

BOOKING FORM

Name(s):

Address:

Post code:

Tel. No.:

Email:

- I would like a single standard room
- I would like a single room with en-suite
- We would like to share a room with en-suite

Please specify any dietary requirements and/or allergies and any other needs:

Payment

A non-refundable deposit of £30 is required on booking with cheques payable to 'SS Albans & Stephen Catholic Church'. The balance is required by **12th September** at the latest. All cheques are to be sent FAO Krystyna Berners-Lee to the Presbytery, SS Alban & Stephen Church, 14 Beaconsfield Road, St Albans AL1 3RB

All Welcome



Finding Silence

11th-13th October 2019

at

*Dowry House
Walsingham*

Finding Silence

Our parish has been organising Finding Silence events since 2012 where people of faith or none have benefitted from time spent away from everyday life. Walsingham has been a place of pilgrimage from the middle ages and Dowry House, built in the 15th Century, was originally used as a pilgrims' hostel. On this retreat, led by the Community of Our Lady of Walsingham, we will be directed as to how best to enter into silence as well as being able to join them in their daily liturgy. The sisters are also open to individual chats throughout the weekend if desired. There will be opportunities to visit historic sites in Walsingham and enjoy the quiet countryside just a walk away.

Accommodation, Catering, Times, Cost and Accessibility

Dowry House is a medieval grade 2 listed building with 17 rooms, single or shared and some with en-suite bathroom, but none have full disabled access. Accommodation is available from 3pm on Friday 11th October. The retreat will end after a 1.15pm lunch on Sunday 13th October.

Prices include full board (breakfast, lunch and supper) beginning with supper on Friday. Please note that most meals will be taken a short walk away at Elmham House. We hope to plan a mile walk to Sunday Mass at the Shrine though it may be possible to arrange a lift for a few.

The cost is £116 per person for a standard room and £145 per person for an en-suite room, whether single or shared.

Travel

Lifts can usually be arranged.

Payment

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The Need for Silence

"Silence is the gateway to knowing God and truly to knowing oneself. There is an epidemic of busyness these days so people seem unable to stop and listen. But we all need silence.... Many people's lives are so full of busyness and so full of noise that they are in danger of this really important part of their lives dying away." Fr Christopher Jamison OSB, from the BBC TV series 'The Big Silence'.

Quotes from participants

"It was very inspiring and the location very special. I know I will be reflecting on it for some time ahead."

"It has been revelatory and left me with a far greater understanding of my own personal faith."

"It was most enlightening and an invaluable experience."

"I'm definitely feeling the benefit...It's given me a chance to think about what's really important....It was a wonderful, unforgettable time..."

"It ... opened a whole new world to me ... my prayer life has been revitalised."