

Booking Form

St Michael's Retreat: 16-18th July 2004

Title (Mr, Mrs, Rev) _____

Name _____

Address _____

Telephone _____

Details of special requirements regarding:

Diet _____

Accommodation _____

Please send the completed booking form, plus a £5 non-refundable deposit per person to:

**The Secretary, All Hallows Convent,
Ditchingham, Bungay, Suffolk, NR35 2DT**

Tel. 01986 892 749
9am - 3pm, Monday - Thursday

Location

All Hallows Convent, Belsey Bridge Road,
Ditchingham, Bungay, Suffolk, NR35 2DT
Tel. 01986 892 749



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Travelling by Train or Bus

By rail to Norwich or Ipswich. From Ipswich, local train to Beccles, then taxi to All Hallows. From Norwich bus to Ditchingham, few minutes walk to All Hallows. National Express coaches from London to Lowestoft pass through Bungay, then taxi to All Hallows.



Please recycle this leaflet.

“The Life of Moses”

**The spiritual life according to
St Gregory of Nyssa**



16th - 18th July 2004

All Hallows Convent,
Ditchingham

An invitation to Retreat

You are invited to take some time out from your usual pattern of life - just for a weekend. Enjoy a place and space conducive to stillness.

Hear about, and make a personal connection with, the ideas of St Gregory of Nyssa on the spiritual life. Spend time thinking, relaxing, and just "being".

The Community of All Hallows

The setting for this weekend retreat is the Anglican Community of All Hallows, located in 47 acres of beautiful English countryside on the Suffolk/ Norfolk border.

The Community was founded in 1855 and consists of a number of Sisters sharing a common life and providing hospitality and pastoral care at their Convent, guest houses, nursing home and hospital.

Guests are very welcome to join the Community in the celebration of the Eucharist, and the traditional monastic pattern of a series of short services throughout the day.

Accommodation

Accommodation over the weekend will be provided in St Michael's house within the Convent grounds. This retreat centre underwent substantial redecoration & renovation in 2003. (Think "Changing Rooms" & excellent food, NOT iron beds, concrete floors and bread & water!).

Inspiration from St Gregory

A structure for the weekend will be provided by a number of talks exploring themes from "The Life of Moses", a book by Gregory of Nyssa. Gregory was a 4th century saint and mystic of the Church and one of the Cappadocian Fathers.

In this text, Gregory interprets the Biblical account of Moses' life as an example of how to live the spiritual life. As will become clear, his inspired insights are as relevant today as they were over 1600 years ago. (**Note:** no previous knowledge of Gregory of Nyssa or Church history is assumed!).

In between the talks there will be plenty of time for you to walk, sit, read or just be. Quietness will be an important aspect of the weekend, although there will be opportunity to talk for those who would find it useful.

Speaker

The talks will be given by *Russell Jefford*, an Associate of All Hallows who holds an MA in Patristics (early Church history). He sees much that is inspirational and of relevance to contemporary spirituality in the writings of the Early Church period.

Start & Finish

The retreat commences at 6.30pm on Friday 16th July and will finish at 4pm on Sunday 18th.

Please bring your own towel!

To Book

The cost of the weekend is **£77.50** per person, which includes all meals, accommodation and use of the facilities during your stay.

Accommodation is usually in single rooms, although some twin rooms are available if required.

To book, please complete the form on the reverse of this page and send it to the address indicated.

Since numbers are limited, you may wish to check availability first, by phoning the Convent secretary on 01986 892 749.

All Hallows Retreats

This retreat is part of the annual retreat programme offered by the Community throughout the year.

For more information on the retreat programme, or to find out more about the life and work of the Community, please phone the secretary on the number above.

EarlyChurch.co.uk

Russell Jefford runs the EarlyChurch website www.EarlyChurch.co.uk which offers a variety of courses providing teaching & inspiration on people and topics from the Early Church period. For more information, or to be notified of new courses as they're scheduled, please visit the website.