# **Nurturing Our Growth as Ministers**

Monday, 27th - Friday, 31st January 2025

### Programme

#### Monday, 27th January

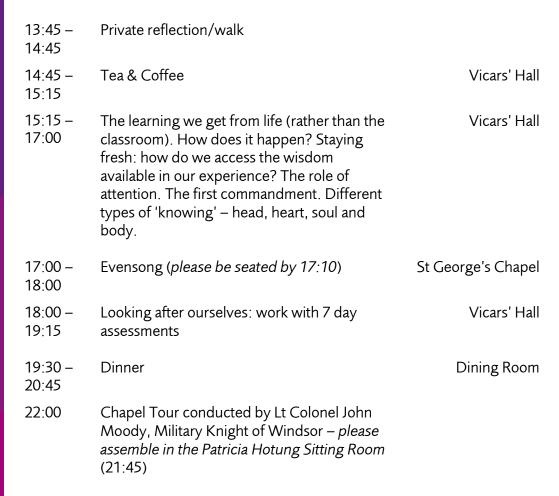
16:00 – 17:00	Arrival Tea & Coffee available	St George's House
17:00 – 18:00	Evensong (please be seated by 17:10)	St George's Chapel
18:00– 19:15	Programme overview and Introductions - Small group introductions and contracting	Vicars' Hall
19:30 – 20:45	Dinner	Dining Room

## Tuesday, 28th January

07:30	Mattins	St George's Chapel
08:00	Holy Communion (Reader: The Reverend Oliver Blease)	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 –	Lunch	Dining Room



13:45



#### Wednesday, 29th January

07:30	Mattins	St George's Chapel
08:00	Holy Communion (Reader: The Reverend Esther Peers)	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 <sup>nd</sup> commandment.	Vicars' Hall
19:30 – 20:45	Dinner	Dining Room
Thursday	, 30 <sup>th</sup> January	
07:00	Morning exercises	Vicars' Hall
07:30	Mattins	St George's Chapel
08:00	Holy Communion (Reader: The Reverend Jonathan Parker)	St George's Chapel
08:30 -	Breakfast	Dining Room



09:15

09:15

10:30-

Small group check in

'Vocation' and fruitfulness: Finding our place

Vicars' Hall

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 (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, 31st January

07:00	Morning exercises	Vicars' Hall
07:30	Mattins	St George's Chapel
08:00	Holy Communion (Reader: The Reverend Canon Dr Eleanor Williams)	St George's Chapel
08:30 – 09:15	Breakfast and check out 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	

