

To reserve a place on:
Exploring Silence Workshop

Please return your completed booking form
(overleaf) to ensure your place to:

Beth Harper
The Mirfield Centre
College of the Resurrection
Stocks Bank Road
Mirfield
WF14 0BW
Tel: 01924 481920
email: centre@mirfield.org.uk

Bookings must be accompanied by payment.
Please make cheques payable to The Mirfield
Centre. You may also pay over the phone
using a credit or debit card. Please book by
Friday 19th October 2018

Please feel free to photocopy this form as
many times as you wish and distribute it to
friends and colleagues. We look forward to
welcoming you to The Mirfield Centre.

Please note: If you would like a paper receipt
for your booking, please enclose a stamped
addressed envelope. If you provide an email
address we will confirm your booking on
receipt. We will contact you approximately
one week before the event, when you will
receive a reminder of the date and time, as
well as any other relevant information.

Speaker Details:



Alison is Director of the Seeds of Silence project which exists to support and encourage Christians in developing a personal practice of silence. She provides workshops in this field throughout the UK to churches and those in training for a variety of areas of Christian ministry, including ordinands, spiritual accompanists and pastoral workers. Alison combines this role with her academic and popular writing about silence in the Christian life, offering spiritual accompaniment and her work as a music therapist with young people with complex disabilities.

A book about her research into the value and impact of silence in women's faith lives, *Women Choosing Silence: Relationality and Transformation in Spiritual Practice* will be published in hardback and ebook by Routledge at the end of 2018.

www.mirfield.org.uk

 @MirfieldCen-



MIRFIELD
CENTRE



MIRFIELD
CENTRE

Exploring Silence Workshop



An Interactive Day

Saturday 27th October 2018

Dr Alison Woolley

Director: Seeds of Silence
www.seedsofsilence.org.uk

10.00am-3.30pm
(including lunch & refreshments)
£22.00

About the Day

We all have times when our prayer feels dry or it's difficult to be attentive to God. And often we can struggle to know why God seems to have become silent. This experiential workshop will help you to explore how silence can deepen your relationship with God and with yourself.

We'll think about what we mean by 'silence' in our faith lives, glimpse into Christianity's history of silence-based prayer, try out ideas for developing your own practices of silence and clarify some confusions of language around this spiritual discipline. There will be a creative activity, stories and a poem, discussion in pairs, small groups and all together. We'll use some exploratory writing to delve a little deeper into our experience and the day will conclude with a closing reflection.



The ideas in this workshop are rooted in Alison's own longstanding discipline of silence and the findings from her PhD research about silence in the lives of Christian women today.

The day will be suitable for people who have little experience of silence-based prayer and those with some experience but who want to find out more.

Programme

- 10.00am In this session we'll spend some time thinking about what we mean by silence, in life generally, and within our spiritual practices or faith journey. There will also be a creative opportunity to reflect on how you spend your time.
- 11.30am Refreshment break
- 11.45am In this session we'll use a couple of guided meditations to begin engaging with ourselves and exploring beginning to settle into silence, as well as acknowledging some of the reasons that silence can be difficult.

Please note it is not possible to join the Community for Midday prayers or the Eucharist on this day

- 1.00pm Lunch
- 1.45pm In this session we'll think about God's silence, consider how to respond to thoughts during times of silence-based prayer, try out methods of resting in silence with God and have a time of open discussion for questions.
- 3.00pm Closing reflection
- 3.30pm Day ends

Booking Form

Exploring Silence Workshop

Fee £22.00

I wish to book place(s)

Name:.....
(Mr/Mrs/Ms/Revd/Dr/other)

Address:.....

.....

Post Code.....

Telephone:.....

Email:.....

Email confirmation required?

We cater for most dietary requirements, please indicate below if required

.....

If you have any medical or access requirements need to be made aware of please indicate below:

.....

I am a Reader/Lay Pastoral Minister in the Diocese of Leeds *(please tick)*

My church denomination is.....

I found out about this event from

.....

If this will be your first time coming to a Mirfield Centre event, please tick