



HOUSE OF PRAYER

CHRISTIAN
RETREAT

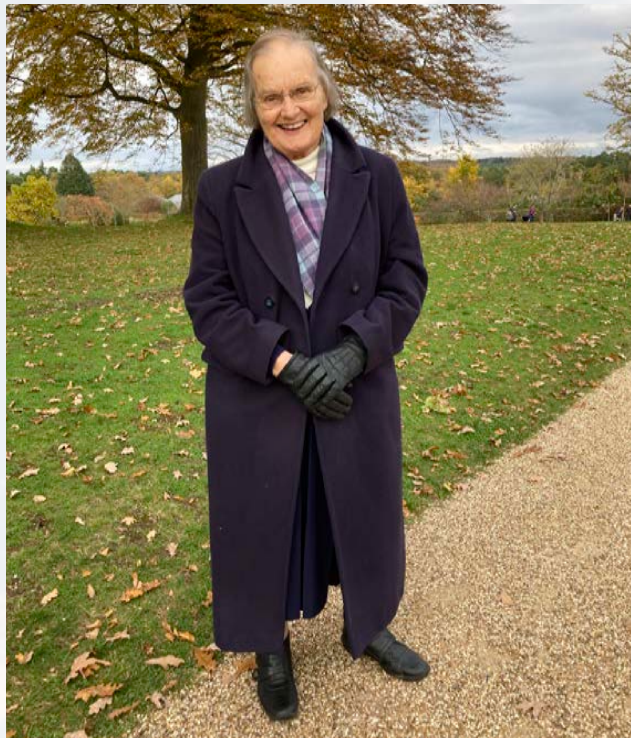
PROGRAMME 2024

THE HOUSE OF PRAYER

Inspired by Fr Anthony Receveur (1750-1804), the founder of the Sisters of the Christian Retreat, Sr Melanie Kingston established the House of Prayer in March 1993. Today, the House of Prayer is led by a community of staff, volunteers, and friends, who carry out the spirit and vision of the Christian Retreat through their work and ministry.

‘One can never do enough to help people to reflect; it is absolutely essential in today’s world.’

Father Anthony Receveur



Sr Melanie Kingston, founder of the House of Prayer.

OUR VISION

Our aim is to help people to explore and deepen their relationship with God through prayer, meditation, and retreat.

The House of Prayer offers a breathing space and everything needed for a retreat. We offer to others a way of nurturing their relationship with God through prayer, meditation, spiritual retreats, and Christian education. The House of Prayer is ecumenical and welcomes Christians of all denominations and people of good will.

Inspired by God's love and in the spirit of the Christian Retreat, we endeavour to:

- **hold prayer, retreat and spiritual accompaniment at the heart of our lives and our ministry;**
- **build community and work together in a spirit of collaboration and co-operation;**
- **give a warm welcome, generous hospitality and care to all who come to the House of Prayer;**
- **create space conducive to prayer, silent meditation and reflection;**
- **be kind and compassionate, honouring the worth and dignity of every person;**
- **do our part to nurture and protect the earth and to care for our 'common home';**
- **uphold safe, ethical and best practice in all areas of our work.**

'I will make them joyful in my house of prayer and I will welcome them for my house will be called a house of prayer for all the peoples.'

Isaiah 56:7

BOOKING YOUR RETREAT

Please e-mail or telephone us to make a booking. All retreats must be booked in advance and a 25% non-refundable deposit is required for all residential retreats. Bookings for retreat days and mornings are secured with full payment at the point of booking.

Bursaries and concessions

We have a small bursary fund to help support those individuals unable to afford the full cost of a retreat due to financial restraints. We are also a member of the Association for Promoting Retreats which offers bursaries to those in need of financial support to make a retreat.

Please contact us for further information.

Normal office hours are 9am – 1pm, Tuesday – Friday.

House of Prayer,
35 Seymour Road,
East Molesey,
Surrey KT8 0PB

Telephone 020 8941 2313
E-mail admin@christian-retreat.org
Website www.christian-retreat.org

Follow us on social media:
 [houseofprayerem](#)
 [thehouseofprayermolesey](#)
 [@houseofprayermolesey](#)

Join our mailing list to receive regular updates on our retreats,
prayer groups and events: eepurl.com/dueCT9

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ACCOMMODATION AND FACILITIES

The House of Prayer is set in its own peaceful garden and offers a spacious and prayerful atmosphere for retreatants. Nestled in a quiet suburban setting, it is a mile from Hampton Court Palace with its gardens and river walks, and nearby parks including Molesey Heath Nature Reserve. It is easily accessible by public transport. It takes 35 minutes by rail from London Waterloo to Hampton Court station. There is parking in the grounds.

Rooms

We offer a silent space for individuals and groups to make a residential retreat. There are eight bedrooms: six en-suite, two standard. Standard rooms each have access to a private bathroom. Rooms have access to guest Wi-Fi and refreshments, including tea and coffee making facilities. Retreatants may join the resident community for Morning Prayer on weekdays at 8.45am. We also offer a large ground floor conference room, lounge, morning room, library, and prayer room.

Groups

Looking for a quiet and prayerful space to host your parish away day, residential retreat, team meeting, or prayer group? We offer warm hospitality, meeting spaces and accommodation to suit your needs and requirements. We can also support you in finding a retreat facilitator for your day or retreat. Catering may be available from £9pp.

Large Conference Room

Our ground floor conference room is suitable for groups up to 25 people (seated in rows). It has ethernet and Wi-Fi connectivity and two televisions which can be connected to your devices. Refreshments, including tea and coffee, are available in the dining room. Cost: £35 p/h or £150 daily rate

Smaller Meeting Rooms

We offer meeting rooms for smaller groups in the lounge, morning room, and library. Refreshments, including tea and coffee, are available in the dining room and library. Cost: £20 p/h or £85 daily rate

If you are a local spiritual director seeking a quiet space to meet your directees, we may be able to offer you use of the lounge or morning room for a small hourly rate. Please contact the Administrator for further information.



MAKING A RETREAT

Retreats are for all people at any time of their lives. Draw aside from the noise and busyness of your daily life and experience some peace and quiet to listen to God. We offer a silent space for individual residential retreats, Quiet Days, and spiritual direction.

INDIVIDUAL RETREATS

We welcome individuals and groups for catered and self-catered residential retreats. Subject to availability, retreats can be of any length. Spiritual direction may be available upon request.

Cost per night /24 hours

CATERED

Standard room: £75
En-suite room: £85

SELF-CATERED

Standard room: £55
En-suite room: £65

One-night only surcharge:
+£15

QUIET DAYS

Rest, re-charge, and reflect in the peaceful surroundings of the House of Prayer. Quiet Days begin at 10am and finish at 4pm. You will be allocated a private room and can enjoy the peace and quiet of the prayer room and other spaces in the House. Please bring a packed lunch.

Spiritual direction may be available upon request.

Suggested donation: £20

Suggested donation with spiritual direction: £45

SPIRITUAL DIRECTION

A spiritual director, accompanier, or soul friend is someone who will listen, encourage, and challenge us to an authentic relationship with God. You can meet with a spiritual director as part of a retreat or on an ongoing basis.

Suggested donation:
Ongoing spiritual direction:
£30- £40 per session

Spiritual direction as part of a retreat: £25 per session



JANUARY 19–21

Led by: Jill Benet

Deepening Trust

'For one should direct the eye to this inner work and work out of it, be it reading, praying or - if it comes up - outer work.'
- Meister Eckhart, Speeches of instruction. Tract 23.

A weekend of silence and solitude where we shall form a small community and sit together in extended periods of Centering Prayer to consider the meaning of 'inner work' and deepen our trust in the Divine Indwelling that sustains us at all times. This weekend is suitable for those wishing to establish or have a regular practice of Centering Prayer. There will be some teaching, and extended periods of prayer and silence.

Arrive in time for supper at 7pm on Friday and depart by 3pm on Sunday.

Cost: En-suite: £230

Standard: £210



JANUARY 27

Led by: Audrey Hamilton

Wisdom from the Desert

'I will lure her into the desert and speak to her heart.' (Hosea 2:16)

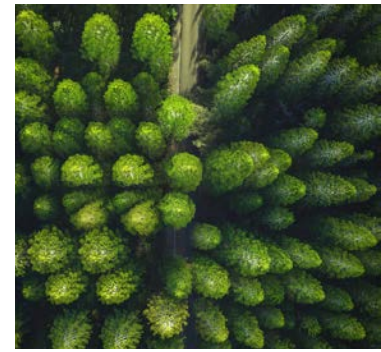
Join us for a day 'in the wilderness' as we explore what the wisdom of desert spirituality can say to us today. We shall draw on the treasures of some of the Desert Fathers and Mothers and learn how a rhythm of silence and prayer can be woven into the pattern of even the busiest life.

*Starts at 10am and finishes at 4pm.
Please bring a packed lunch.*

Cost: £30

Overnight stay (B&B – Fri – Sat)

+ day retreat: £85



FEBRUARY 4 – 11

Led by: Jill Benet

Deepening our Consent to Inner Growth - An 8-Day Post-Intensive Centering Prayer Retreat

A Post Intensive-Retreat provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of silence and community support. This retreat follows the Contemplative Outreach guidelines for the Post-Intensive Retreat, including four extended periods of Centering Prayer daily. Most days are spent in grand silence. The retreat leader is available daily for individual meetings. This retreat is an invitation to experience the integration of contemplation and action through silence, solitude and community.

An established practice of Centering Prayer of at least a year and past attendance at a Contemplative Outreach Intensive Retreat is highly recommended.

Arrive in time for supper at 6pm on Sunday 4 February and depart after breakfast on Sunday 11 February.

Cost: En-suite: £730

Standard: £665



FEBRUARY 20–22

Led by: The House of Prayer Team

Longing for God: Individually Guided Retreat

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 6pm on Tuesday and depart by 3pm on Thursday.

Cost: En-suite: £220 Standard: £200



FEBRUARY 24

Led by: Martin Garsed

The Labyrinth

We live in our bodies - but as prisoner or free agent in the spirit? This day explores the Labyrinth as contemplative prayer, a healing tool and experience. Walking the Labyrinth invites us to engage with the challenges of everyday life, and desire to love the journey and the goal in our response to God's call. All it asks of you is to walk.

"Walk the Labyrinth":

- An ancient healing experience for many.
- An opportunity to slow down and reflect on your now in body, mind and spirit.
- A sacred window as you explore further who you are.

*Starts at 10am and finishes at 4pm.
Please bring a packed lunch.*

Cost: £30

**Overnight stay (B&B – Fri – Sat)
+ day retreat: £85**



MARCH 1–3

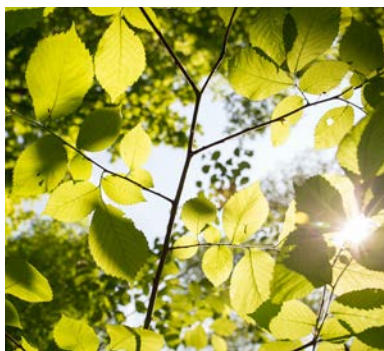
Led by: The House of Prayer Team

Lent Retreat: Springs in the Wilderness

A weekend residential retreat with an individual guide for each retreatant. This retreat provides an opportunity to step aside from the busyness of everyday life and spend time in quiet prayer and reflection this Lent. The weekend will be held in silence. As well as daily meetings with your retreat guide, there will be times of community prayer with poetry, music, and Scripture.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday.

Cost: En-suite: £220 Standard: £200



MARCH 8

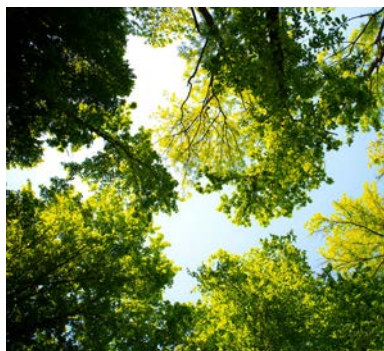
Led by: The House of Prayer Team

Lent Quiet Morning: Come out into the Light

A time for prayer and led reflection as, journeying through Lent, we experience the height and depth of God's personal love for us.

10am – 12.30pm

Cost: £10



MARCH 15–17

Led by: The House of Prayer Team

Longing for God: Individually Guided Retreat

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

*Arrive in time for supper at 7pm on Friday
and depart by 4pm on Sunday.*

Cost: En-suite: £220

Standard: £200



MARCH 23

Led by: Dr Gemma Simmonds CJ

Building from the Foundation: exploring the Ignatian Spiritual Exercises

A retreat day exploring prayerfully the practical and theological meaning of the Principle and Foundation in the Spiritual Exercises of St. Ignatius of Loyola. No specialist knowledge required.

*Starts at 10am and finishes at 4pm.
Please bring a packed lunch.*

Cost: £30

**Overnight stay (B&B – Fri – Sat) + day
retreat: £85**



APRIL 19 –21

Led by: Alison MacTier

A time to dance - embracing every season of life

A weekend to explore and celebrate the changing seasons of our lives within the context of the natural world around us. We reflect on scripture, poetry, image and guided meditations.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday

Cost: En-suite: £230

Standard: £210



APRIL 27

Led by: Fr Bruce Batstone

Becoming Whom We Behold – Praying with Julian of Norwich

A day reflecting on the Divine Love revealed to the Lady Julian which has much to show us about darkness and suffering, the beauty of creation, and God's-mother-like love.

Starts at 10am and finishes at 4pm. Please bring a packed lunch.

Cost: £30

Overnight stay (B&B – Fri – Sat)

+ day retreat: £85



MAY 3–5

Led by: The House of Prayer Team

Longing for God: Individually Guided Retreat

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday.

Cost: En-suite: £220

Standard: £200



MAY 12-17

Led by: Jill Benet

Living Fully

An exploration into the sacredness of our lives and the world we live in. Through the practice of the bodily experience of Lectio Divina, Centering Prayer and the appreciation of those parts of us that we so often reject, we can live the meaning of our lives more fully.

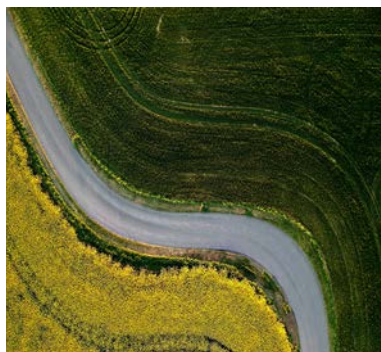
The week will include extended periods of Centering Prayer, Lectio Divina and an introduction to Inner Relationship Focusing. There will be periods of silence and time for reflection.

Experience of Centering Prayer or similar practice will be helpful.

Arrive in time for supper at 6pm on Sunday and depart late morning on Friday.

Cost: En-suite: £605

Standard: £555



JUNE 4-6

Led by: The House of Prayer Team

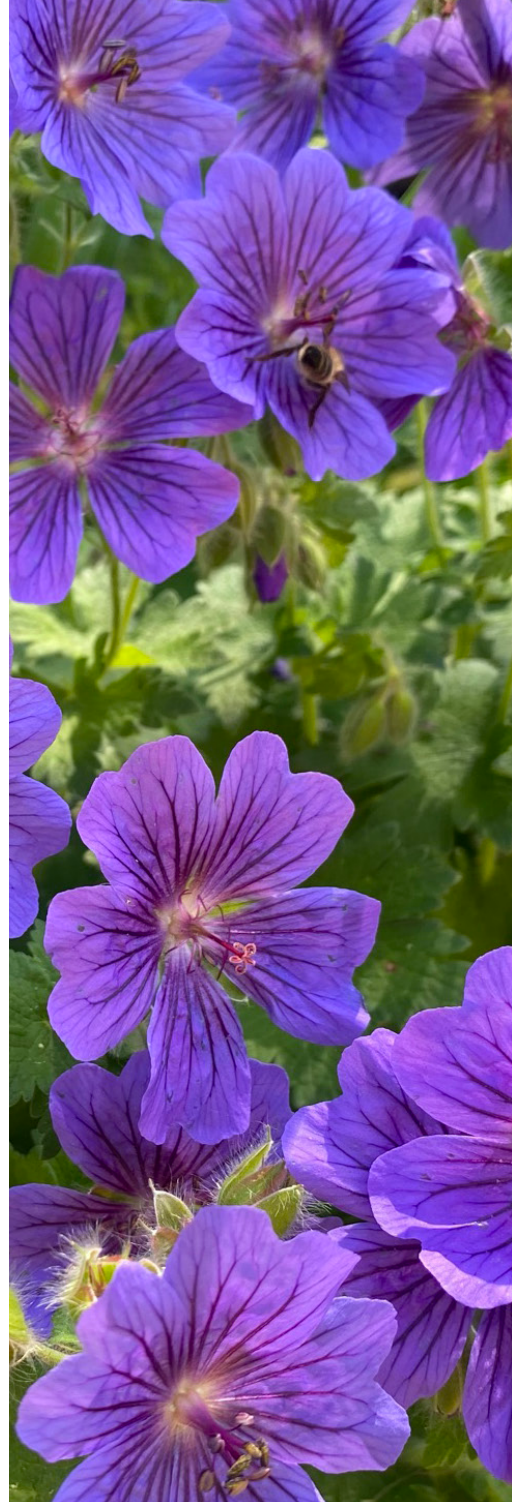
Longing for God: Individually Guided Retreat

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 6pm on Tuesday and depart by 3pm on Thursday.

Cost: En-suite: £220

Standard: £200





JUNE 29

Led by: Maria Manuela Silva

Prayer through the lens of the Enneagram

Prayer is about relationship, with God, ourselves, and others. As we pray, we surrender to God and to God's work in us and through us. How might the Enneagram help us with that ancient request, 'Lord, teach us to pray'?

The Enneagram is first and foremost an invitation to exploration, movement, and connection. As you enter its circle, travel along its lines, and stop awhile with each of its numbers, we invite you to discover its potential to illuminate your praying.

We will dig deep into the three centres of intelligence and the nine expressions of personality, connecting them to the great spiritual movements of consolation and desolation. We will also touch on a range of spiritual practices and postures for you to explore.

We will assume you have a basic familiarity with the Enneagram. For a refresher on the basics of the Enneagram, please visit www.enneagraminstitute.com.

If you don't know your Enneatype (the number), you can purchase a test here: www.tests.enneagraminstitute.com/orders/create.

Starts at 10am and finishes at 4pm.

Please bring a packed lunch

Cost: £30

**Overnight stay (B&B – Fri – Sat)
+ day retreat: £85**



JULY 5–7

Led by: The House of Prayer Team

Longing for God: Individually Guided Retreat

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday.

Cost: En-suite: £220

Standard: £200



JULY 19–21

Led by: Nicola Mason

Praying with our full humanity

God created us human and chose in the incarnation to share our humanity, yet many of us seem to feel or act as if being the particular human we are - in all our unvarnished reality - hinders us from sharing in God's life, or from being the holy people we long to be. We can be dogged by a sense that we need to improve and tempted to bring only selected parts of ourselves to prayer.

This weekend, in company with saints and writers past and present, we will look at how we can learn to pray with all of our humanity, and discover that every part of ourselves and our experience is holy ground, and the place of our encounter with God.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday.

Cost: En-suite: £230

Standard: £210



JULY 27

Led by: Dr Antonia Lynn

One Thing is Needful: a Day with Martha, Mary and Jesus

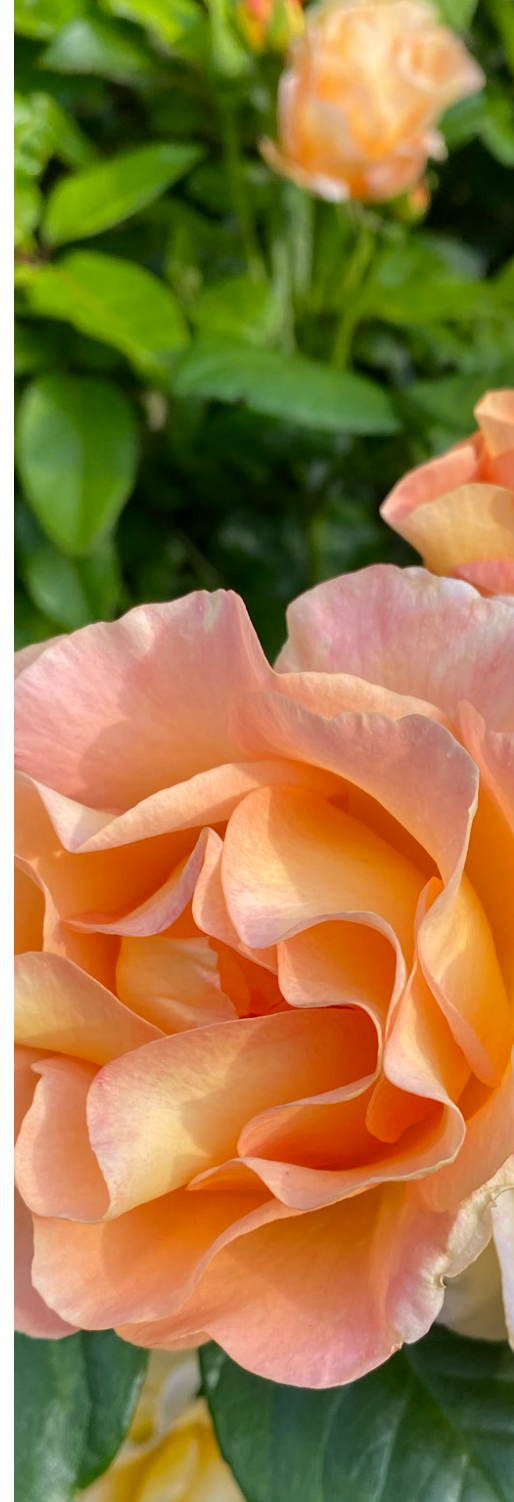
Martha and Mary are often seen as opposites, and we think we know all about them: it's better to be like Mary sitting at the feet of Jesus than Martha grumbling in the kitchen... But there's much more to these two sisters who were both such close friends of Jesus, especially if we consider their stories in John's Gospel as well as Luke's. They can reveal much about our human complexity and how it enriches our faith. This will be a reflective day, with input to evoke thought and prayer, and plenty of gentle, relaxing space to ponder the "Martha and Mary" within each of us, finding our own unique way to deepen our friendship with Our Lord.

Starts at 10am and finishes at 4pm.

Please bring a packed lunch

Cost: £30

**Overnight stay (B&B – Fri – Sat)
+ day retreat: £85**





AUGUST 2–4

Led by: Christopher Chapman

Choosing Life

A retreat for those seeking new direction in their lives

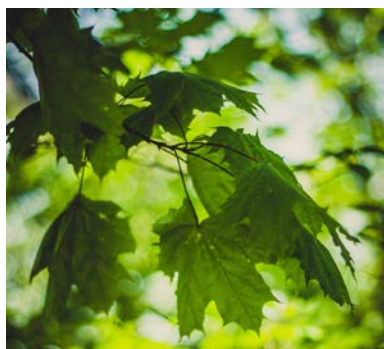
Choices face us within our relationships, work, and ministry. Sometimes we are aware of a specific choice that is ours to make; at other times what we recognise is the need for change, without seeing where this leads us. Sometimes events jolt us out of our former path and we don't know how to respond.

Drawing on themes and prayer exercises from the Ignatian Spiritual Exercises, this retreat will provide the space and resources to explore new directions, as we become aware of the invitation of the Spirit. God desires to lead us into our own truth: a truth that will set us free and enable our lives to be fruitful.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday.

Cost: En-suite: £230

Standard: £210



SEPTEMBER 13–15

Led by: The House of Prayer Team

Longing for God: Individually Guided Retreat

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday.

Cost: En-suite: £220

Standard: £200



SEPTEMBER 28

Led by: Anne Booth

Seeing as a child – Spirituality of Storytelling

Jesus tells us to be like children, but what does this mean? Anne Booth, author of books for both children and adults, explores how story telling can help us in our own spiritual journey, and how looking at our life's narrative through a child's eyes can help us draw closer to Jesus, the teller of parables. This day will use stories as a jumping off place for meditation and prayer.

Starts at 10am and finishes at 4pm. Please bring a packed lunch.

Cost: £30

Overnight stay (B&B – Fri – Sat) + day retreat: £85



OCTOBER 4–6

Led by: The House of Prayer Team

Longing for God: Individually Guided Retreat

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday.

Cost: En-suite: £220
Standard: £200



OCTOBER 18–20

Led by: Brijji Waterfield

Emptiness Dancing: A Meditation Retreat

From stillness to movement, from silence to song - a weekend to explore how we can live contemplatively as we navigate the pressures of daily life, remaining present and centered in the core of our being. Meditation, contemplative practices and space for group reflection will be included. The weekend will be suitable for those who have an established practice of Christian meditation. Spiritual direction will also be offered.

Arrive in time for supper at 7pm on Friday and depart by 4pm on Sunday.

Cost: En-suite: £230
Standard: £210





OCTOBER 26

Led by: Merinda D'Aprano

Enabling a better relationship with God:

How understanding your unconscious bias can free you to find a richer, more authentic faith

This day offers a reflective space to explore our unconscious bias and how this can impact our relationship with God. Over four sessions, we will explore questions such as: What is unconscious bias? How does it create our shadow side? Why is faith so controversial? What are we going to let go of? Where might we go from here? All sharing is entirely voluntary.

Starts at 10am and finishes at 4pm. Please bring a packed lunch.

Cost: £30

**Overnight stay (B&B – Fri – Sat)
+ day retreat: £85**



OCTOBER 27– NOVEMBER 3

Led by: Jill Benet

Commitment to the Contemplative Life - 8-day Intensive Centering Prayer Retreat

Intensive retreats are an opportunity to deepen the practice of Centering Prayer in a small community committed to Silence and Solitude. There will be extended periods of Centering Prayer and the time outside meetings will be in silence with ample time for personal reflection. We shall draw on the teaching of Fr Thomas Keating, Lectio Divina and Contemplative Liturgy.

The retreat is suitable for those who have established or are establishing the practice of Centering Prayer and have ideally attended an introductory workshop.

Arrive in time for supper at 6pm on Sunday 27 October and depart after breakfast on Sunday 3 November.

Cost: En-suite: £730

Standard: £665



NOVEMBER 15–17

Led by: Jill Benet

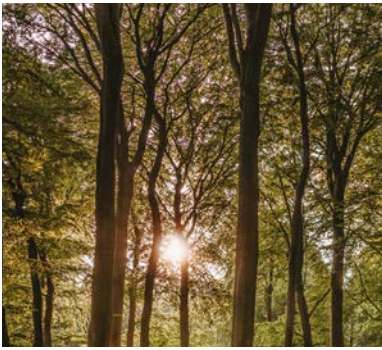
The Work of Silence

What do we mean by being in Silence? Is this something we believe we have to do? Or is it something that is a gift to be received? Join a small community for a weekend, with the invitation to abide in the intimacy of Silence. There will be extended periods of Centering Prayer, Lectio Divina, time for reflection and rest.

Arrive in time for supper at 7pm on Friday and depart by 3pm on Sunday.

Cost: En-suite: £230

Standard: £210



NOVEMBER 26–28

Led by: The House of Prayer Team

Longing for God: Individually Guided Retreat

A silent individually guided retreat for busy people, those who have not made a retreat before, or for anyone who needs time away to stop, breathe, and pray. A retreat guide will be available for daily individual meetings to accompany you through the retreat. Above all, this retreat is a time of listening to God who is present in the experiences of prayer and daily living.

Arrive in time for supper at 6pm on Tuesday and depart by 3pm on Thursday.

Cost: En-suite: £220
Standard: £200



NOVEMBER 30

Led by: Kerryn Penson

The Night and the Cross – John of the Cross and Edith Stein

Join us for a day exploring the spirituality of two Carmelite saints, John of the Cross and Edith Stein (Teresa Benedicta a Cruce). Drawing on Edith Stein's dialogue with John of the Cross, we will ponder the importance of John's 'Dark Night' and Edith's 'Science of the Cross' for our prayer and spirituality today. This gentle and reflective day will offer times of input and space for personal reflection and prayer.

*Starts at 10am and finishes at 4pm.
Please bring a packed lunch.*

Cost: £30

Overnight stay (B&B – Fri – Sat)
+ day retreat: £85





DECEMBER 6–8

Led by: Audrey Hamilton

Advent Retreat: Welcoming the Word

Join us for a time of silence and stillness as we embrace this holy season. With times of input and guided reflection, together with ample space for personal prayer; we will open our hearts to the loving kindness of God and all that God wishes to give.

Arrive in time for supper at 7pm and depart after lunch on Sunday.

Cost: En-suite: £230

Standard: £210



DECEMBER 13

Led by: The House of Prayer Team

Advent Quiet Morning: What must we do?

An invitation to step aside from the pre-Christmas rush and spend some time reflecting on the wonder and mystery of God's coming amongst us.

10am – 12.30pm

Cost: £10

ABOUT THE SPEAKERS

FR BRUCE BATSTONE

Bruce is an Anglican parish priest in North London, an Oblate and Companion of Julian of Norwich, and a Director of the Ignatian Spirituality Course, a programme taught both online, and in person at the London Jesuit Centre. He has been known to take occasional exercise beyond pottering about in the garden, and has a few other interests too. If possible, he tries to spend time in his other home in Norwich when not in North London. Jill Benet

JILL BENET

Jill is the London Co-ordinator of Contemplative Outreach, founded to teach the method of Centering Prayer and to support Centering Prayer groups and communities. She has trained in the US and UK, and studied under its founder, Fr Thomas Keating. Jill is a co-founder of the Silence in the City series of talks on the contemplative life and has collaborated with Cynthia Bourgeault, James Finley, and Richard Rohr, among others. She leads groups, Introductory Days, Quiet Days, and retreats. She is a professional teacher and guide of Inner Relationship Focusing

ANNE BOOTH

Anne is a married mum of four, with an MA in Children's Literature and another in Creative Writing and a postgraduate diploma in Pastoral Theology from

Heythrop College. She is an author of more than twenty-five books for children and two novels for adults, published by Penguin Harvill Secker; and believes in the power of storytelling, and the use of fiction to help our relationship with God. She is a passionate fan of Children's Book illustration and, as well as working on future books, is currently studying part-time for an MA in Children's Book Illustration at Anglia Ruskin College, Cambridge.

CHRISTOPHER CHAPMAN

Christopher is an experienced retreat leader and spiritual director. He is the author of *Seeing in the Dark*, *Earthed in God* and *Send My Roots Rain*. He is a regular guest director at St. Beuno's Jesuit Spirituality Centre and teaches spirituality at St. Augustine's College of Theology.

MERINDA D'APRANO

Merinda has been a teacher and Headteacher in the Catholic Education sector, branching out after early retirement to work in Headteacher mentoring, educational leadership, church musicianship and spiritual direction. She has a particular interest in moral leadership, ecumenism, and inclusion. Merinda is the convenor of the Surrey Rainbow Service Network, and co-leader of Kairos227 Christian group. She is also a published poet, composer, and lyricist.

SR ANNE DUNNE

Sr Anne is a member of the Religious Community who lives at the House of Prayer. She is a spiritual director, retreat guide, Psychosynthesis Counsellor and supervisor.

AUDREY HAMILTON

Audrey is a long-standing friend of the House of Prayer. Initially formed in the Ignatian tradition, she has for the past few years been exploring and sharing with others the depths of Carmelite Spirituality through the Oxford Centre for Applied Carmelite Spirituality. She is a Secular Carmelite, spiritual director and retreat giver and is passionate about helping people encounter God amidst the pressures of daily life.

MARTIN GARSED

Martin is retired from Medicine, having been a GP, Psychotherapist and Palliative Care Physician. A trained spiritual director in the context of Franciscan spirituality, he is active in the prayer and healing ministry in the Anglican Church. He uses "The Labyrinth" as a prayer and healing tool and experience, giving presentations in Churches and other settings.

ABOUT THE SPEAKERS

SR MELANIE KINGSTON

Sr Melanie is a member of the Religious Community who lives at the House of Prayer. She is a spiritual director, retreat guide, Psychosynthesis Counsellor and artist.

DR ANTONIA LYNN

Antonia has a long experience of spiritual direction and giving retreats. She is Co-Director and Tutor on the Ignatian Spirituality Course based at the London Jesuit Centre. Antonia also works at the London Centre for Spiritual Direction where she is Referrals Coordinator and Director of Professional Development and Warden of the Community of Spiritual Directors. She is a spiritual director, supervisor, trainer, and practical theologian. She is interested in exploring spirituality as "lived theology" which enables us to live out our deepest beliefs.

ALISON MACTIER

Alison is Director of the Retreat Association, a spiritual director and leads regular quiet days. She has a long association with the House of Prayer as a retreatant and more recently as a guide. She is passionate about the value of retreats and spiritual direction. She also enjoys walking and photography.

MARIA MANUELA SILVA

Maria was born in Lisbon and has lived all her adult life in London. She hopes to have gained knowledge and

wisdom from having studied Theology and Human Geography. She trained as a Spiritual Director as well as raising a family, working in a secondary school in Brixton and being involved in church ministry in some of the most diverse London boroughs. She is Director of Encounter, the formation course in Spiritual Direction offered by the London Centre for Spiritual Direction. She regularly contributes to the Centre's Developing Direction programme and co-leads its Supervision training course. Maria is passionate about human flourishing, spiritual formation and her three grandchildren!

NICOLA MASON

Nicola works as a spiritual director and retreat leader and is also a tutor on the Ignatian Spirituality and Spiritual Direction course at the London Jesuit Centre. She is consecrated to the single life, and lives in East London.

KERRY N PENSION

Kerryn is Director of the House of Prayer, a spiritual director and retreat guide. She has an MA in Christian Spirituality from St Mary's University, Twickenham, and her thesis explored the importance of John of the Cross and Edith Stein for today.

SR GEMMA SIMMONDS CJ

Gemma is a sister of the Congregation of Jesus. She is a senior research fellow at the Margaret

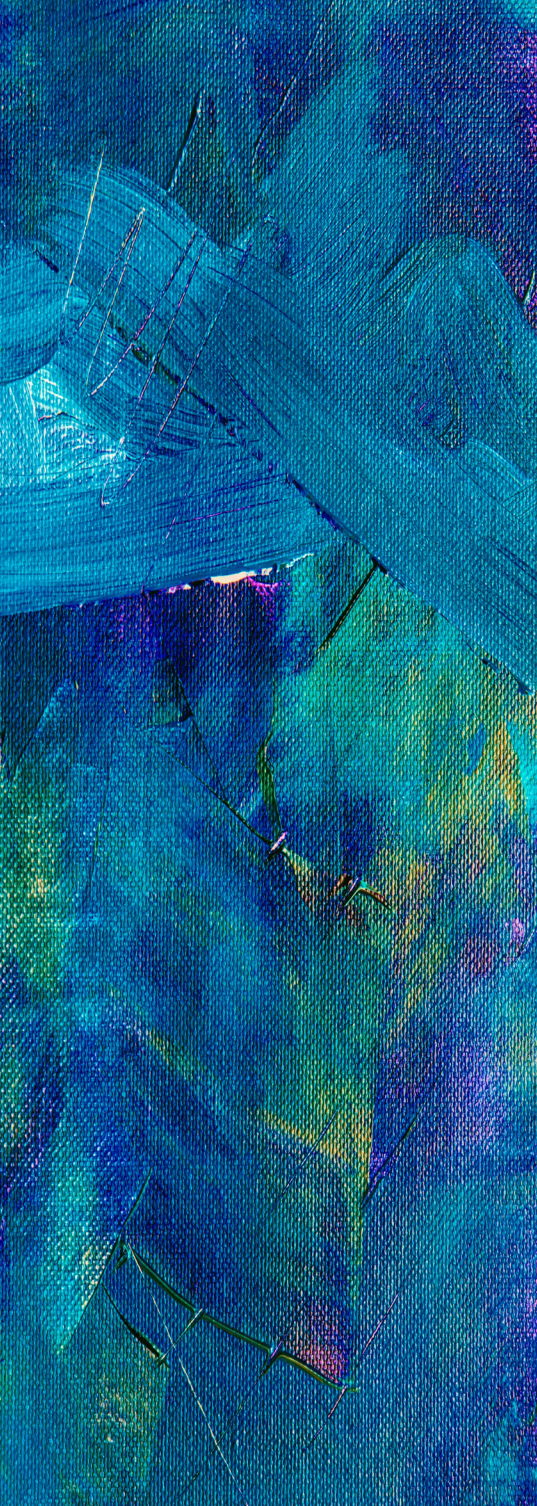
Beaufort Institute of Theology in Cambridge, UK, where she is director of the Religious Life Institute, teaching Christian spirituality and pastoral theology. An international speaker and lecturer, she is an honorary fellow of Durham University, past president of the Catholic Theological Association of Great Britain and chair of trustees of the ecumenical Community of St. Anselm based at Lambeth Palace, London. Gemma is an ecumenical canon of the Church in Wales and lectured in theology at Heythrop College, University of London from 2005 until its closure in 2018, specialising in Christian spirituality.

ANDREW SMITH

Andrew has been a painter since training at the Slade school of Art. He has taught widely in Adult Education. www.andrewsmithartist.co.uk

BRIJI WATERFIELD

Briji is a spiritual director, leads retreats and has had a life-long interest in meditation and the Christian mystical tradition. Recently retired as the Director of Meditation for The World Community for Christian Meditation, she continues to participate in the life of the Community. She is also a Trustee of the Sisters of the Christian Retreat.



ONGOING GROUPS

Please contact the Administrator for further information about our ongoing groups and other regular groups at the House of Prayer.

THE PRAYER JOURNEY

Led by: Sister Melanie Kingston
Donations welcome

Prayer is a journey which continues throughout our life and changes with age, our experiences, and the pattern of our life. We come together each month and give an hour to this prayer time, spending it in God's presence, and setting aside things we could otherwise do. Please contact the Administrator for further information.

*First Thursday of the month,
11am-12noon*

CENTERING PRAYER

Donations welcome

Centering Prayer is a receptive method of silent prayer, following the teaching of Father Thomas Keating, which prepares us to receive the gift of contemplative prayer; prayer in which we experience God's presence within us. This method of prayer is both a relationship with God and a discipline to foster that relationship. Led by a group of practitioners, the group meets on weekdays, Monday - Friday, from 8.30pm to 9pm on Zoom. Please contact the Administrator for the Zoom link and further information.

CHRISTIAN MEDITATION

Led by: Shirley Steel
Donations welcome

Stillness, Silence, Simplicity. A way that leads us into the centre of our being to discover the spiritual reality of God. This group follows the teaching of Father John Main OSB and is part of the World Community for Christian Meditation which is a contemporary, contemplative community and welcomes people of any tradition or none. This group is facilitated by a friend of the House of Prayer, Shirley Steel. Please e-mail Shirley at shirleysteel2020@outlook.com for more information.

Saturdays from 10.30am-11.30am

SUPERVISION FOR SPIRITUAL DIRECTORS

We offer group and one-to-one supervision for spiritual directors at the House of Prayer. To find out more, please email our Administrator on admin@christian-retreat.org



CREATIVE GROUPS AND DAYS

AN INTRODUCTION TO OIL PAINTING

Led by: Andrew Smith

Suggested Donation: £5 per session

This class will explore how to use oil paints and practise developing themes on an individual basis. Paintings can be stored at the House of Prayer between sessions. Contact the Administrator for more information.

Thursdays from 2pm – 4pm

TERM 1

Jan	11, 18, 25
Feb	1, 8, 15, 22, 29
Mar	7, 14

TERM 2

May	23, 30
June	6, 13, 20, 27

TERM 3

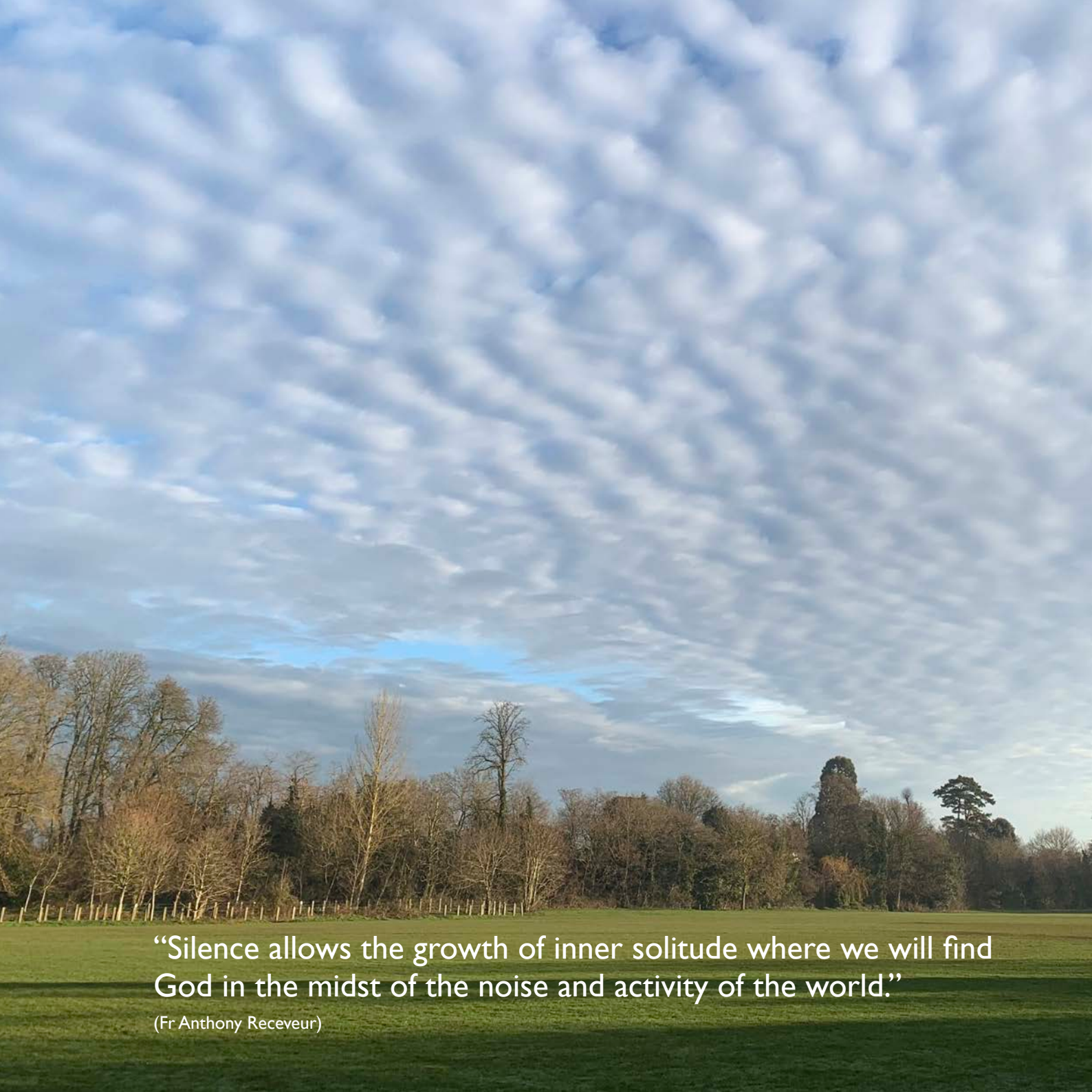
Sept	12, 19, 26
Oct	3, 10, 17, 24, 31
Nov	7, 14

ARTISTS' DISCERNMENT DAYS

Donations welcome

These days encourage us to explore our personal artistic journey, its expression and to gain fresh insights through reflection and sharing our work. Our days commence prayerfully with a creative guided time that takes inspiration from spiritual words and images of the natural world. We follow with a shared lunch and then have the opportunity to talk and show some of the work that we are currently doing. This is a helpful and positive opportunity to develop our artistic capabilities. Contact the Administrator for more information. Please note that timings and dates may occasionally change.

Third Friday of each month 12pm-4pm



“Silence allows the growth of inner solitude where we will find
God in the midst of the noise and activity of the world.”

(Fr Anthony Receveur)



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Statue of Fr Anthony Receveur in
the garden of the House of Prayer.

