

Nurturing Our Growth as Ministers

Monday, 24th January – Friday, 28th January 2022

Programme

Monday, 24th January

16:00 –	Arrival	St George's House
17:00	Tea & Coffee available	Vicars' Hall
17:00 –	Evensong (<i>please be seated by 17:10</i>)	St George's Chapel
18:00		
18:15 –	Programme overview and Introductions	Vicars' Hall
19:15	- Small group introductions and contracting	
19:15 –	Pre-Dinner Drinks	Sitting Room, No25
19:45		
19:45 –	Dinner	Dining Room
20:00		

Tuesday, 25th January

07:30	Mattins	St George's Chapel
08:00	Holy Communion (Reader: <i>The Reverend Jordan Ling</i>)	St George's Chapel
08:30 –	Breakfast	Dining Room
09:15		
09:30 –	Opening input and priming discussion:	Vicars' Hall
11:00	"...speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ..." What does it mean to 'grow'? How does it happen?	
	'Tree of Life' activity: charting our own growth and sharing in small groups.	
11:00 –	Tea & Coffee	Vicars' Hall
11:30		
11:30 –	Tree of Life Activity (cont..)	Vicars' Hall
13:00		
13:00 –	Lunch	Dining Room
13:45		



Coordinating staff at St George's House

Gary McKeone, Programme Director

Patricia Birdseye, Consultation Coordinator, Tel 01753 848886

Catherine Morgan, House Manager

13:45	Photograph on the West Steps of the Chapel	
13:45 – 14:45	Private reflection/walk	
14:45 – 15:15	Tea & Coffee	Vicars' Hall
15:15 – 17:00	The learning we get from life (rather than the classroom). How does it happen? Staying fresh: how do we access the wisdom available in our experience? The role of attention. The first commandment. Different types of 'knowing' – head, heart, soul and body.	Vicars' Hall
17:00 – 18:00	Evensong (<i>please be seated by 17:10</i>)	St George's Chapel
18:15 – 19:15	Looking after ourselves: work with 7 day assessments	Vicars' Hall
19:15 – 19:45	Pre-Dinner Drinks	Sitting Room, No25
19:45 – 20:45	Dinner	Dining Room
22:00	Chapel Tour conducted by Miss Charlotte Manley, CVO, OBE, Chapter Clerk – <i>please assemble in the Patricia Hotung Sitting Room (21:45)</i>	

Wednesday, 26th January

07:00	Morning exercises	Vicars' Hall
07:30	Mattins	St George's Chapel
08:00	Holy Communion (<i>Reader: The Reverend Canon Peter Thompson</i>)	St George's Chapel
08:30 – 09:15	Breakfast	Dining Room
09:15	Small group check in	Vicars' Hall
10:00	Accessing the wisdom of the 'body'	Vicars' Hall
11:00 – 11:30	Tea & Coffee	Vicars' Hall



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11:30	Body exercises	Vicars' Hall
12:15	Accessing heart knowing. <i>'Trust in the Lord with All Your Heart and lean not on your own understanding...'</i>	Vicars' Hall
13:00 – 13:45	Lunch (<i>in silence</i>)	Dining Room
13:45 – 14:45	Private Reflection/walk	
14:45 – 15:15	Tea & Coffee	Vicars' Hall
15:15 – 17:00	Practical exercises: working with the heart. Listening 'with the ear of the heart'. Desire and discernment	Vicars' Hall
17:00 – 18:00	Evening Prayer (<i>please be seated by 17:10</i>)	St George's Chapel
18:15 – 19:15	The heart and connection. The second commandment.	Vicars' Hall
19:15 – 19:45	Pre-Dinner Drinks	Sitting Room, No25
19:45 – 20:45	Dinner	Dining Room

Thursday, 27th January

07:00	Morning exercises	Vicars' Hall
07:30	Mattins	St George's Chapel
08:00	Holy Communion (Reader: <i>The Reverend Canon Karen Smeeton</i>)	St George's Chapel
08:30 – 09:15	Breakfast	Dining Room
09:15	Small group check in	Vicars' Hall
10:00 – 11:00	Working on our relationships? How we show up to others. Where/how do we get 'caught'? Using heart and body knowing to transform relationship and release potential.	Vicars' Hall
11:00 – 11:30	Tea & Coffee	Vicars' Hall



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11:45 – 13:00	'Vocation' and fruitfulness: Finding our place in the Body of Christ. Accessing deeper resourcefulness. Looking where we don't normally look.	Vicars' Hall
13:00 – 13:45	Lunch	Dining Room
13:45 – 14:45	Private reflection/walk	
14:45 – 15:15	Tea & Coffee	Vicars' Hall
15:15 – 17:00	Accessing our deeper resources: 'Core process' activity	Vicars' Hall
17:00 – 18:00	Evensong (<i>please be seated by 17:10</i>)	St George's Chapel
18:15 – 19:15	Stepping into change – practical activity	Vicars' Hall
19:15 – 19:45	Pre-Dinner Drinks	Sitting Room, No25
19:45 – 20:45	Dinner	Dining Room

Friday, 28th January

07:00	Morning exercises	Vicars' Hall
07:30	Mattins	St George's Chapel
08:00	Holy Communion (<i>Reader: The Reverend Canon Kerry Dixon</i>)	St George's Chapel
08:30 – 09:15	Breakfast	Dining Room
09:15	Small group check in	Vicars' Hall
10:00 – 11:00	How to develop a sustaining personal practice	Vicars' Hall
11:00 – 11:30	Tea & Coffee	Vicars' Hall
11:30	Work on creating personal practice	Vicars' Hall
13:00 – 14:00	Lunch	Vicars' Hall
14:00	Departure	



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