

Resources for entering into stillness

A few books

How to pray: a practical handbook by John Pritchard SPCK A good introduction
A Common Prayer by Michael Leunig G and M Simple and unusual prayers
Landmarks: an Ignatian Journey by Margaret Silf DLT Exercises to explore life
Wrestling and resting: ed Ruth Harvey CTBI Collection of essays
The Edge of Glory by David Adam Triangle Modern Celtic style prayers
From the ground up by Kathryn Copsey BRF The spirituality of children
The day is yours by Ian Stackhouse Paternoster Protest against culture of speed
This sunrise of wonder by Michael Mayne An Exploration of wonder
Watching for the kingfisher by Ann Lewin Canterbury Poetry and prayer
A Book of silence by Sara Maitland Gc Books A personal exploration of silence

Websites and contacts

Vision4Life www.vision4life.org.uk
Bible Society www.biblesociety.org.uk (articles on contemplation & lectio)
Retreat Association www.retreats.org.uk
URC Retreats Group www.urcsrn.retreats.org.uk
To join the Retreats Group and receive 'Encounters' (3 times a year), the national 'Retreats' magazine and other mailing costs £10 a year for individuals (£20 for congregations). To do so contact the Membership Secretary Gill Jackson, 2 Bodbury Close, Church Stretton SY6 6EN (01694 722390).

Places

Retreat Centres in the Synod

- Cold Ash Retreat Centre, Douai Abbey and St Cassian's Centre in Berkshire.
- Green Pastures (in Bournemouth), the Othona Community (at Burton Bradstock) and the Society of St Francis, Dorchester in Dorset.
- Acorn Christian Healing Foundation, Alton Abbey, the Cenacle, the Hebron Christian Retreat, the High House (near Petersfield), the House of Bethany, Park Place Pastoral Centre, St Cecelia's, Abbey, Old Alresford Place and Wisdom House (in Romsey) in Hampshire
- St Columba's House (Woking) and Ladywell Retreat Centre (Godalming) in Surrey.
- The Abbey (Sutton Courtenay), the Centre for Reflection (URC centre in Aston Tirrold) in Oxfordshire

(listed on Retreat Association Website with links or its Journal – available to all members of the URC Retreats Group)

The Centre for Reflection (URC centre in Aston Tirrold) www.reflect.freeuk.com

Centre Coordination team: Hester Wilk and Ian Wainwright

Centre for Reflection at Aston Tirrold United Reformed Church

Spring Lane, Aston Tirrold, Didcot, Oxon OX11 9EJ

01235 850423 *email:* coordinator@reflect.freeuk.com

Drop in Quiet Days 3rd Thursday in the month from 10.30am to 3.30pm

Drop in quiet days are a monthly opportunity to visit the Centre without having to book. The day starts with a short led meditation at 10.30 on a theme followed by quiet time. Feel free to use the day for yourself: that book you have been longing to read, some artwork or poetry or writing, as well as the chance for contemplation and personal reflection. There is always someone there to talk to if this would be helpful. Bring a packed lunch if you are with us at that time of day - refreshments provided. Cost: donation.