

# Going Deeper: Engaging Spirituality

Diocesan Prayer and Spirituality Day: A day conference to sustain the rhythms of Christian life today

**Sat 21 Oct 2017 10am-4pm at Southwark Cathedral**

**9.30am Registration**

**10.00am Opening worship**

**10.25 Keynote address – Revd Dr Andrew Walker**

**11.00am Workshops 1**

<p><b>Workshop A</b></p> <p><b>Garry-Weston Library</b></p>	<p>Andrew Walker</p> <p><i>Andrew is a parish priest, a psychosynthesis trained supervisor and director of the London based Ignatian Spirituality programme. He is also a keen gardener.</i></p>	<p><b>Christian Discernment – decision making in a faith context or daily lived dependence on God</b></p>	<p>Discernment has a rich tradition in Christian thought. Sometimes it has been seen primarily about making choices but today too plays a role in fostering a daily lived dependence on God. <b>Practically focussed for all interested in developing this area of their spirituality.</b></p>
<p><b>Workshop B</b></p> <p><b>South Transept</b></p>	<p>Barbara Wallace</p> <p><i>Barbara is an experienced teacher and prayer leader. She is a trained labyrinth facilitator and a writer of resources on using labyrinths in church groups, schools an other contexts</i></p>	<p><b>The Labyrinth: an ancient path for modern pilgrims</b></p>	<p>This session will enable participants to experience the labyrinth as a path for reflection and prayer. We will explore the ways in which Christians have used the labyrinth as a support for prayer since the 4th century. We will also learn how to draw a labyrinth. <b>A significant part of our time together will be in silent prayer – walking the labyrinth. A time for you to find ‘...rest for your souls...’</b></p>
<p><b>Workshop C</b></p> <p><b>Queen Elizabeth Room</b></p>	<p>Tiff Ewins</p> <p><i>Tiff is priest in Charge of St Michael's Battersea. She has four children aged 13, 11, 8 and 6. Her husband's work and vocation is as a barrister.</i></p>	<p><b>Those with young the Lord will gently lead. (Is 40:11)</b></p>	<p>This workshop intends to encourage parents and to share some ideas about how to keep a spiritual life going in the midst of early family life and invite younger children into an authentic spiritual life. <b>This workshop is aimed at parents and those caring for pre-teens.</b></p>

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<p><b>Workshop D</b></p> <p><b>Education Centre</b></p>	<p>Bonnie Clark</p> <p><i>Bonnie is a natural history illustrator, and a trained Spiritual Director. She uses illustrations of nature, the natural world and other art along with biblical themes to seek to draw people closer to Christ in quiet days and workshops.</i></p>	<p><b>Embracing the diversity of contemporary life through the oceans of God's love</b></p>	<p>Explores the themes of diversity of culture in contemporary life through the diversity of oceanic life, through creating a large group collage together, with pauses for biblical reflection and quiet contemplation. <b>Of particular interest to people wanting to use art to explore spirituality.</b></p>
<p><b>Workshop E</b></p> <p><b>Chapter Room</b></p>	<p>Gareth Powell</p> <p>Gareth is developing a new monastic community at St Margaret's Streatham Hill. He has also undertaken academic study into contemporary approaches to mission rooted in contemplative traditions</p>	<p><b>Thomas Merton: Activist and Contemplative</b></p>	<p>Christians often see contemplation as retreat from the world and activism as an active engagement with the world. Somehow the two can often feel opposite. Yet in the life of Thomas Merton we see how the two combine, resulting in a deeply prayerful yet powerfully active engagement with the world of his time. <b>For anyone interested in how might Merton speak to us today in a period of similar cultural and social crisis?</b></p>
<p><b>Workshop F</b></p> <p><b>Outside meet in Lancelot Link</b></p>	<p>Jonathan Coore</p> <p>Jonathan is the Rector of Christ Church, Southwark which serves the West Bankside area in the heart of development and rapid change.</p>	<p><b>Blessed in Borough and Bankside</b></p>	<p>A walk of prayer and meditation through Borough and Bankside counting and bringing blessings. The walk will include prayer points to help reflect on wider topics and themes. <b>This will be open to all participants, and those not assigned to workshops</b></p>

**12.15pm Midday worship**

**12.30pm Lunch (people to use Borough Market, Refectory, or bring own)**

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## 1.30pm Workshops 2

<p><b>Workshop G</b></p> <p><b>Garry-Weston Library</b></p>	<p><b>Bishop Karowei</b></p> <p>Dr Karowei Dorgu is the Bishop of Woolwich. Korowei was Vicar of St John's Upper Holloway for over 20 years and before this was a practicing medical doctor.</p>	<p><b>Spirituality and Hospitality</b></p>	<p>This workshop will explore how hospitality lies at the heart of Christian spirituality and mission. We will look at the various ways that this can be expressed in the life of local churches. <b>A practical exploration of how we can enact more authentic Christian hospitality.</b></p>
<p><b>Workshop H</b></p> <p><b>Chapter Room</b></p>	<p>Paul Roberts</p> <p><i>Paul is Rector of St John the Evangelist, Old Coulsdon. He has a degree in music and taught music for 5 years. Paul plays the piano and organ, and regularly performs publically as an accompanist.</i></p>	<p><b>Prayer and Song</b></p>	<p>This workshop will explore the part that music can play in helping us worship God together and on our own. Whatever our tradition or tastes we will explore how music and song can serve a vibrant spirituality. <b>For anyone who enjoys music and who wants to draw closer to God.</b></p>
<p><b>Workshop I</b></p> <p><b>South Transept</b></p>	<p>Barbara Wallace</p>	<p><b>The Labyrinth: an ancient path for modern pilgrims</b></p>	<p><b>As above</b></p>
<p><b>Workshop J</b></p> <p><b>Queen Elizabeth Room</b></p>	<p>Ruth Adams</p> <p><i>Ruth is a priest in the diocese of Ely and divides her time between working as a local Vicar and working with churches and families in conflict. Ruth is an extravert and proud to have found liberation in embracing this within her spirituality!</i></p>	<p><b>An exploration of Extraverted Spirituality</b></p>	<p>To think together about the how the concepts of introversion and extraversion translate into different forms of praying. To reflect on how an understanding of extraverted spirituality might affect ministry and practice in churches and on how the needs of extraverted spirituality might affect the church's life and practice. <b>Anyone interested! It might be of particular interest to those involved in leading worship, preaching and teaching or small groups.</b></p>
<p><b>Workshop K</b></p> <p><b>Education Centre</b></p>	<p>Ian Mobsby</p> <p><i>Ian is the Prior to the Wellspring (New Monastic) Community in Peckham</i></p>	<p><b>Developing a John Main Meditation Group in a Missional Context</b></p>	<p>This workshop looks at the place of silent meditation in the Christian tradition and explore the John Main 'Anchor Word' approach. This approach has the</p>

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<b>(outer room)</b>	<i>and the Priest in Charge at St Luke's, Camberwell. Ian is also Mission Enabler for Woolwich Episcopal Area, and a writer, lecturer and instigator in the world of Fresh Expressions</i>		potential to use silent meditation as an act of mission in the area of wellbeing. The session will include experience of a group exercise to explore this approach to meditation. <b>Practically focussed for individuals and those leading missional communities.</b>
<b>Workshop L Education Centre (inner room)</b>	Chris Palmer <i>Chris is Bishop's Spiritual Formation Adviser and Rector Merton Priory Team Ministry. He loves to walk, cycle, and read. He is naturally an introvert, whilst naming his personal vocation as 'companion'. He did the Ignatian Spiritual Exercises in 2013.</i>	<b>Life-giving Rhythm</b> [Developing a Rule of Life]	This workshop explored ways to create and live with a 'Rule of Life' or Rhythm of Life. Covering how broad such a Rule might be, how to ensure this is life-giving and how this links to our personal vocation – the 'who' that God has made us. We will take time to plan how we might stay accountable for how we keep our rule. <b>Practically focussed for all interested in developing this area of their spirituality.</b>

## 2.45pm Closing Worship – Bishop Christopher preacher

*Throughout the day: 'Market place' stalls from Wychcroft, Wychcroft, South East London Franciscans, Cursillo, St Augustine's College & St Benedict's Centre, London Centre for Spiritual Direction, Sisters of St Andrews, Diocesan Vocations team, Bishops Certificate, SPIDIR, Religious Life & more. Plus Interactive Prayer Stations and chaplaincy in the Cathedral Retro choir.*

Workshop allocation will be on a first come first served basis – please email choices to [Caroline.Wakelam-Jones@southwark.anglican.org](mailto:Caroline.Wakelam-Jones@southwark.anglican.org) or call 020 7939 9475

NAME	WORKSHOP 1: 1ST PREFERENCE	WORKSHOP 1: 2ND PREFERENCE	WORKSHOP 2: 1ST PREFERENCE	WORKSHOP 2: 2ND PREFERENCE