

# Chelmsford Diocesan House of Retreat Pleshey

## 2018 Programme



The House of Retreat, The Street, Pleshey, Chelmsford, Essex CM3 1HA  
The Diocesan Retreat House for Essex and East London  
Tel : 01245 237 251

[retreathouse@chelmsford.anglican.org](mailto:retreathouse@chelmsford.anglican.org)    [www.retreathousepleshey.com](http://www.retreathousepleshey.com)



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## **Facilities**

As well as this programmed series of events, the House is available to use for a variety of other group or individual retreats, stays, quiet days or meetings.

### ***The Retreat House***

20 bedrooms (12 ensuite and 8 standard)

*(Including 1 twin and 19 single rooms of which the ground-floor room is suitable for wheelchair users and others with limited mobility.)*

Spacious Lounge - seating 16/17 people

Library      Dining Room – seating up to 30 people

### ***The Orangery***

A meeting room accommodating up to 15 people.

### ***The Gatehouse***

5 ensuite bedrooms (1 double and 4 single rooms)

Lounge                                      Fitted kitchen with dining area

### ***Parsonage Cottage***

2 bedrooms (1 double and 1 twin room)

Lounge                                      Dining Room                                      Fitted kitchen

(The Gatehouse and Parsonage Cottage can be hired as self-catering facilities)

### ***Evelyn Underhill Room***

A meeting room comfortably accommodating 30 people.

Small kitchen with microwave, fridge and dishwasher.

Audio-visual equipment is available on request.

All of the above are available to hire separately or collectively.

For further information please visit our website at

[www.retreathousepleshey.com](http://www.retreathousepleshey.com)

or call the office on 01245 237251

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We hope that within this year's programme you find something that leads you to taking some 'time out' to relax and 'go deeper' with God.

The programme is only a small part of what we have to offer. Outside of this, the House is available for groups to use for various events – leadership teams; PCC away days/weekends; Alpha courses; prayer groups and church retreats are just some of the options available.

Individuals and small friendship/prayer groups are also using here as a place to meet, study, pray or relax, as well as an opportunity to escape the busyness of life.

Please contact the office to enquire further regarding any of the listed events or for more information in relation to booking as an individual or group.



Stewart McCredie  
General Manager



Jo Hall  
Assistant Manager

(Prices shown are on the basis of shared/ensuite facilities ie. £146/£160)  
(All Quiet Days include Lunch)

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## ***Dawn of a New Year***

£120/£135

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**6pm Friday 5<sup>th</sup> – 2pm Sunday 7<sup>th</sup> January**

***Weekend Retreat***

This is an opportunity to spend time in prayer for the House of Retreat and all who will connect here in 2018. There will be some prayer stations around the house focusing on specific subjects. Morning Prayers at 9:00am, Midday Prayers at 12:15pm and Night Prayer at 8:30pm will all be held in the Chapel.

There is the option to call in at any time during the weekend to spend some time in prayer. (Donations would be appreciated.)

Meals are available for visitors but must be booked in advance.

## ***Individual Guided Retreat***

£146/£160

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**6pm Friday 19<sup>th</sup> – 2pm Sunday 21<sup>st</sup> January**

***Weekend Retreat***

If you are in need of some silence and looking for an opportunity to pray, this is for you. A weekend for those with a desire to deepen their relationship with God.

*Rosemary Alonso has worked on a personal level with people for many years as a spiritual director and is experienced in retreat work.*

## ***And God saw that it was good -***

£146/£160

## ***Heaven and Earth are full of your glory***

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**6pm Friday 9<sup>th</sup> – 2pm Sunday 11<sup>th</sup> February** ***Friends' Weekend Retreat***

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, Coordinator of the Listening Service at St Andrew's Holborn, on the Planning group of the Continuing the Journey Conference and an Explorer with the Celtic Community of Aidan and Hilda.*

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## ***A Day to get Soaked!***

£28

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**Tuesday 13<sup>th</sup> February 9:30am -4:00pm**

***Quiet Day***

‘The Spiritual Life- a life soaked through and through by a sense of God’s reality and claim’ (Evelyn Underhill) As we stand at the brink of Lent, often called, ‘The Springtime of the Soul’ we take time today to allow that soaking process, so vital to growth, to begin.

*Revd Ann Coleman is parish priest at Doddinghurst and Chair of the Spiritual Direction Co-ordinating Group.*

## ***Jesus – Bread of Life***

£146/£160

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**6pm Friday 2<sup>nd</sup> – 2pm Sunday 4<sup>th</sup> March**

***Weekend Retreat***

This weekend is an invitation to explore together the “why”, “what” and “how” of Holy Communion (or the Eucharist, or one of many other names!) Jesus said “do this in remembrance of me” and through the weekend we will look at how the church has responded to this command down the centuries and what it means for us today. Sessions will be interactive, and with resources to take away, and our time together will be framed by regular times of prayer and finish on the Sunday with a celebration of Holy Communion, the Eucharist.....!

*Nicholas Henshall has been Dean of Chelmsford since 2014. He has spent most of his ministry as a priest in inner city Newcastle, a few years on the staff of Derby Cathedral and as a vicar in Harrogate. He has a lifelong passion for making connection between worship and mission.*

## ***Sounding Sweet: how we resonate with God’s Amazing Grace***

£28

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**Wednesday 14<sup>th</sup> March 9:30am -4:00pm**

***Quiet Day***

Having recently enjoyed an extended period studying Bible passages about the grace of God and also visiting a number of different churches and organisations, Bishop Roger reflects on how we can live in the light of God's grace and also model that grace in our own lives.

*Bishop Roger Morris is the Bishop of Colchester and was previously the was the Archdeacon of Worcester. Amongst many things, he also stage-manages the Canopy Stage at the annual Greenbelt Christian Arts Festival.*

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## **Holy Week Retreat**

£73/£80 per night

Monday 26<sup>th</sup> March – Wednesday 28<sup>th</sup> March

**Midweek Retreat**

A few days in this special week to focus on Easter.

There are three Quiet Days, listed below, that can form part of your time here - or you can just enjoy your own space. Stay for one or two nights.

### ***The Theology of Icons***

£28

Monday 26<sup>th</sup> March 9:30am -4:00pm

**Quiet Day**

This day will consider the place of images in our lives and faith, the emergence of icons in the early church, their place in worship and why they are important today.

*Rev Dr Stephen Need is Priest in Charge of Stock and West Hanningfield in the Diocese of Chelmsford, has lived in Jerusalem for ten years and loves icons.*

### ***Encountering God***

£28

Tuesday 27<sup>th</sup> March 9:30am -4:00pm

**Quiet Day**

A quiet day exploring how creative writing can be used to encounter God, and to lead others into His presence.

*Sheila Jacobs is a CBC award-winning author of eleven novels, plus two sole-author non-fiction titles, and has edited more than 300 Christian books.*

### ***The Passion in the Psalms***

£28

Wednesday 28<sup>th</sup> March 9:30am -4:00pm

**Quiet Day**

Reflecting on the passion of Christ with the gospels in one hand and the psalter in the other.

*Bishop Stephen Cottrell is Bishop of Chelmsford and a well-known author, writing books on spirituality, evangelism and catechesis. Several of his books re-tell the story and explore the meaning of Holy Week.*

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## **Easter Walking Week**

£317/£352

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6pm Tuesday 3<sup>rd</sup> – 2pm Sunday 8<sup>th</sup> April

**Midweek Retreat**

Exploring & enjoying God's gift of new life. Walks will be between 6 and 12 miles in length. Some lunches will be in local pubs.

*Revd Dr Sue Hartley is a PTO minister in the Diocese of Chelmsford currently involved in hospital chaplaincy and spiritual direction. (Chaplain)*

### **Individual Guided Retreat**

£73/£80 per night

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6pm Monday 9<sup>th</sup> – 2pm Sunday 15<sup>th</sup> April

**(Min. stay 3 nights)**

If you are in need of some silence and looking for an opportunity to pray, this is for you. A time for those with a desire to deepen their relationship with God.

*Rosemary Alonso leads a team of experienced spiritual directors.*

### **Stepping Out - Transforming Discipleship**

£146/£160

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6pm Friday 27<sup>th</sup> – 2pm Sunday 29<sup>th</sup> April

**Weekend Retreat**

Discipleship is the predominant theme and challenge for the church of Christ in a changing world. Jesus' first and simplest command was and remains - "Follow me". How do we know the way? What are the limits? Which boundaries must we cross? What is the Kingdom of God? These are just some of the discipleship questions we will explore together.

*Bishop Peter Hill is currently serving as the Bishop of Barking. He is currently one of the team of bishops engaged in responding to the refugee crisis. He is particularly involved with other faith leaders, through Citizens UK, as an advocate for the child refugees.*

### **OPEN DAY**

Open to all

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Monday 7<sup>th</sup> May

Supported by the **Friends of Pleshey**

Come and visit the Retreat House and gardens, have lunch outside (weather permitting) and enjoy the many craft stalls (some new for this year) that we have invited along for the day.

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## **Rediscovering Sabbath in our lives**

£28

**Tuesday 22<sup>nd</sup> May 9:30am – 4:00pm**

**Quiet Day**

May I take a little poetic licence?

Mark 2. 27 ... *The sabbath was made to meet the needs of man .....*

Sabbath is more an attitude than a day of the week.

Today we have an opportunity to explore and experience stillness.

**Magdalen Houlihan** retired from teaching and is engaged in promoting silent prayer and supporting those entering into the regular daily practice of this prayer of quiet. *“Some of us seem to stumble upon Silent Prayer. We are not aware that we are looking for prayer. Perhaps we do not know what we are looking for; we only know that there is a yearning within that is not being satisfied. Having come upon the place in which the hidden treasure is, I am committed to guiding others to this place.”*



### **Evelyn Underhill Talk**

£10 donation

**Thursday 14<sup>th</sup> June – 7:00pm for 7:30 start**

The role Evelyn Underhill played as a Retreat Leader.

**Val Thompson** is a retired teacher and works as a Spiritual Director in the Chelmsford Diocese and is currently studying for an M.A. in Christian Spirituality at Sarum College.

### **Evelyn Underhill Quiet Day**

£28

**Friday 15<sup>th</sup> June 9:30am -4:00pm**

**Quiet Day**

A weekend, starting with a Quiet Day, reflecting on the life and work of Evelyn Underhill as a help to Christian living today.

**Revd Barry Orford**, following many years of working with students in Oxford, is now the Guild Vicar of St Dunstan-in-the-West in Fleet Street.

### **A Retreat with Evelyn Underhill**

£146/£160

**6pm Friday 15<sup>th</sup> – 2pm Sunday 17<sup>th</sup> June**

**Weekend Retreat**

Continuing the Evelyn Underhill weekend *led by Revd Barry Orford.*

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## Future Dates for 2018

June 25 <sup>th</sup> (Mon) – July 1 <sup>st</sup> (Sun)	Creative Arts Retreat - Painting & Prayer <i>Jackie Ball</i> (Tutor) <i>Norman Howes</i> (Chaplain)
July 12 <sup>th</sup> (Thur)	Garden Quiet Day <i>Revd Ruth Patten &amp; Val Tyler</i> (Gardener)
July 16 <sup>th</sup> (Mon) – 25 <sup>th</sup> (Wed)	Individual Guided Retreats – See April for more detail
July 27 <sup>th</sup> (Fri) – August 3 <sup>rd</sup> (Fri)	Walking Week – a mixed bag of walks. For the ambler as well as the rambler <i>Revd Jean Andrews</i> (Chaplain)
August 10 <sup>th</sup> (Fri) – 17 <sup>th</sup> (Fri)	Creative Arts Retreat - Poetry & Prayer <i>Jock Stein</i> (Tutor) & <i>Margaret Stein</i> (Chaplain)
August 20 <sup>th</sup> (Mon) – 24 <sup>th</sup> (Fri)	Music Week – <i>Details to be confirmed</i>
September 5 <sup>th</sup> (Wed)	Quiet Day - <b>What is Christian mission today?</b> <i>Bishop Michael Nazir-Ali</i>
September 25 <sup>th</sup> (Tue)	Quiet Day - <b>Finding God in the wonder and reality of life</b> <i>Rev Jackie Sams</i>
October 11 <sup>th</sup> (Thur)	Quiet Day – <b>Every place is hallowed ground</b> <i>Ven Jonathan Smith</i>
October 20 <sup>th</sup> (Thur)	Friends of Pleshey Quiet Day – <b>Celtic Reflections</b> <i>Revd Graham Dowling</i>
November 6 <sup>th</sup> (Tue) – 8 <sup>th</sup> (Thur)	Midweek Retreat – <b>Tuned in and switched on</b> <i>Bishop Chris Edmondson</i>
November 23 <sup>rd</sup> (Fri) – 25 <sup>th</sup> (Sun)	Advent Retreat – <b>Christmas for grown-ups</b> <i>Magdalen Houlihan</i>
November 29 <sup>th</sup> (Thur)	Advent Quiet Day - <b>Reflections for Advent</b> <i>Ven Robin King</i>
December 1 <sup>st</sup> (Sat)	Christmas Sing Day <i>Gill &amp; Stewart M<sup>c</sup>Credie &amp; Friends</i>
December 24 <sup>th</sup> (Mon) – 26 <sup>th</sup> (Wed)	Christmas Retreat <i>Gill &amp; Stewart M<sup>c</sup>Credie</i>

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# The Friends of Pleshey

**The Friends of Pleshey** group was founded in 1932 when Lucy Menzies was Warden, and since that time have played a vital and active part in the ministry of the Retreat House. She was a friend of **Evelyn Underhill** who became a well-known and respected retreat leader, conducting her first retreat in Pleshey in 1924. She said, of Pleshey, “this place seems soaked in love and prayer” and many of her retreats were conducted here.

**The Friends of Pleshey** help support the work and ministry of the Retreat House by:

- praying for the life and ministry of all who visit and work there,
- when able, giving time, support and money for the work of the Retreat House, garden and chapel,
- attending retreats, open days, fund raising events and meetings,
- by offering to be a “welcomer” to guests.

Our candle is lit in the chapel at noon each Friday and a vigil is kept for one hour in order to “hedge this place with prayer”.

## Why be a Friend?

To be part of the Body of Christ that gives thanks for time spent at the Retreat House and wants the same to be available to others.

If able, and willing;

- be a part of the rota that prays on a Friday from 12:00pm for one hour, either at home or in the chapel. This supports the House and all staff as well those who visit the house;
- join the team that welcomes those coming to the House for a retreat. This assists the House staff immensely and is such an important ministry.
- to support annual events such as the retreats, open day, concert, stall at the Bradwell Festival day and work days.
- receive a newsletter that will give up to date information on forthcoming events and reports on recent ones.



*Please contact the House if you wish to enquire further about any of the above or to join The Friends of Pleshey*

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Chelmsford Diocesan House of Retreat, Pleshey

## Booking Form

To: The Booking Secretary, Chelmsford Diocesan House of Retreat, The Street, Pleshey, Chelmsford, Essex. CM3 1HA  
Email: [retreathouse@chelmsford.anglican.org](mailto:retreathouse@chelmsford.anglican.org) Tel: 01245 237251

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email Address: \_\_\_\_\_

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 let us know if you eat fish)*

\_\_\_\_\_

Please state amount of deposit enclosed: £ \_\_\_\_\_

*(Quiet Days £3; Individual Bookings £40 - BACS payments are accepted. Please contact the office for details)*

Please make cheques payable to '**Retreat House, Pleshey**' and enclose a stamped addressed envelope

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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

Name:.....Relationship:.....Contact Number:.....



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\_\_\_\_\_ Post Code: \_\_\_\_\_ Tel: \_\_\_\_\_

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