



St Katharine's, Parmoor

A Christian House of Prayer and Retreat

2020 PROGRAMME
RETREATS AND QUIET DAYS

www.srpf.org.uk



Home of The Sue Ryder Prayer Fellowship
Company Reg No.7320054 Charity Reg No.1140727



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Contact details;

**St Katharine’s Parmoor
Frieth
Henley on Thames
RG9 6NN**

**Tel: 01494 881037
Email: bookings@srpf.org.uk
Website: www.srpf.org.uk**



Arriving via Frieth or Hambleden, on Parmoor Lane look for the above sign at both entrances. Occasionally, SatNav's will direct you to the track next to the House.

Be still, and know that I am God

Ps 46: 10

A Welcome

From: Stewart McCredie
Director

St Katharine's Parmoor is a hidden gem in the heart of the Chilterns, situated between Marlow, Henley on Thames and High Wycombe and within easy reach of the M4 and M40. A beautiful house, set in 10 acres of land, including a 1 acre walled garden from which a lot of the produce used in the house is grown, this is a wonderful setting to come on retreat.

Since my arrival here on the 1st February 2019, we have been striving to re-emphasise the ethos of this special place as a Christian House of Retreat & Prayer and as part of that work, it gives me great joy to present our programme for 2020. We have compiled what we hope is an interesting & varied programme of retreats and quiet days. We encourage you to consider booking on to one or more of these.

This is only a small part of our work here. We also offer the opportunity to come on self-led retreats and days - individuals, cell/friendship or prayer groups; PCC/leadership teams; Alpha courses; church retreats are just some of the options available. We also offer facilities for day events/conferences/meetings for up to 80 people.

If you haven't been to St Katharine's, Parmoor previously and would like to visit and have a look round, please contact the office and arrange a convenient time to call in – the kettle is always on!

Further details are available on our website – www.srpf.org.uk



'Dawn of a New Year'

Friday 3rd – Sunday 5th January

How do you prepare for this new year? What does 2020 hold for you? Some big decisions to make? Looking for some peace and quiet after the busy Christmas period?



Take some time out over this first weekend to spend some time in prayer, reading or in stillness, waiting to hear what is His will for you this year. Whether you spend just a couple of hours, a day or a night or two – the house is open.

If you are wishing to stay over for a night or two or as a day visitor you wish to have a meal, then we ask you to contact the office to book your place.

This is not a led time of retreat although there will be House Prayers at 12:00pm and 6:00pm on both Saturday and Sunday - which all are welcome to.

Cost: £80/night ensuite room £70/night standard room



'A New Year of Grace – Contemplative, Compassionate, Courageous'

Saturday 8th February

Led by The Rt Revd Dr Alan Wilson
Bishop of Buckingham

A chance to set our sights on the year ahead now that our New Year resolutions have worn off.

Bishop Alan Wilson was ordained Deacon in 1979, Priest in 1980 and Bishop in 2003. Since 2010 he has been Chair of the Oxford Diocesan Board of Education having also been chair of the Diocesan Board of Social Responsibility and is a member of the Anglican Peace and Justice Network.

Cost: £35 to include lunch and refreshments



‘Exploring the Mystery of the Cross’

Wednesday 26th February

Led by The Revd Jenny Ellis
Teste Valley and Kennet circuit

Grounded in the liturgy of Ash Wednesday, we will use paintings, poetry, Scripture, conversation, contemplative practice and silence to explore the mystery of the Cross. Themes will include: the suffering servant; forgiveness of sin; the Kingdom; receiving the mystery of our own being.

The Revd Jenny Ellis is a Methodist Minister who has worked as an advisor for spirituality for the Connexional Methodist Church & has MA's in Christian Spirituality and Christianity & the Arts. She has attended Richard Rohr's Living School and is also a mindfulness teacher.

Cost: £35 to include lunch and refreshments

‘Stop, rest, look’

Saturday 7th March

Led by Jennifer Rees-Larcombe
Author and retreat leader



A day to step away from the business of life, and relax in a beautiful place while we take a fresh look at God's love and care.

Jennifer Rees-Larcombe runs Beauty from Ashes a house of prayer in Kent countryside. She runs retreats and Quiet days, is a well-respected author and writes popular Bible Reading Notes.

Cost: £35 to include lunch and refreshments

Holy Week at St Katharine's

Through Holy Week and leading up to Easter weekend, we have organised 3 led Quiet Days followed by a day for you to come and 'Be Still'.

We invite you to book on to one or more of these days.

We also offer the opportunity to book in residentially and make a Holy Week Retreat out of 2 or more of these days.



For residential costs, please contact the office for more details.



'Beginning at Bethany'

Monday 6th April

Led by The Revd Sally Dakin
Spirituality Advisor for the Winchester Diocese

We begin Holy Week in Bethany, at the home of Martha, Mary and Lazarus, Companions of our Lord. You will be invited to explore and reflect on each of these characters and their relationships with Jesus, as a way of deepening your own relationship with him. There will be some input, some discussion, and some quiet – with suggestions on how to use the quiet times. Creative materials will be provided for those who wish to respond in this way.

The Revd Sally Dakin - as a priest and an adult educator, she is passionate about helping people to connect with God, both in groups and alone.

Cost: £35 to include lunch and refreshments

‘Living wheat, fruits of the journey’

Tuesday 7th April

Led by Shirley Taylor
Chair of the Catholic Spirituality Network

A time to reflect on the mystery of Christ in our dying and rising, using scripture and symbols and prayer.



Shirley Taylor is a chaplain in education, Ignatian director and psychotherapist, who enjoys gardening, walking and photography.

Cost: £35 to include lunch and refreshments



‘Finding Calm in the Storm’

Wednesday 8th April

Led by Anthea Wratten
Leader at River Church Marlow

On the Wednesday of Holy Week, we will pause and reflect on the story traditionally told on this day - Luke 7:36-50 - the woman who anointed Jesus. How do we approach the most difficult of times? There will be space for personal prayer and reflection as well as time to meet together and share thoughts and ideas.

Anthea Wratten, along with her husband Paul, leads River Church Marlow. Anthea is also a therapist working in private practice and as such brings a lovely blend of spiritual and psychological insights into our daily lives.

Cost: £35 to include lunch and refreshments

‘Come and be still...’

Thursday 9th April

An opportunity to relax in a day of stillness - reflecting on Holy Week and Easter weekend.

This is not a led day.

Midday prayers will be said at 12:00pm – open to all.

Cost: £30 to include lunch and refreshments

'Living Water'

Friday 5th – Sunday 7th June

Led by Dr Robyn Wrigley-Carr
Senior Lecturer in Theology and Spirituality
at Alphacrucis College, Sydney, Australia



In this retreat we'll be spiritually refreshed as we reflect upon four themes: "Water Cleansing the Soul", "A thirst for God", "Water Refreshing the Soul" and "The Well-watered Garden." Times for rest, reflection, private prayer and walks in the beautiful grounds will be plentiful.

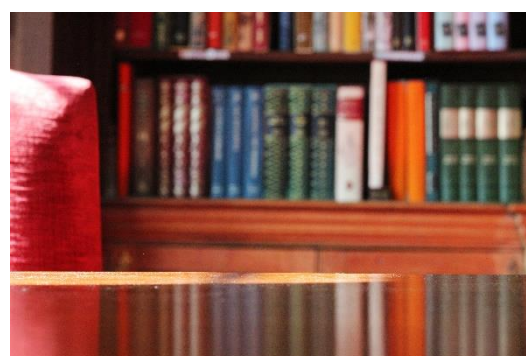
Dr Robyn Wrigley-Carr leads spiritual retreats in both the UK and Australia. She is the editor of Evelyn Underhill's Prayer Book (2018) and wrote The Spiritual Formation of Evelyn Underhill (to be published March 2020, SPCK London).

Cost: £35 to include lunch and refreshments

'Who Do You Say That I Am?'

Saturday 20th June

Led by The Revd Linda Smith
Area Dean for Henley, Team Vicar
for Woodcote



Exploring the story of your life and discerning your personal vocation. A day for you to reflect on the journey thus far and space to attend to God's presence and call.

The Revd Linda Smith is an Anglican parish priest and an experienced spiritual director working in South Oxfordshire.

Cost: £35 to include lunch and refreshments

July / August



**'And God saw that it was good;
Heaven and Earth are full
of your glory'**

Friday 24th – Sunday 26th July

Led by Jane Franklin
Retreat leader and member of the
Community of Spiritual Directors

An opportunity to explore the Divine and Nature and your own Creativity through contemplation, colourful prayer and poetry influenced by Hildegard of Bingen, Ignatius of Loyola and Francis of Assisi.

Jane Franklin is a Spiritual Director, Retreat Leader and a voyager with the Celtic Community of Aidan and Hilda. She has long experience of using creativity and knows from her own experience that creativity is more about having fun than being perfect.

Cost: £185 ensuite room £165 standard room



'The Voice of the Father'

Monday 24th – Friday 28th August

Led by Marilyn Baker and Tracy Williamson
Marilyn Baker Ministries

The joy of listening to God and experiencing His love through the music and teaching of Marilyn and Tracy. Come and join them for a week mixed with fun, fellowship, teaching, worship and the opportunity for personal prayer ministry.

MBM is an itinerant ministry of music, teaching and prayer. In the early 1980's Marilyn released albums which drew people into God's healing presence, soon realising the tremendous potential to touch people's lives. In 1986 Marilyn was joined by Tracy, whose gifts in speaking and prophecy enriched the music with a new dimension. Marilyn, blind almost from birth and Tracy, deaf and partially sighted, have been instrumental in bringing healing and wholeness to many people over the past 30 years.

Cost: £380 ensuite room £340 standard room

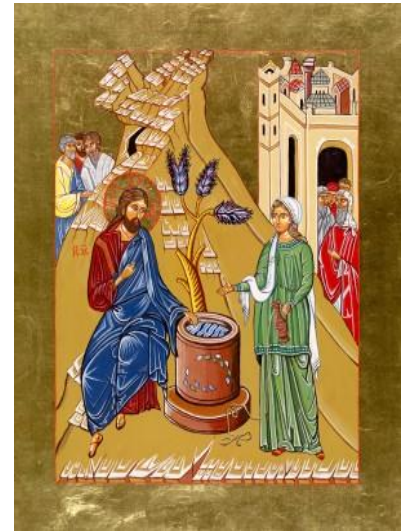
'Finding Rest and Refreshment'

Saturday 10th October

Led by Alison MacTier
Executive Director of the Retreat Association

A quiet day reflecting on the story of the Samaritan Woman at the Well with the Retreat Association Icon. Reflecting on the bible story and what it means for us today.

Alison MacTier is the Executive Director of the Retreat Association with experience in leading quiet days. She is passionate about the value of retreats, quiet days and contemplative prayer.



Cost: £35 to include lunch and refreshments



'Rest for the Weary'

Saturday 7th November

Led by Anthea Wratten
Leader at River Church, Marlow

A day to stop - to rest - to relax - to explore different rhythms of living your life. There will be space for personal reflections and prayers as well as times together using creative media.

This day is led in the Christian tradition but is open to anyone of faith or no faith.

Anthea Wratten, along with her husband Paul, leads River Church Marlow. Anthea is also a therapist working in private practice and as such brings a lovely blend of spiritual and psychological insights into our daily lives.

Cost: £35 to include lunch and refreshments

'If you follow the Star'

Saturday 21st November

Led by The Revd Robert Pestell
Vice-chair to the Trustees of the Sue Ryder
Prayer Fellowship and Chaplain at the
Sue Ryder, Leckhampton Court Hospice



An opportunity of space for quiet and reflection in preparation for the journey through the season of Advent. An offering of various resources to enter into the mystery and wonder of the coming of the Christchild.

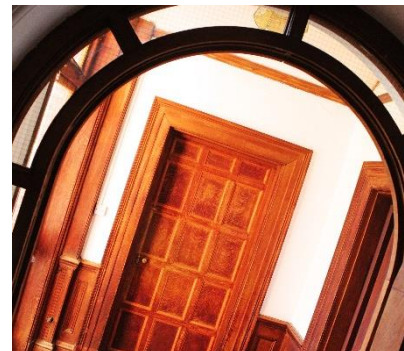
The Revd Robert Pestell recently celebrated 25 years as an Anglican Priest having been a parish priest for most of that time. For the last 6 years he has been chaplain at Leckhampton Court. Rob is a member of the Bishop of Gloucester's Advisory Group for the Ministry of Healing and Wholeness.

Cost: £35 to include lunch and refreshments

'Advent and the 'Great O Antiphons': a poetic preparation'

Friday 27th – Sunday 29th November

Led by The Revd Dr Malcolm Guite
Chaplain of Girton College, Cambridge

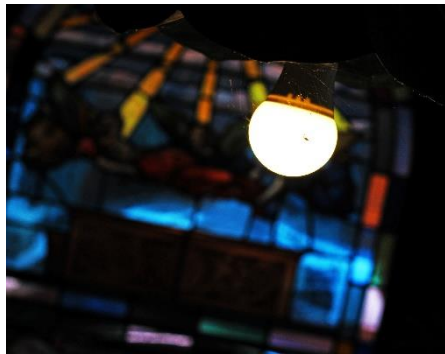


'In the first centuries the Church had a beautiful custom of praying seven great prayers calling afresh on Christ to come, calling him by the mysterious titles he has in Isaiah, calling to him; O Wisdom! O Root! O Key! O Light! come to us!

In the course of this retreat we will reflect on these seven wonderful prayers, approaching each one through the medium of a sonnet written in response to it.

The Revd Dr Malcolm Guite *Is a poet-priest and author of various books on contemporary spirituality. He often travels around Great Britain and North America to give lectures, concerts and poetry readings.*

Cost: £185 ensuite room £165 standard room



'Sing for Joy'

Saturday 5th December

Led by Stewart, Gill McCredie and friends
Director at St Katharine's Parmoor

Open to all who enjoy celebrating Christmas in song. If you play a musical instrument, please let us know and bring it with you. There will be traditional carols as well as modern Christmas songs. Whilst learning some new songs, there will also be time during the day for reflection. We will end our time together with worship in the Chapel.

The day also includes a lovely St Katharine's Christmas lunch!

Stewart and Gill McCredie moved to St Katharine's in January 2019. Prior to this Stewart was the General Manager at the Chelmsford Diocesan Retreat House. Both Stewart and Gill grew up in the Salvation Army so music is in their blood having both played and /or sung in the bank and choir from a very early age.

Cost: £40 to include a festive lunch and refreshments



Some Useful Information

Quiet Days – arrival is from 9:15am for tea/coffee for a 10:00am start. Lunch is provided and the day finishes by 4:00pm with Tea/Coffee and cake!

Retreats – arrival is from 4:00pm – unless by prior agreement – for supper at 7:00pm on the first day. Departure is by 2:00pm at the latest on the final day. Bedrooms should be vacated by 9:30am.

Meal Times – Breakfast - 8:30am Lunch – 12:30pm Supper – 6:30pm

Bursaries are available. Enquiries should be made directly with the Director – Stewart McCredie – office@srpf.org.uk or 01494 881037

Facilities

St Katharine's (Main House)

Meeting spaces

- Green Lounge - for 10-12 people
- Blue Lounge - for 16-18 people
- Library - for 8 people
- Board Room - for up to 12 people
- Chapel - accommodates up to 80 people in various layouts

Bedrooms

- Double - 3 ensuite shower & toilet
- Twin - 7 ensuite shower & toilet
- Single - 2 ensuite toilet



St Joseph's (Self-catering annexe – can be hired along with main house)

Meeting spaces

- Lounge - for up to 12 people

Bedrooms (no ensuite facilities)

- Twin - 3 rooms
- Single - 6 rooms

Kitchen

- Microwave/Combi oven available for (re-)heating food
- Small fridge



Wendy House

A meeting space for up to 10 people – no facilities



The Sue Ryder Prayer Fellowship

The Fellowship was conceived by Lady Ryder in 1984 to be a “powerhouse of prayer” for the needs of others, and especially for the work carried out across the world in the name of Sue Ryder. In 1995, the Mother Superior of the Community of St Katharine of Alexandria, Mother Christine, gave the house and grounds at Parmoor, now known as St Katharine’s, and a listed building, to Sue Ryder. She then made the house into the headquarters of the Prayer Fellowship.



Periodically, St Katharine’s hosts gatherings of the wider Sue Ryder Family.



The house is a Christian house of prayer and retreat, and welcomes people from all denominations and none in a spirit of ecumenism and reconciliation.

If you would like to become a member of the prayer fellowship, please contact the office for more details.



The Lady Ryder Memorial Garden

When the Sue Ryder Prayer Fellowship took over the house all manpower was needed to keep the house running and so the walled garden declined. However, the present Lady Parmoor, a former trustee of the SRPF, cherished a dream of restoring the garden and in doing so fulfilling one of Lady Ryder’s aims – to assist those in need. By providing productive voluntary work and education for disadvantaged young people she and a small committee of dedicated volunteers have been able to bring the garden back into productive use and with the aid of grants the first of the glasshouses has been restored.

Many people have already benefited from this project, not least St. Katharine’s kitchen who are proud to tell their guests that not only are the ingredients for their meals fresh, but some of them were growing in the garden that morning!

The walled garden is open to the public on Tuesdays and Wednesdays from 10:00am till 4:00pm each week, when the volunteers are hard at work. Outside of these times, visits should be arranged through the Retreat House. More information can be found at www.lrmg.co.uk



St Katharine's Parmoor
Quiet Day / Retreat Booking Form

To: The Office Manager, St Katharine's Parmoor, Frieth, Henley on Thames. RG9 6NN

Email: bookings@srpf.org.uk

Tel: 01494 881037

Name: _____

Address: _____

_____ Post Code: _____ Tel: _____

Email Address: _____

(Acknowledgements will be sent by email. If no email, please enclose a Stamped Addressed Envelope)

Retreat/Quiet Day Name or Leader: _____

Date from: _____ to _____ *Ensuite/Shared Facilities *(delete as required)*

Please state any dietary or other special requirements: *(if vegetarian, please state if you eat fish)*

Please state amount of deposit enclosed: £ _____

(Quiet Days £5; Retreats £50 – BACS Payments are accepted. Please contact the office for details.

Cheques should be made payable to SRPF or Sue Ryder Prayer Fellowship)

Please tick this box if you wish to be added to our mailing list (Approx. 6 communications a year)

Signed _____ Date: _____

In case of emergency, please supply a name and contact number:

Name: _____ Relationship: _____ Number: _____



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Quiet Day / Retreat Booking Form

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