondays during Lent. February 28; March 7, 14, 21, 28; April 4 & 11

Time: 7pm-8pm

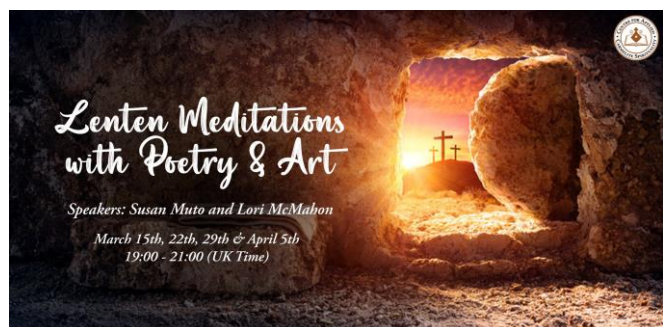
Venue: Online

Led by: Carmelite Retreat Team

Suggested contribution: Free / Freewill donation (Webinar) £20 (Full Session)

Lenten Meditations with Poetry & Art

These four Zoom sessions will be devoted to reflections on the Passion, Death, and Resurrection of Christ as told through poetry and art. Join us each week for these slowed-down meditations that will help us to behold the Paschal Mystery with new eyes.



Dates: March 15, 22, 29 & April 5

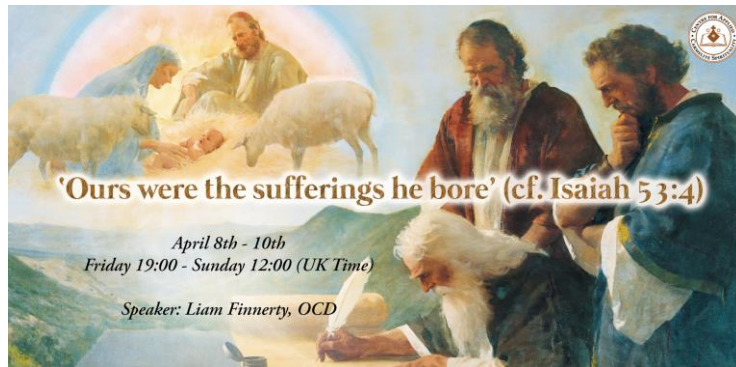
Time: 7pm-9pm

Venue: Online

Led by: Susan Muto and Lori McMahon (Epiphany Association, Pittsburgh, PA. USA)

Suggested donation: £20 per session / £60 for the series

‘Ours were the sufferings he bore’ (cf. Isaiah 53:4)



This weekend retreat will be a time to journey with the Prophet Isaiah in preparation for Holy Week.

Dates: April 8-10

Time: Friday evening to Sunday lunchtime

Venue: Online / Priory

Led by: Liam Finnerty, OCD

Suggested donation: £40 (online)
£65 (In-person)

Seder Meal

A celebration of the Christian Seder Meal, and reflections on key ancient Hebrew beliefs and traditions that hold the key to our understanding the original meaning of the Eucharistic words of Jesus. Fr. Alexander Ezechukwu, a Carmelite priest and a biblical scholar trained at the Pontifical Biblical Institute in Rome, will lead us in this enriching Christian Seder Meal with teachings, reflections and presiding. For in person participation reservation need to be made by April 1.

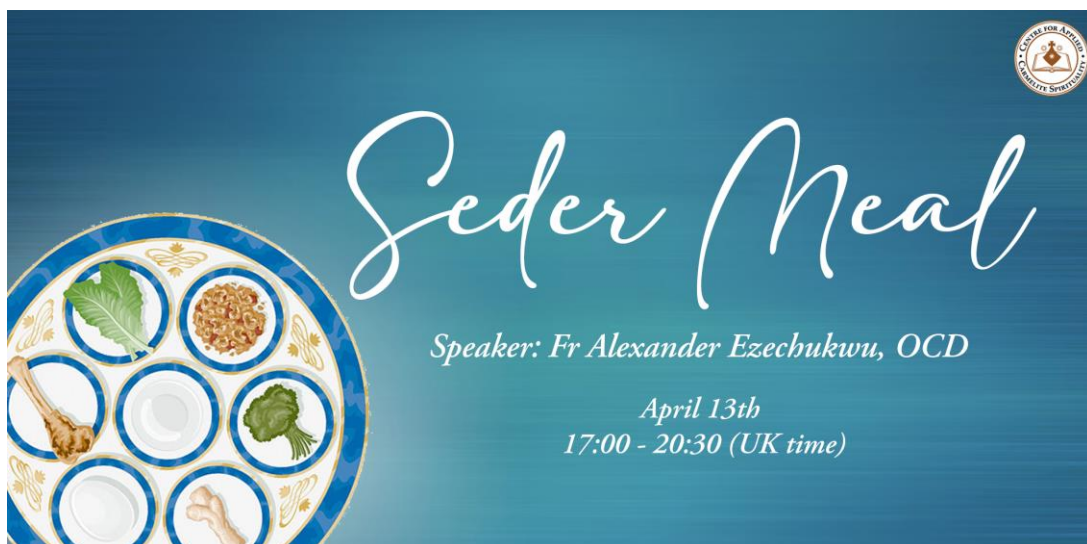
Date: April 13

Time: 5pm-8:30pm

Venue: Online / Priory

Led by: Fr Alexander Ezechukwu, OCD

Suggested donation: £20 (online) £40 (in-person)



'He is Risen!' – Celebrating the Easter Triduum

Starting on Holy Thursday we'll celebrate the central mystery of our faith, the death and resurrection of Jesus. Because schedules vary with each individual, this retreat time is flexible to allow participants to join or leave at different times. Guests are also welcomed to spend private days before entering the Sacred Triduum by contacting the Centre Office to make reservations.



Date: April 14-17

Time: Thursday morning to Sunday lunchtime

Venue: Online / Priory

Led by: Carmelite Retreat Team

Suggested donation: £40 (online) £65 (In-person)

"The breathing of the air" – The Holy Spirit in the teaching of St. John of the Cross



Saint John of the Cross (1542-1591) is one of the most profound spiritual masters in the history of the Church and his insights into the nature and action of divine love, the work of the Holy Spirit, are profound yet, beautiful and simple. In this retreat, we will reflect on the wisdom of John's teachings about the Holy Spirit who leads us into an

experience of the transforming love of God that leaves us more perfect in love.

Date: May 13-15

Time: Friday evening to Sunday lunchtime

Venue: Online / Priory

Led by: Matt Blake, OCD

Suggested donation: £40 (online) / £65 (In-person)

‘Seeing with the Eyes of the Heart’: A Contemplative Weekend Retreat

This retreat is part of a series of weekend retreats. Each weekend stands alone, with its own theme, but all are connected by the contemplative dimension and offer a different perspective to help us live in continual awareness of God’s presence. Through ‘contemplative seeing’ we will explore photography and works of art to help us see ‘with the eyes of the heart’, finding God’s beauty and goodness in perhaps unexpected places. And just as we will learn how to pray with a painting, we will also explore how to pray with the photographic images that we receive as we go on our contemplative walks (please note that no artistic knowledge is required, nor is there a need for any special photographic equipment— a basic camera phone will suffice).



Date: May 27-29

Time: Friday evening to Sunday lunchtime

Venue: Online / Priory

Led by: Audrey Hamilton

Suggested donation: £40 (online) / £65 (In-person)



‘God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us’ (Romans 5:5)

At the first Pentecost the first believers in Jesus experienced the powerful inflow of the spirit of Risen Lord which filled

the Church and poured forth into the world (Acts 2). This is the promise of every Pentecost. This retreat will prepare us to enter more deeply into the mystery of Pentecost, encouraging us to allow ourselves to experience the loving inflow of divine love that empowers and recreates.

Date: June 3-5

Time: Friday evening to Sunday lunchtime

Venue: Online / Priory

Led by: Liam Finnerty, OCD

Suggested donation: £40 (online) / £65 (In-person)



'Listening to the Voice of the Heart': A Contemplative Weekend Retreat

This retreat is part of a series of weekend retreats. Each weekend stands alone, with its own theme, but all are connected by the contemplative dimension and offer a different

perspective to help us live in continual awareness of God's presence. Through 'contemplative listening' we will explore how and to what/to whom we listen as we open ourselves to listen 'with the ears of the heart.' We will engage with poetry and music to help attune us to God who speaks into our silent listening.

Date: June 24-26

Time: Friday evening to Sunday lunchtime

Venue: Online / Priory

Led by: Carmelite Retreat Team

Suggested donation: £40 (online) / £65 (In-person)

Mary, the 'Perfect Mirror' of God's Glory

A Triduum Retreat in preparation for the Solemnity of Our Lady of Mount Carmel exploring Mary in the light of Sacred Scripture and the Carmelite tradition.

Date: July 13-16

Time: Wednesday evening to Saturday lunchtime

Venue: Online / Priory

Led by: Fr Matt Blake and the Carmelite Retreat Team

Suggested donation: £40 (online) / £65 (In-person)





'Resting in the Word': A Contemplative Weekend Retreat

This retreat is part of a series of weekend retreats. Each weekend stands alone, with its own theme, but all are connected by the contemplative

dimension and offer a different perspective to help us live in continual awareness of God's presence. Through 'contemplative reading' we will explore the ancient practice of Lectio Divina, the Word of God alive and active, ever creating, ever restoring. Time will be given for both private and group practice of this way of praying.

Date: July 22-24
Time: Friday evening to Sunday lunchtime
Venue: Online / Priory
Led by: Audrey Hamilton
Suggested donation: £40 (online) / £65 (In-person)



Advent with the Prophets: Embracing the Mystery of Christmas

Advent is the precious liturgical season for expectation and preparation. During these one-hour sessions on Monday evenings, the Hebrew prophets will help us fathom the mystery of the expected Messiah, invite us into the hopes and longings of the Hebrew people and prepare us to welcome the Christ of God who comes at Christmas. All are welcome to participate in the reflection delivered via webinar. There will also be options for a facilitated sharing and guided prayer after the reflections via Zoom, as well as a brief take-away to assist with prayerful reflection on the topics covered. Participants who wish to avail of this offer can sign up for the '**Full Session**' option. During each week of Advent, there will also be opportunities for Individually Guided Sessions (IGS) and Group Guided Sessions (GGS). An IGS offers you the opportunity to review the week and reflect on your life with the assistance of an experienced spiritual guide, paying closer attention to how and where God has been at work in your life. The GGS is like an IGS but done in a group. Both our IGS and GGS allow you the opportunity to journey with another person or others, learn from them and share the questions or doubts you may have. If you're interested, please contact the Administrator for further information. Times and dates will be confirmed upon enquiry.

Date: November 28; December 5, 12 & 19
Time: 7pm-8:30pm
Venue: Online
Led by: Carmelite Retreat Team
Suggested contribution: Free / Freewill donation (Webinar) £20 (Full Session)

Advent with the Angels: Embracing the Mystery of Christmas

This Advent weekend retreat is devoted to reflecting on the role of the angels in the Christmas story, beginning with who and what these heavenly beings are. The retreat will offer participants the opportunity to delve into the mystery of Christmas and to discover how angels are still messengers of divine love and light for us today.



Date: December 2-4

Time: Friday evening to Sunday lunchtime

Venue: Online / Priory

Led by: Carmelite Retreat Team

Suggested donation: £40 (online) / £65 (In-person)

'A New Spring in Spiritual Freedom' – An Advent Weekend Retreat

Exploring the transformation of humanity and all of creation through relationship with the God of love and beauty – as sung and celebrated in The Spiritual Canticle by John of the Cross

Date: December 9-11

Time: Friday evening to Sunday lunchtime

Venue: Online / Priory

Led by: Matt Blake, OCD

Suggested donation: £40 (online) / £55 (In-person)



IN-PERSON DIRECTED OR PRIVATE RETREATS

Sometimes we need time away from our busy schedules to relax, pray and reflect and to do so away from home. Come, take time to refresh and renew yourself with a few quiet days at the Priory. Length of stay is flexible. Those who wish may have a spiritual director to accompany them during their retreat experience. The spiritual director will be available at a fixed time built into the individual's timetable.

Suggested offering for accompaniment is £35 per session.

Accommodation and meals are as per arranged with the Retreat Centre for the period of the retreat. For further information please contact the Administrator. Email: ruth.preston@carmelite.org.uk / Phone/Text: 07849596572

Dates for In-Person Directed Retreats

May 2-31 June 13-30 July 18-28 October 17-31 November 1-13

ONLINE DIRECTED RETREATS

Our online directed retreat offers you the time to process things in your spiritual journey with a guide. You may want to take a few days out just to pray and reflect without needing to travel to a retreat centre but to do so from the comfort of their homes. You can give yourself the gift and book some time in our Online Directed Retreats which run throughout the year and one of our retreat guides will be available to support you. Length of retreat is flexible.

How it works: Each appointment will last 35 – 45 minutes and your session time can be agreed when you speak to your guide. Once we have received your requested date, one of our retreat guides will be in touch with you to confirm.

Suggested donation: £30/session