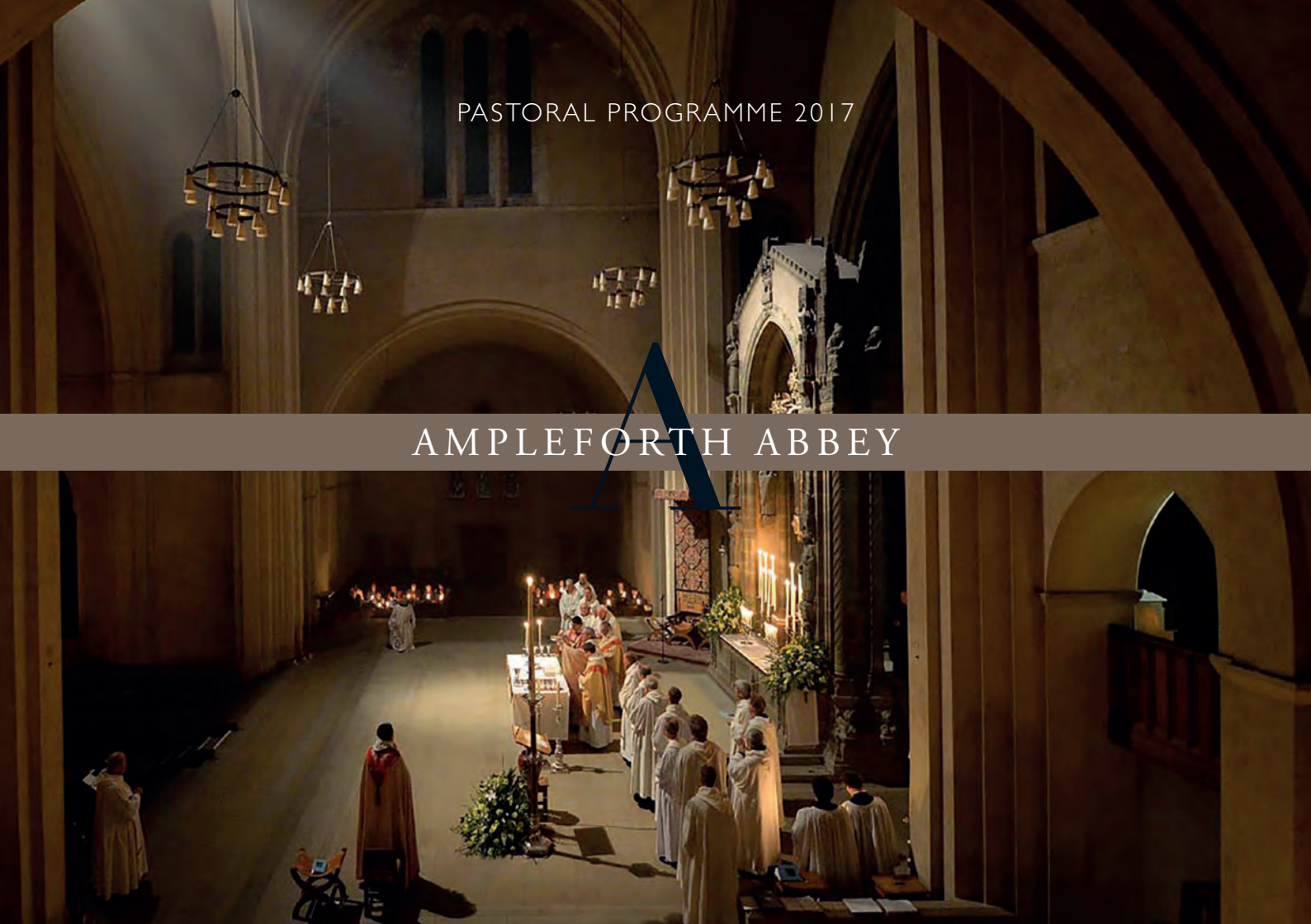


PASTORAL PROGRAMME 2017

AMPLEFORTH ABBEY



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PASTORAL PROGRAMME 2017

## Welcome



Writing over 1500 years ago, St Benedict laid down guidelines for receiving guests in his monastery: clearly he expected guests to come, and the experience of monks down the years is that their monasteries always attract guests. At Ampleforth we too offer hospitality in the spirit of St Benedict. Many of our visitors come to join one of the organised retreats or quiet days that you will find described in this Pastoral Programme. Others come to stay on an individual basis, perhaps looking for quiet and rhythm in an increasingly busy, noisy and confusing world.

Taking time away can help us re-focus our priorities. What is this life for? What am I meant to do? How should I live? Who am I meant to be? These are fundamental questions, and underlie many of the retreats and quiet days that we offer. There is a great variety of offerings, because we are all different.

We encounter the Lord in so many different ways: in the Scriptures and in the Sacraments; in other people and in nature; in the deprived and the poor; in times of celebration and in times of stress.

2017 will be an important year in the history of our monastery. Sometime this year the monks will move temporarily out of the monastery building to another building four hundred metres east. This is to allow the necessary work on refurbishing the monastery to begin. We ask you to be patient with us during this time when we have the builders in. We will do our best to ensure that the atmosphere of peace and calm at Ampleforth is preserved.

We invite you to take the opportunity offered in this programme to deepen your spiritual life, to grow in love and receptivity, and to develop as human beings fully alive.

**Fr Terence Richardson OSB**  
Prior and Head of Hospitality



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PASTORAL PROGRAMME 2017

## Contents

Welcome	Inside Front Cover
Meet our Pastoral Team	4
A Chance to Relax and Reflect	6
Retreats with Times of Silence	8
Quiet Days at Ampleforth	9
The Path of Life	10/11
An Invitation to University Students	12
Easter Triduum	13
Retreats	14-34
Retreat Booking Enquiry Form	35
The Abbey Tea Room	37
The Abbey Shop	38
The Visitor Centre	39

## Meet our Pastoral Team



**Fr Terence Richardson**

Prior and Head of Hospitality. Fr Terence has wide pastoral experience. He spent twenty years working on Benedictine parishes in North Yorkshire and Lancashire and has returned to the Abbey to be Prior and to work in the Hospitality and Pastoral Team.



**Fr Christopher Gorst**

Seeking a link between psychology and spirituality is Fr Christopher's particular interest, and his Tai Chi and Meditation retreats, which he runs with Terry Doyle, have proved very popular. After his years in Zimbabwe, he has worked for eleven years with the Team. He still helps co-ordinate the Easter Triduum Retreat, but his recent appointment as Novice master has meant some reduction in mid-week retreats.



**Fr Bede Leach**

Fr Bede has completed thirteen years on the pastoral team and this year will focus on his school and student residential retreats. He continues his parish ministry in Ampleforth village.



**Fr Kieran Monahan**

Fr Kieran has continued to develop his interest in retreats covering a wide spectrum of themes like the spirituality of living in the present moment and retreats based around liturgical seasons of the year. He is the Master of Ceremonies and has been appointed as the Chaplain to the Support Staff, which developed out of his work with the staff exploring the Benedictine Core Values and their relation to the work/life ethic of Ampleforth Abbey.



**Fr Kevin Hayden**

Fr Kevin brings to his retreat work a wide range of experience both as a monk and as a diocesan priest, having been involved for many years in parish ministry as well as leading retreats with both young people and adults, engaging in individual accompaniment, and being involved at diocesan level in a variety of initiatives with regard to outreach and strategic planning.



### Fr Henry Wansbrough

Fr Henry is a Biblical scholar with an international reputation. He is a former member of the Pontifical Biblical Commission and author of many books. He also edited the New Jerusalem Bible and is in great demand as a speaker.



### Fr Philip Rozario

Fr Philip has been a monk since 2000 and is currently Chaplain to St Edward's & St Wilfrid's House; Oblate Master and Assistant Novice Master.



### Fr Matthew Burns

Fr Matthew has experience as a Housemaster and as a parish priest. He is a talented gardener and carpenter as well as being an experienced retreat-giver.



### Fr Andrew McCaffrey

Fr Andrew has been a monk for nearly thirty years. During this time he has taught Classics in the College, Scripture and Biblical languages in the monastery and has had pastoral experience in various parishes, including Liverpool and Lancashire. He has given numerous talks and retreats to parish groups. He has studied Sacred Scripture in Rome and has a particular interest in the Hebrew Scriptures of the Old Testament. From his period in Rome he has developed an interest in the poetry of Dante, especially the Divina Commedia.



### Fr Richard ffield

Fr Richard joined the monastery 50 years ago after training as an engineer. After being a Housemaster for 21 years, he spent 12 years as a member of our Monastery of Christ the Word in Zimbabwe.

# A Chance to Relax and Reflect

Jesus said: *“Let us go off by ourselves to a quiet place and rest awhile.” (Mark 6:31)*

Perhaps you would value some time out, some space for yourself, a chance to rediscover a sense of peace and calm. Perhaps you would value an opportunity to have some time to reflect on the direction of your life, and to reconnect with yourself and with God. Perhaps you sense a need simply to be present for a while or to get some well-earned rest.

At whatever point you find yourself in life, you are very welcome to come and to spend some time with us at Ampleforth. We will provide you with a private room, with food, with the opportunity to join the Community in prayer, and a beautiful peaceful setting within which to find your centre and renew your relationship with God.

Individual guest charges per person per day are as follows:

	En-suite	Standard
Resident Full Board	£62.50	£57.00
Supper, Bed and Breakfast	£54.00	£48.50
Bed and Breakfast	£41.50	£36.00

For guests making a private retreat we require a £25.00 non-refundable deposit per person.

For anyone who is unemployed or in special need there is no fixed charge. Any contribution within your means would be welcome.

## Disabled Guests

En-suite accommodation and facilities for disabled guests are available. Please contact our Pastoral Team for further details.

Ampleforth is built on the side of a hill and, therefore, access around the campus and in accommodation areas necessitates guests negotiating stairs and walking between your accommodation, the Abbey Church and the refectory.

If you are interested or would like some further information please contact our Hospitality Office at [pastoral@ampleforth.org.uk](mailto:pastoral@ampleforth.org.uk) or call us on 01439 766486.



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## Retreats with times of silence

In our busy, noisy world, more and more people are discovering the importance of the discipline of silence in order to listen to God speaking to us. The group will join the monks in their daily prayer, and listen to some input on prayer. There will be opportunities to meet individually with one of the monks, to read and to pray.

Dates:

Friday 17 – Sunday 19 February

Friday 12 – Sunday 14 May

Friday 1 – Sunday 3 September

Friday 17 – Sunday 19 November



## Quiet days at Ampleforth

Jesus' invitation to his first disciples was very simple:  
*"Come and See."* (John 1:39)

We are told they stayed with him for the rest of the day, and that it was an encounter which changed their lives. Each quiet day is an opportunity to do the same thing – to spend time with Christ, to remain in his presence and to discover what he wants for us in our lives.

The day starts at 10:00am with morning coffee and ends at 5:00pm.

- There will be a shared exploration of the Word of God.
- This is followed by an opportunity to spend some time in silence, with some written material to help reflection.
- You are then invited to join the monastic community for midday prayer; and afterwards to share a meal as a group.
- After lunch there is more time for quiet and conversation before coming together as a group at the end of the day to share our experiences and insights.

Dates:

Saturday 7 January

Saturday 3 June

Tuesday 5 September

Tuesday 5 December

Cost:

A suggested donation based on £30.00 per person will fully defray costs, but this is a suggestion only and is left entirely at the donor's discretion.



# The Path of Life

Discovering the life you were created to live.

**An invitation to begin a journey of discovery**

*“Who is there here who longs for life?”*

*(RSB Prologue 14)*

Perhaps, like many of us, you are searching for something deeper; something that makes sense, for a true direction that makes your life really worth living.

Come and spend some time with others who can be companions on the same path. Begin a journey of discovery.

It could be a beginning that changes everything...

*“Be who God created you to be and you will set the world on fire.” (St Catherine of Siena)*

## **Who is it for?**

Anyone between the ages of 18-35 who wants to explore their faith and the direction their life is taking.

## **What is it?**

**An experience of simplicity** and stillness in the peaceful setting of a monastery in a beautiful valley.

**An experience of community and friendship**, of time spent together with other people who are also exploring.

**An experience of Christ**, of discovering his presence in your life, listening to his voice within you, in the scriptures, and in those around you.

**An experience of rest and space**, of coming home to yourself and simply enjoying time spent together.

## **What does it involve?**

Coming to any or all of **three weekends** which follow on from each other but are also self-contained. Each, for convenience, is given twice.

If you find afterwards that you would like to explore further there is also a more **extended two-week long summer residential experience**.

Further details are given overleaf. If you are interested or have any questions please feel free to contact our hospitality and pastoral team on 01439 766889 or [pastoral@ampleforth.org.uk](mailto:pastoral@ampleforth.org.uk)



## The Path of Life

Discovering the life you were created to live  
**Weekend Experiences 2017**

### (1) Letting your Life Speak.

(27-29 January or 8-10 September)

“Before I can tell my life what I want to do with it, I must listen to my life telling me who I am.” (*Parker J Palmer, Let your life speak*).  
This weekend is an opportunity to listen to your own experience, to sense Christ already present there, and to begin to discern how life is drawing you and calling to you.

### (2) A time to search and to find.

(10-12 March or 6-8 October)

“Knock and the door will be opened to you, seek and you will find, ask and it will be given to you.”

“Come follow me.”

This weekend will explore this simple invitation. How do we begin (and continue) a journey of faith, what practical steps do we need to take to discover more deeply and fully the life God wants for us and of us?

### (3) Living the life you were made to live.

(16-18 June or 10-12 November)

“They came back rejoicing.”

For each one of us, there is only one thing necessary: to fulfil our own destiny, according to God’s will, to be what God wants us to be.” (*Thomas Merton, No Man Is an Island*)

This weekend will explore how we can live a life unified by a sense of purpose and by a growing awareness of our own unique calling. As we discern and follow the path marked out for us we begin to discover the life and the joy God wants for us.

### Two-week Residential Experience.

(1-15th July 2017)\*

“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”

(H. D. Thoreau, *Walden*)

This longer residential experience aims to provide a space for deeper discovery and growth. Time spent alone and together will help consolidate and deepen what began during the weekends, allowing more time for questions and answers to emerge, as well as helping us to grow closer together as companions on the journey of faith.

*Please note that there is no charge for any of these events.*

*Participants are invited, if it is possible, to make a donation that is within their means.*

\* In order to participate in the two-week experience it is necessary to have attended at least one of the “Path of Life” weekends.



## An Invitation to University Students

### Take Time for Yourself

Give yourself some space to complete assignments, reflect on who and where you are, discern and decide the next step on the journey, or simply give yourself time to be in the beautiful environment of a living monastery.

You are welcome to participate in our daily round of prayer, called the 'Divine Office', read and ponder in the library or your own room, or walk and wander in the spacious grounds of the Abbey.

There is no specific charge for your stay, but you may contribute according to your means. You are simply welcome to be here, for your own spiritual nourishment and a pause in your pilgrimage of life.



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Thursday 13 – Monday 17 April  
**The Easter Triduum**  
**A Celebration of Easter at Ampleforth**

Join the Ampleforth Community for Easter conferences and the celebration of the Triduum liturgies.

Booking forms will be available from January 2017.  
Early booking is recommended, due to large numbers attending.

There is no fixed charge for the Triduum Retreat, donations are welcome.  
For Easter Triduum enquiries please email [easter@ampleforth.org.uk](mailto:easter@ampleforth.org.uk)





# JANUARY

Saturday 7 January

## A Quiet Day at Ampleforth

Fr Terence Richardson

Jesus' invitation to his first disciples was very simple: "Come and See." (John 1:39)

We are told they stayed with him for the rest of the day, and that it was an encounter which changed their lives. Each quiet day is an opportunity to do the same thing – to spend time with Christ, to remain in his presence and to discover what he wants for us in our lives.

The day starts at 10:00am with morning coffee and ends at 5:00pm.

- There will be a shared exploration of the Word of God.
- This is followed by an opportunity to spend some time in silence, with some written material to help reflection.
- You are then invited to join the monastic community for midday prayer; and afterwards to share a meal as a group.
- After lunch there is some more time for quiet and conversation before coming together as a group at the end of the day to share our experiences and insights.

Tuesday 17 – Friday 20 January

## Catholic Chaplains in Education Give Peace a Chance?

Fr Philip Rozario

Standard: £192.00 En suite: £207.00

Most of us claim to want 'peace' for ourselves and others. But what does genuine peace mean for those seeking to follow God's will – rather than for beauty contest interviewees?

A pain-killer does not remove the underlying illness. Similarly, genuine peace – between us and God, with others and in ourselves – requires a commitment to strive for integrity; to live in truth. This retreat will seek to draw some lessons from Scripture to guide our search for authentic peace: particularly from some of the major Old Testament prophets, and the public ministry of Christ.



# JANUARY

Friday 20 – Sunday 22 January

## Homeward Bound A

Fr Christopher Gorst

Standard: £128.00 En suite: £138.00

Inspired by Richard Rohr's book *Falling Upwards* this retreat will explore the second half of life journey, which can be a very positive and challenging adventure, rather than 'coasting' to the end of the road. We will look at the first half of life and its aims; the moment of crisis which may make us question; and the second half of life journey which focuses on our purpose. At any time of life we may suddenly realise that we are mortal and we will die. For most people, this comes in the second half of our life; but an illness, an accident, the loss of a loved one, may precipitate this realisation earlier. Can we prepare for that end? Can we use the time left to us to deepen our relationships with people and with God? (Retreat limit: 20 people)

Homeward Bound A & B are the same retreat, but for weekend or midweek participants.

Friday 27 – Sunday 29 January

Discovering the life you were created to live

## (1) Letting you speak

Fr Kevin Hayden

*"Before I can tell my life what I want to do with it, I must listen to my life telling me who I am."* (Parker J Palmer; *Let your life speak*).

This weekend is an opportunity to listen to your own experience, to sense Christ already present there, and to begin to discern how life is drawing you and calling to you.

This retreat is for anyone between the ages of 18-35 who wants to explore their faith and the direction their life is taking.

There is no charge for this retreat, guests are invited, if possible, to make a donation that is within their means.



# FEBRUARY

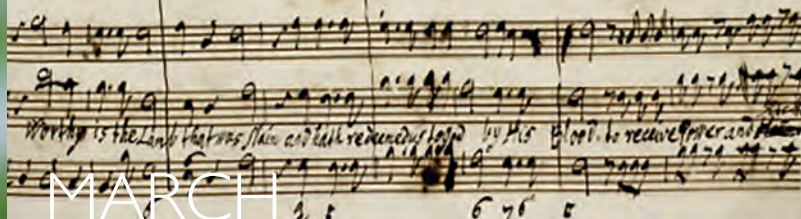
Saturday 17 – Sunday 19th February

## A Retreat with Times of Silence

Fr Richard ffield

Standard: £128.00 En suite: £138.00

In our busy, noisy world, more and more people are discovering the importance of the discipline of silence in order to listen to God speaking to us. The group will join the monks in their daily prayer, and listen to some input on prayer. There will be opportunities to meet individually with one of the monks, to read and to pray.



# MARCH

Monday 6 – Friday 10 March

## Messiah Retreat

Fr Terence Richardson and Anji Dowson

Standard: £255.50 En suite: £276.00

Handel's Messiah is the ideal spiritual preparation for Easter; culminating as it does in the great Hallelujah chorus. This retreat will be led jointly by Fr Terence and Anji Dowson, a professional musician. It will look at both the scriptural texts and the magnificent music.

On composing Messiah, Handel is said to have remarked, 'I did think I did see all heaven before me and the great God himself'. Using recordings and archive material Anji will explore the man and the music, and how in moving solos and inspiring choruses Handel brought this great work to fruition.



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PASTORAL PROGRAMME 2017



Friday 10 – Sunday 12 March  
Discovering the life you were created to live  
**(2) A Time to Search and to Find**  
Fr Kevin Hayden

“Knock and the door will be opened to you, seek and you will find, ask and it will be given to you.”

“Come follow me.”

This weekend will explore this simple invitation. How do we begin (and continue) a journey of faith, what practical steps do we need to take to discover more deeply and fully the life God wants for us and of us?

This retreat is for anyone between the ages of 18-35 who wants to explore their faith and the direction their life is taking.

There is no charge for this retreat, guests are invited, if possible, to make a donation that is within their means.

Friday 10 – Sunday 12 March  
**Lent Retreat: Light in the Darkness**  
Fr Kieran Monahan  
Standard: £128.00 En suite: £138.00

Many of us may see Lent as a gloomy time, with the focus on penance and making life hard for ourselves. This retreat is about dispelling the gloominess of Lent and will explore how best to prepare ourselves for Easter with the emphasis being on God's call to us to leave behind the deeds of darkness and truly embrace our call as children of light.



MARCH

Friday 24 – Sunday 26 March

## Tai Chi Movement & Christian Meditation

Terry Doyle & Fr Christopher Gorst

Standard: £148.50 En suite: £159.00

Tai Chi has been described as 'meditation in movement'. Christian Meditation involves stillness. During this retreat we balance these paradoxical practices to help focus our body and mind on being open to God. Under Terry Doyle, a practitioner of Tai Chi and an Oblate for the World Community of Christian Meditation (WCCM) we will be guided in our learning and develop these means by which we relax and become aware of God's presence. No previous experience is required, but those who have been before are most welcome to renew their practise and re-connect. The Retreat is integrated with the prayer life of the Abbey.

Friday 31 March – Sunday 2 April

## Matthew the Jew

Fr Henry Wansbrough

Standard: £128.00 En suite: £138.00

The Gospel of Matthew is the Gospel proposed to use for Year A (2017). It is the most Jewish of the Gospels, obviously written for Christians sprung from Judaism. It is fascinating to see how Matthew builds on the Jewish heritage, using the Gospel of Mark and a collection of Sayings of the Lord, but painting a picture of Jesus and the Church in his own inspired way.



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PASTORAL PROGRAMME 2017





# APRIL

Friday 28 – Sunday 30 April

## Listening for the Still Small Voice

Fr Kieran Monahan

Standard: £128.00 En suite: £138.00

The idea of mindfulness has become very popular today especially among people who would not necessarily consider themselves 'religious'. This retreat will explore how the practice of mindfulness may help us, as followers of Christ, to live 'mindful' lives. People today seem more and more stressed and the Christian tradition of mindfulness, of learning to live in the present moment, has much to teach us about how to live lives centred on God. So come away to a quiet place and listen for the still small voice of the Lord speaking to your heart.



# MAY

Monday 1 – Friday 5 May

## Beach Prayer Walks

Fr Bede Leach

Standard: £239.50 En suite: £260.00

An early season opportunity to go to the sea. Travelling out after monastic prayer and Mass to weave your own mind with the tide, to watch, taste and ponder alongside pilgrims rather than tourists; a bracing encounter.

Spaces limited to 15. Please bring suitable clothing.



Monday 8 – Thursday 11 May

**‘An artist will find in nature’s textures  
a work of art and in birdsong a poem.’**

Diane Miller

Standard: £226.50 En suite: £236.50

Diane is a local artist and poet with a willingness to share her skills and enthusiasm in a joyful, spiritual experience. This retreat is for people of all artistic abilities who want to explore their creative skills in a relaxed and supportive atmosphere. It is hoped that participants will feel uniquely valued through the care: providing inspiration, encouragement and a wide range of best quality materials in many media. The working space is beautiful. The Abbey, in the valley of Ampleforth, offers a wonderful environment for prayer; relaxing and finding inner space and peace. Inspiration is all around us and can be found walking in the beautiful grounds and countryside or just being quiet.

Friday 12 – Sunday 14 May

**A Retreat with Times of Silence**

Fr Kieran Monahan

Standard: £128.00 En suite: £138.00

In our busy lives it is often difficult to find the interior silence we need to hear God's voice. This retreat invites you to come, rest and be silent in the beauty and stillness of the Ampleforth valley. It is a time to listen to God at work in your daily life and in the prayer of the Retreat.



Monday 15 – Thursday 18 May

## Dante Retreat: A Visitor's Guide to Paradise

Fr Andrew McCaffrey

Standard: £192.00 En suite: £207.00

Following on earlier retreats on the Inferno and Purgatorio we shall read selected cantos of the Paradiso, the culmination of the pilgrim Dante's journey through the afterlife and his vision of Heaven. We shall review the main themes both literary and theological of the poem, attempting an overview of the whole poem. Selected passages in translation will be provided for discussion together. We shall discuss the theology of heaven in the light of Dante's vision. This retreat is open to anyone. Knowledge of the earlier divisions of the poem is of help but not necessary for understanding the content of this retreat.

Tuesday 30 May – Friday 2 June

## Tai Chi Movement & Christian Meditation

Terry Doyle & Fr Christopher Gorst

Standard: £228.50 En Suite: £235.50

Tai Chi has been described as 'meditation in movement'. Christian Meditation involves stillness. During this retreat we balance these paradoxical practices to help focus our body and mind on being open to God. Under Terry Doyle, a practitioner of Tai Chi and an Oblate for the World Community of Christian Meditation (WCCM) we will be guided in our learning and develop these means by which we relax and become aware of God's presence. No previous experience is required, but those who have been before are most welcome to renew their practise and re-connect. The Retreat is integrated with the prayer life of the Abbey.



MAY

JUNE

Saturday 3 June

## A Quiet Day at Ampleforth

Fr Richard ffield

Jesus' invitation to his first disciples was very simple: "Come and See!"  
(John 1:39)

We are told they stayed with him for the rest of the day, and that it was an encounter which changed their lives. Each quiet day is an opportunity to do the same thing – to spend time with Christ, to remain in his presence and to discover what he wants for us in our lives.

The day starts at 10:00am with morning coffee and ends at 5:00pm.

- There will be a shared exploration of the Word of God.
- This is followed by an opportunity to spend some time in silence, with some written material to help reflection.
- You are then invited to join the monastic community for midday prayer; and afterwards to share a meal as a group.
- After lunch there is some more time for quiet and conversation before coming together as a group at the end of the day to share our experiences and insights.

Friday 16 – Sunday 18 June

Discovering the life you were created to live

## (3) Living the Life You Were Made to Live

Fr Kevin Hayden

"They came back rejoicing!"

"For each one of us, there is only one thing necessary: to fulfil our own destiny, according to God's will, to be what God wants us to be."  
*Thomas Merton, No Man Is an Island*

This weekend will explore ways to make it real, how to find the joy of living our lives in such a way that we are truly becoming who God wants us to be.

This retreat is for anyone between the ages of 18-35 who wants to explore their faith and the direction their life is taking.

There is no charge for this retreat, guests are invited, if possible, to make a donation that is within their means.



Friday 30 June – Sunday 2 July

## On the Periphery

Fr Kieran Monahan

Standard: £128.00 En suite: £138.00

Pope Francis continues to call us to become a Church which reaches out to those on the periphery. In this retreat we will explore some of Pope Francis' thoughts about the future of the Church and how we can become those living stones, built on Christ as the foundation, for our world today. In this period of new evangelisation this is the time to walk forward with confidence into an uncertain future.

Saturday 1 – Saturday 15th July 2017

## Two-week Residential Experience

Fr Kevin Hayden

"I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived."  
*(H. D. Thoreau, Walden)*

This longer experience will help consolidate and deepen what has gone before. It allows time to settle more deeply into the experience, for questions and answers to emerge, as well as the opportunity to get to know each other better.

This retreat is for anyone between the ages of 18-35 who wants to explore their faith and the direction their life is taking.





Tuesday 11 – Thursday 13 July

## Homeward Bound B

Fr Christopher Gorst

Standard: £128.00 En suite: £138.00

Inspired by Richard Rohr's book *Falling Upwards* this Retreat will explore the second half of life journey, which can be a very positive and challenging adventure, rather than 'coasting' to the end of the road. We will look at the first half of life and its aims; the moment of crisis which may make us question; and the second half of life journey which focuses on our purpose. At any time of life we may suddenly realise that we are mortal and we will die. For most people, this comes in the second half of our life; but an illness, an accident, the loss of a loved one, may precipitate this realisation earlier. Can we prepare for that end? Can we use the time left to us to deepen our relationships with people and with God? (Retreat limit: 20 people) Homeward Bound A & B are the same retreat, but for weekend or midweek participants.

Friday 14 – Sunday 16 July

## Retreat for Parishioners: The Road to Eternal Life

Fr Christopher Gorst

Standard: £128.00 En suite: £138.00

This retreat is a reflection on the Prologue of St Benedict's Rule. Within the Prologue, which is a call to Action, we find the main themes of the whole Rule which is itself a practical way to Eternal Life. Benedict speaks of the 'Active Life', involving self-knowledge, and a struggle with our deep seated resistances to God, as well as speaking of our reliance on God's grace to help us nurture a growth in love. He spells out the difficulties as well as the rewards of radical Gospel living in the 'school of the Lord's service', which is relevant today for our Christian living.



AUGUST

Monday 31 July – Friday 4 August

## Beach Prayer Walks

Fr Bede Leach

Standard: £1239.50 En suite: £260.00

Northern England can claim to be a land of saints. This year's retreat will feature East Yorkshire, and will include St John of Beverley, St John of Bridlington, St John Fisher, St Everilda, and others. We will visit Beverley and its Minster, as well as Bridlington Priory and other sites. We will ask ourselves what we can learn from these saints for our Christian lives today.

Friday 18 August

## Tai Chi Movement & Christian Meditation

Terry Doyle and Fr Christopher Gorst

£36.00

The Tai Chi Movement and Christian Meditation Day is both an Introduction to these practices for those starting something new, and a nourishing day to boost the energy of those that have been before. Come and see, come and learn, come and practice.



# AUGUST

Tuesday 29 August – Friday 1 September

## Saints of East Yorkshire

Fr Terence Richardson

Standard: £192.00 En suite: £207.00

Northern England can claim to be a land of saints. This year's retreat will feature East Yorkshire, and will include St John of Beverley, St John of Bridlington, St John Fisher, St Everilda, and others. We will visit Beverley and its Minster, as well as Bridlington Priory and other sites. We will ask ourselves what we can learn from these saints for our Christian lives today.

Spaces limited to 15.



# SEPTEMBER

Friday 1 – Sunday 3 September

## A Retreat with Times of Silence

Fr Kieran Monahan

Standard: £128.00 En suite: £138.00

In our busy, noisy world, more and more people are discovering the importance of the discipline of silence in order to listen to God speaking to us. The group will join the monks in their daily prayer; and listen to some input on prayer. There will be opportunities to meet individually with one of the monks, to read and to pray.



Saturday 2 – Wednesday 6 September

## Pilgrimage to Iona

Fr bede Leach

For some years until 2011 Fr Bede lead pilgrimage to Iona with up to 14 pilgrims travelling to and from Ampleforth by minibus; a different format for this year Fr Bede will be staying on Iona between 2 and 6 September 2017, and would welcome those who wish to join him for the daily format prayer walks, Mass in the House of Prayer and a gentle evening of spirituality in the Library. Please contact us for further information. Retreatants are encourage to make their own early travel arrangements and book accommodation on Iona for that period on longer:

Tuesday 5 September

## A Quiet Day at Ampleforth

Fr Richard ffield

Jesus' invitation to his first disciples was very simple: "Come and See." (John 1:39)

We are told they stayed with him for the rest of the day, and that it was an encounter which changed their lives. Each quiet day is an opportunity to do the same thing – to spend time with Christ, to remain in his presence and to discover what he wants for us in our lives

The day starts at 10:00am with morning coffee and ends at 5:00pm.

- There will be a shared exploration of the Word of God.
- This is followed by an opportunity to spend some time in silence, with some written material to help reflection.
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# SEPTEMBER

Friday 8 - Sunday 10 September

Discovering the life you were created to live

## (1) Letting your Life Speak

Fr Kevin Hayden

"Before I can tell my life what I want to do with it, I must listen to my life telling me who I am." (Parker J Palmer, Let your life speak).

This weekend is an opportunity to listen to your own experience, to sense Christ already present there, and to begin to discern how life is drawing you and calling to you.

This retreat is for anyone between the ages of 18-35 who wants to explore their faith and the direction their life is taking.

There is no charge for this retreat, guests are invited, if possible, to make a donation that is within their means.

Friday 15 – Sunday 17 September

## The Awakening Self & Its Preoccupations

Fr Christopher Gorst OSB

Standard: £128.00 En suite: £138.00

The Ancient Church Fathers and Monks were aware of Eight Preoccupations which could divert or distract a person's spiritual path to God. In this Retreat, we examine a modern psychologist's interpretation of 'Spirituality and the Awakening Self' (Dr David G Benner), and try to show that those Ancient insights and Preoccupations can still disrupt our awakening and journey, towards our final goal of consciousness and union in God.





Monday 18 – Thursday 21 September

## Augustine, The Confessions – Part 2

Fr Andrew McCaffrey OSB

Standard: £192.00 En suite: £207.00

In this retreat we have the opportunity to examine important aspects of Augustine's theology: in particular his theology of the Church and his long struggle with the schismatic Donatists. The vexed question of the charge that Augustine was tainted with Gnostic views, especially his relationship with Manichaeism, will be considered. His teaching on the topic of grace, and his long-running bitter dispute with Pelagius and Pelagianism will also be covered. The contentious question of Augustine's views on sex and sexuality will be discussed. Is Augustine the source of Catholic 'hang-ups' about sex? Are his critics fair in accusing Augustine of being wholly pessimistic on the question of human sexuality?

Friday 22 – Sunday 24 September

## The Use and Abuse of the Bible

Fr Henry Wansbrough OSB

Standard: £128.00 En suite: £138.00

The Bible is the central pillar of Christianity. We will take glimpses of how the Bible has been used and abused down the ages, as a tool for saints, scholars and statesmen, a vehicle of the love of God and of empire-building.



# OCTOBER

Friday 6 – Sunday 8 October

Discovering the life you were created to live

## (2) A Time to Search and to Find

Fr Kevin Hayden OSB

“Knock and the door will be opened to you, seek and you will find, ask and it will be given to you.”

“Come follow me.”

This weekend will explore this simple invitation. How do we begin (and continue) a journey of faith, what practical steps do we need to take to discover more deeply and fully the life God wants for us and of us?

This retreat is for anyone between the ages of 18-35 who wants to explore their faith and the direction their life is taking.

There is no charge for this retreat, guests are invited, if possible, to make a donation that is within their means.

Friday 6 – Sunday 8 October

## Teach me to Pray

Fr Kieran Monahan

Standard: £128.00 En suite: £138.00

Are we any different from those first disciples who asked Jesus to teach them to pray just as John the Baptist taught his disciples to pray? I suspect not. Prayer is such an important part of the spiritual life but many of us feel lost when it comes to prayer and so during this retreat we will explore ways in which we can try to develop our prayer life so that we can become more like Christ who lived a life of prayer. As St Benedict reminds us, the disciple's role is to listen, so this retreat will give you an opportunity to listen to what Christ the Teacher has to say so that our prayer lives may be enriched.



Friday 13 – Sunday 15 October

## Christian Meditation

Fr Terry Doyle and Fr Christopher Gorst

Standard: £148.50 En suite: 159.00

This weekend welcomes new people to the practice of Meditation, and people who have been before, but who want a meditative weekend of learning. Terry Doyle, an Oblate for the World Community of Christian Meditation, will conduct the silent weekend, through the teachings of John Main and Laurence Freeman, and periods of Meditation practice. Fr Christopher will accompany the sessions, and contribute some input from the Rule of Benedict. The Retreat is integrated with the Monastic prayer during the day, and time for quiet walks or being on your own.

Tuesday 17 – Friday 20 October

## Lessons from a Monastery: Work and Prayer

Fr Terence Richardson

Standard: £192.00 En suite: £207.00

The monastic life is a rhythm of prayer, reading, work and relaxation. This is the model for this retreat. The mornings will be spent learning about how the monks live and pray, and the afternoons in manual work, weather permitting in the abbey orchard. We will begin to enjoy the balance of work and prayer that is at the heart of a genuine Christian life.



OCTOBER

Monday 30 October – Friday 3 November  
**Martin Luther: Renegade and Reformer**

Fr Andrew McCaffrey

Standard: £255.50 En suite: £276.00

On October 31st 2017 it will be 500 years since the outbreak of the Reformation, sparked off by the Indulgences Controversy. We shall examine the personality and career of Martin Luther. We will seek to throw some light on such questions as Luther's intentions, was he consciously seeking 'to rend the seamless robe of the Church' leaving Christendom hopelessly divided? How did political and social pressures of the 16th century condition what we call the Reformation? In a more ecumenically-minded age we shall consider Catholic and Protestant relations today. Are there any possibilities of the divisions being healed? Come and learn more of one of the Church's great Doctors.



NOVEMBER

Friday 3 – Sunday 5 November  
**A Retreat for Parishioners:  
Meeting Christ in the Liturgy**

Fr Terence Richardson

Standard: £128.00 En suite: £138.00

In what ways is Christ present in our worship? How can we open our eyes, and our hearts, to welcome him more fully into our lives? This weekend retreat will examine ways in which we can deepen our relationship with Christ and grow to love the liturgy more fully.



Friday 10 - Sunday 12 November

Discovering the life you were created to live

### **(3) Living the Life You Were Made to Live**

Fr Kevin Hayden

"They came back rejoicing"

For each one of us, there is only one thing necessary: to fulfil our own destiny, according to God's will, to be what God wants us to be."

*Thomas Merton, No Man Is an Island*

This weekend will explore ways to make it real, how to find the joy of living our lives in such a way that we are truly becoming who God wants us to be.

This retreat is for anyone between the ages of 18-35 who wants to explore their faith and the direction their life is taking.

Friday 17 – Sunday 19 November

### **A Retreat with Times of Silence**

Fr Richard ffield

Standard: £128.00 En suite: £138.00

It is often difficult to find the interior silence needed to hear God's voice amidst the busy and stressful day-to-day of our lives. This retreat invites you to come, rest and be replenished in the beauty and stillness of the Ampleforth valley. It is a time to listen to God at work in your daily life and in the prayer of the retreat.





Tuesday 5 December

## A Quiet Day at Ampleforth

Fr Terence Richardson

Jesus' invitation to his first disciples was very simple: "Come and See." (John 1:39)

We are told they stayed with him for the rest of the day, and that it was an encounter which changed their lives. Each quiet day is an opportunity to do the same thing – to spend time with Christ, to remain in his presence and to discover what he wants for us in our lives.

The day starts at 10:00am with morning coffee and ends at 5:00pm.

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- You are then invited to join the monastic community for midday prayer; and afterwards to share a meal as a group.
- After lunch there is some more time for quiet and conversation before coming together as a group at the end of the day to share our experiences and insights.

Friday 8 – Sunday 10 December

## Advent Retreat: Lessons from Biblical Prayers

Fr Terence Richardson

Standard: £128.00 En suite: £138.00

Prepare for Christmas by spending a reflective weekend looking at some of the prayers in the Bible. There are plenty, both in the Old Testament and the New Testament.

The great canticles in the first chapters of St Luke's Gospel have their origins in the Old Testament prayers and psalms.



AMPLEFORTH ABBEY

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