Nurturing Our Growth as Ministers

Monday, 29th January – Friday, 2nd February 2024

Programme

Monday, 29th January

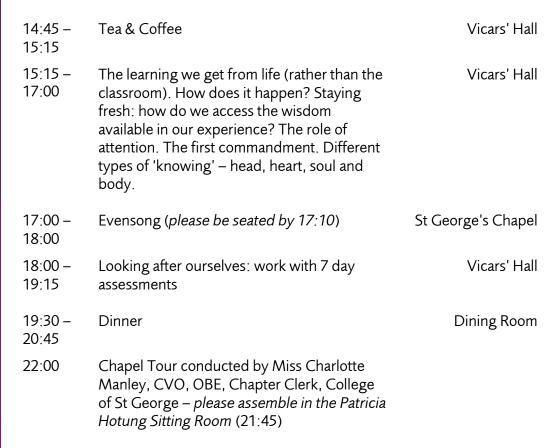
| 16:00 – 17:00 | Arrival Tea & Coffee available | St George's House |
|------------------|--|--------------------|
| 17:00 – 18:00 | Evensong (please be seated by 17:10) | St George's Chapel |
| 18:00– 19:15 | Programme overview and Introductions - Small group introductions and contracting | Vicars' Hall |
| 19:30 – 20:45 | Dinner | Dining Room |

Tuesday, 30th January

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|------------------|--|--------------------|
| 07:30 | Mattins | St George's Chapel |
| 08:00 | Holy Communion (Reader: The Reverend Pip Salmon) | St George's Chapel |
| 08:30 – 09:15 | Breakfast | Dining Room |
| 09:15 – 10:45 | Opening input and priming discussion: "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? | Vicars' Hall |
| | 'Tree of Life' activity: charting our own growth and sharing in small groups. | |
| 10:45 – 11:15 | Tea & Coffee | Vicars' Hall |
| 11:15 – 13:00 | Tree of Life Activity (cont) | Vicars' Hall |
| 13:00 – 13:45 | Lunch | Dining Room |
| 13:45 – | Private reflection/walk | |



14:45



Wednesday, 31st January

| 07:30 | Mattins | St George's Chapel |
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| 08:00 | Holy Communion (Reader: The Reverend Danie Lindley) | 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. 'Trust in the Lord with All Your Heart and lean not on your own understanding" | Vicars' Hall |
| 13:00 – 13:45 | Lunch (in silence) | Dining Room |
| 13:45 – 14:45 | Private Reflection/walk | |



| 14:45 – 15:10 | Tea & Coffee | Vicars' Hall |
|------------------|--|---------------------------------|
| 15:10 | Photograph on the West Steps of the Chapel | |
| 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 (please be seated by 17:10) | St George's Chapel |
| 18:00 – 19:15 | Heart and connection. 2 nd commandment. | Vicars' Hall |
| 19:30 – 20:45 | Dinner | Dining Room |
| Thursday | 1 st February | |
| 07:00 | Morning exercises | Vicars' Hall |
| 07:30 | Mattins | St George's Chapel |
| 08:00 | Holy Communion | |
| | (Reader: The Reverend Dr Charles Ramsey) | St George's Chapel |
| 08:30 - 09:15 | • | St George's Chapel Dining Room |
| | (Reader: The Reverend Dr Charles Ramsey) | |
| 09:15 | (Reader: The Reverend Dr Charles Ramsey) Breakfast | Dining Room |



11:45 –

13:00 -

13:45 – 14:45

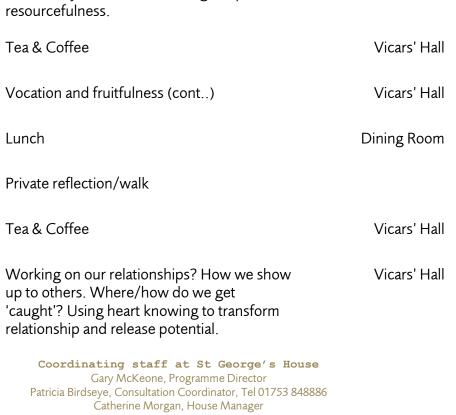
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17:00

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13:45



| 17:00 – 18:00 | Evensong (please be seated by 17:10) | St George's Chapel |
|------------------|---|--------------------|
| 18:00 – 19:15 | Stepping into change – practical activity | Vicars' Hall |
| 19:30 – 20:45 | Dinner | Dining Room |

Friday, 2nd February

| 07:00 | Morning exercises | Vicars' Hall |
|------------------|--|--------------------|
| 07:30 | Mattins | St George's Chapel |
| 08:00 | Holy Communion (Reader: The Reverend Canon Donna Williams) | St George's Chapel |
| 08:30 – 09:15 | Breakfast Please bring luggage down and this can be stored in the Sitting Room or The Vicars' Hall | 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 | Dining Room |
| 14:00 | Departure | |

