

Nurturing Our Growth as Ministers

Monday, 23rd January – Friday, 27th January 2023

Programme

Monday, 23rd 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		
18:00–	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, 24th January

07:30	Mattins	St George's Chapel
08:00	Holy Communion (Reader: <i>The Very Reverend Dr Gray Lesesne</i>)	St George's Chapel
08:30 –	Breakfast	Dining Room
09:15		
09:15 –	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		



Coordinating staff at St George's House
Gary McKeone, Programme Director
Patricia Birdseye, Consultation Coordinator, Tel 01753 848886
Catherine Morgan, House Manager

13:00 – 13:45	Lunch	Dining Room
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
18:00 – 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, 25th January

07:30	Mattins	St George's Chapel
08:00	Holy Communion (Reader: <i>The Reverend Fiona Mayer-Jones</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
11:30	Body wisdom 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
18:00 – 19:15	Heart and connection. 2 nd commandment.	Vicars' Hall
19:15 – 19:45	Pre-Dinner Drinks	Sitting Room, No25
19:45 – 20:45	Dinner	Dining Room

Thursday, 26th January

07:00	Morning exercises	Vicars' Hall
07:30	Mattins	St George's Chapel
08:00	Holy Communion (<i>Reader: The Reverend Ben Rundell-Evans</i>)	St George's Chapel
08:30 – 09:15	Breakfast	Dining Room
09:15	Small group check in	Vicars' Hall
10:30– 11:00	'Vocation' and fruitfulness: Finding our place in the Body of Christ. Accessing deeper resourcefulness.	Vicars' Hall
11:00 – 11:30	Tea & Coffee	Vicars' Hall
11:45 – 13:00	Vocation and fruitfulness (cont..)	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	Working on our relationships? How we show up to others. Where/how do we get 'caught'? Using heart knowing to transform relationship and release potential.	Vicars' Hall
17:00 – 18:00	Evensong (<i>please be seated by 17:10</i>)	St George's Chapel
18:00 – 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, 27th January

07:00	Morning exercises	Vicars' Hall
07:30	Mattins	St George's Chapel
08:00	Holy Communion (<i>Reader: The Reverend Julie Donn</i>)	St George's Chapel
08:30 – 09:15	Breakfast <i>Please bring luggage down and this can be stored in the Sitting Room or The Vicars' Hall</i>	Dining Room
09:15	Small group check in	Vicars' Hall
10:00 – 11:00	Developing 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	

