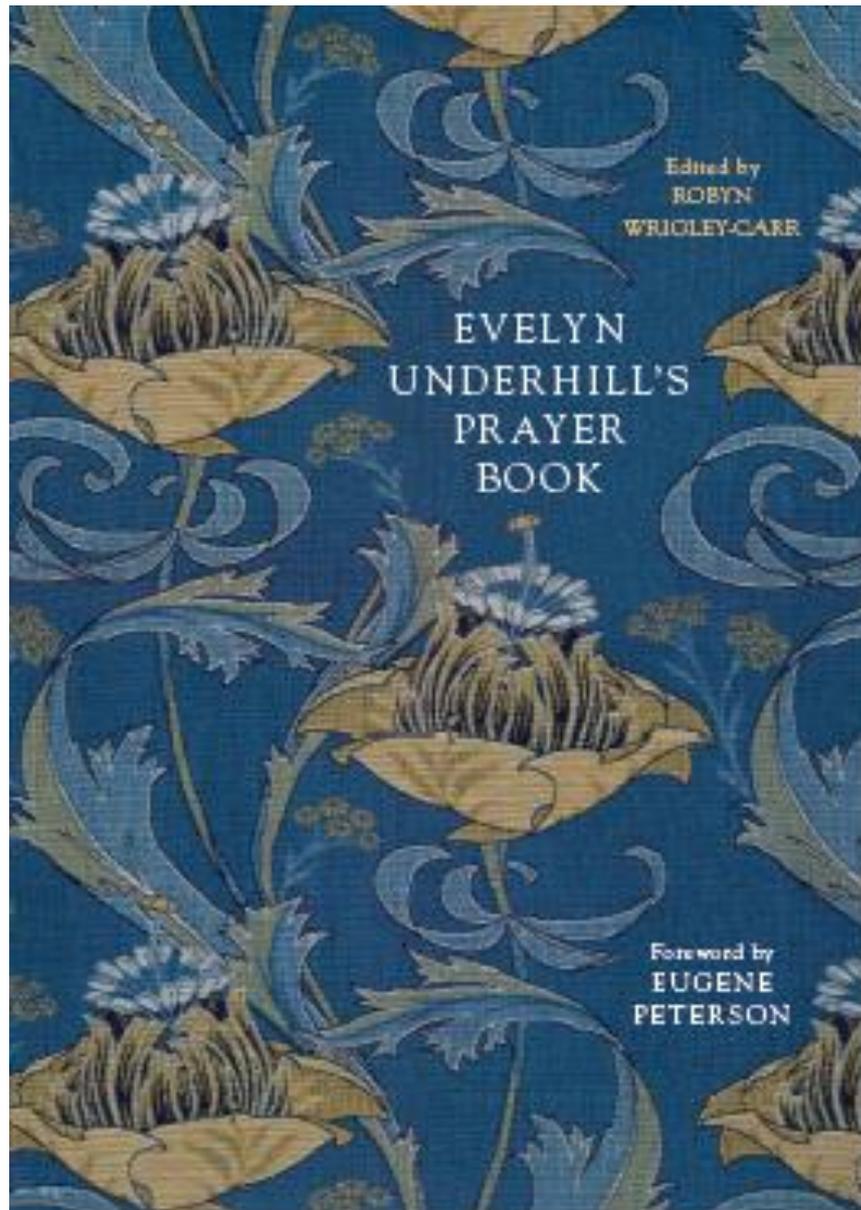


**Chelmsford Diocesan  
House of Retreat  
Pleshey**

**2018 Programme: July - December**



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)



The Retreat House is part of the Chelmsford Diocesan Board of Finance, Registered Charity No: 249505

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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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## Dates for 2018: (up to June)

March 2 <sup>nd</sup> (Fri) – 4 <sup>th</sup> (Sun)	<i>Weekend Retreat - Jesus – Bread of Life</i> <i>The Very Revd Nicholas Henshall</i>	£146/£160
March 10 <sup>th</sup> (Sat)	<b><i>Living with...Dementia.</i></b> A Quiet Day for anyone living with or those who provide support or care for someone living with dementia. <i>Jennifer Bute and Louise Morse</i>	£28
March 14 <sup>th</sup> (Wed)	<i>Quiet Day - Sounding Sweet: how we resonate with God's Amazing Grace</i> <i>Bishop Roger Morris</i>	£28
March 26 <sup>th</sup> (Mon) – 28 <sup>th</sup> (Wed)	<i>Holy Week Quiet Days (or Retreat – contact office for details)</i>	
<i>Mon 26<sup>th</sup></i>	<b><i>The Theology of Icons – Revd Dr Stephen Need</i></b>	£28
<i>Tues 27<sup>th</sup></i>	<b><i>Encountering God – Sheila Jacobs</i></b>	£28
<i>Wed 28<sup>th</sup></i>	<b><i>The Passion in the Psalms – Bishop Stephen Cottrell</i></b>	£28
April 9 <sup>th</sup> (Mon) – 15 <sup>th</sup> (Sun)	<i>Midweek – Individual Guided Retreat</i> <i>Rosemary Alonso &amp; Team</i>	£73/£80 per night (min stay 3 nights)
April 27 <sup>th</sup> (Fri) – 29 <sup>th</sup> (Sun)	<i>Weekend Retreat – Stepping Out – Transforming Disciples</i> <i>Bishop Peter Hill</i>	£146/£160
May 5 <sup>th</sup> (Sat)	<b><i>Living with...Poverty</i></b> £20 (Please bring a packed lunch) A Quiet Day for anyone wrestling with poverty or for those who provide support. We don't want cost to be a barrier for anyone attending. There are a number of subsidised places available. Please contact the office for information. <i>Revd Chris Howson – Church Action on Poverty</i>	
May 7 <sup>th</sup> (Mon)	<b>Open Day</b> – Open to all <i>Supported by The Friends of Pleshey</i>	
May 22 <sup>nd</sup> (Tues)	<i>Quiet Day – Rediscovering Sabbath in our lives</i> <i>Magdalen Houlihan</i>	£28
June 14 <sup>th</sup> (Thur) – 17 <sup>th</sup> (Sun)	<i>Evelyn Underhill Weekend</i>	
<i>Thur 14<sup>th</sup></i>	<b><i>Evelyn Underhill Talk – Val Thompson</i></b>	Donation £10
<i>Fri 15<sup>th</sup></i>	<b><i>Evelyn Underhill Quiet Day – Revd Barry Orford</i></b>	£28
<i>Fri 15<sup>th</sup> – Sun 17<sup>th</sup></i>	<b><i>A Retreat with Evelyn Underhill – Revd Barry Orford</i></b>	£146/£160

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## **Trees - Images for Life (*Painting & Prayer*)** £385/£420

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**6pm Monday 25<sup>th</sup> June – 2pm Sunday 1<sup>st</sup> July**

**CARM Retreat**

We will reflect on Christ the tree and the ways in which trees can inform our spiritual lives. Our painting need not be confined to trees, but they do make an excellent study.

*Tutor: **Jackie Ball** - Since her retirement from teaching Physics, Jackie has been able to devote more time to her long-standing passion for more creative pursuits, particularly drawing and painting. She also enjoys gardening, choral singing and cooking lunch each week for a local charity which helps homeless and marginalised people.*

*Chaplain: **Revd Norman Howes** – Norman is a retired parish priest and has long been interested in the relationship between the arts and our spiritual journey. He finds playing with colour or with clay can help our response to God. Since retirement he has started wood carving and learning to paint.*

**CARM** – Creative Arts Retreat Movement

### ***Garden Quiet Day***

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**£28**

**Thursday 12<sup>th</sup> July 9:30am -4:00pm**

***Garden Quiet Day***

Reflections on garden encounters in scripture, from the Garden of Eden to the Garden of Gethsemane and the Garden of the Resurrection. There will also be plenty of time to enjoy Pleshey's garden under the expert guidance of Val.

***Revd Ruth Patten** is a priest and musician, and is currently the incumbent of two parishes not far from Pleshey, Great Dunmow and Barnston. Whilst not "green-fingered" herself, she loves spending time in a variety of gardens - from the unkempt Vicarage garden to RHS Hyde Hall - and values them as places of beauty, fragility and creativity.*

### ***Individual Guided Retreat***

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**£73/£80 per night**

**6pm Monday 16<sup>th</sup> – 2pm Wednesday 25<sup>th</sup> July**

***(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.

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## ***Walking in His Presence (Walking Week)***      £395/£425

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**6pm Friday 27<sup>th</sup> July - 9:30am Friday 3<sup>rd</sup> August**      ***Retreat***

A relaxing week of walking, reflecting, enjoying being together with each other and God. Some lunches in local pubs. Whilst the routes are not finalised yet, walks are somewhere between 4 and 9 miles. Ambles rather than rambles!

*Chaplain: **Revd Jean Andrews** is Associate Priest at Downham (St Margaret) with S Hanningfield and Ramsden Bellhouse and has been an attendee of this walking week for some years.*

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## ***Flowering (Poetry & Prayer)***      £438/£480

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**6pm Friday 10<sup>th</sup> – 9.30am Friday 17<sup>th</sup> August**      ***CARM Retreat***

*Flowering* is a beautiful way to describe how the spiritual life deepens and matures, and even ‘buds again’. It’s something celebrated in poetry from George Herbert to Edwin Muir and many others, and there will be the opportunity to enjoy some of these great poems as well as doing our own writing to explore this theme. The retreat leaders will bring books of poetry and some devotional books, and participants may want to bring some of their own to share. Each day has a good balance of poetry, worship and free time, with silence kept overnight; it is a retreat not a course, so people of considerable experience or none at all, and from whatever kind of church background, are welcome.

*Tutor: **Jock Stein** - Jock is a poet, piper and preacher who happens also to be CARM treasurer. He publishes books in his spare time and enjoys gardening. He currently chairs the Wayfarer Trust which supports the work of the playwright Murray Watts and encourages a world-wide network of artists and writers.*

*Chaplain: **Margaret Stein** - Margaret has been a CARM chaplain and art tutor for a good number of years since working at Carberry Tower, where she ran courses, offered spiritual direction and facilitated worship. She trained at the Edinburgh College of Art before studying theology. With her husband Jock, she is involved with the East Lothian Lantern Group which promotes Ignatian prayer.*

**CARM – Creative Arts Retreat Movement**

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## ***Finding Your Voice (Music Week)***

£295/£310

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**6pm Monday 20<sup>th</sup> – 10.00am Friday 24<sup>th</sup> August**

***Midweek Retreat***

*Finding Your Voice...a week with Jonathan and Sue Veira where together you will be given the opportunity to develop, discover, or re-discover, the joy of singing in worship. A time for all, whether you sing regularly or only occasionally.*

***Jonathan Veira** is a wonderful singer and musician with a larger than life personality and sense of humour. For over 30 years Jonathan has had a successful professional career and his Christian faith has been an essential part of his life and work. He loves people and is never happier than encouraging them to sing and laugh.*

***Sue Veira** is Jonathan's wife and manager with a background in training and interpersonal skills. Together they work as a team – encouraging and helping*

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## ***What is Christian mission today?***

£28

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**Wednesday 5<sup>th</sup> September 9:30am -4:00pm**

***Quiet Day***

A discussion of different aspects of mission including presence, dialogue, action and evangelism.

***Bishop Michael Nazir-Ali** was the Bishop of Rochester until 2009. Before that he was the General Secretary of CMS and the Bishop of Raiwind, Pakistan. He is the current President of the **Oxford Centre for Training, Research, Advocacy and Dialogue** and has authored thirteen books.*

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## ***Finding God in the wonder and reality of life***

£28

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**Tuesday 25<sup>th</sup> September 9:30am -4:00pm**

***Quiet Day***

The hope is that this day encourages you to practise connecting with God in different ways and have a deeper appreciation of him in every walk of life.

***Revd Jackie Sams** is Associate Minister at St Margaret's Colchester and also a Spiritual Director. She has discovered that life flows best if she connects with God in every aspect of life and let doing flow from being in Him.*

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## ***Every place is hallowed ground***

£28

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**Thursday 11<sup>th</sup> October 9:30am -4:00pm**

***Quiet Day***

“Every place is hallowed ground” is a line written by the Olney Poet William Cowper and in this Quiet Day Jonathan will seek to use verse from Cowper and others to celebrate how, in Gerard Manley Hopkins words “the world is charged with the grandeur of God”. There will be an opportunity for prayer and Eucharist.

***Ven Jonathan Smith*** serves as Archdeacon of St Albans. He was first introduced to Pleshey at a Parish Weekend for Waltham Abbey where he was Assistant Curate in the early 1980’s and subsequently has visited the House of Retreat for Quiet Days and Retreats over forty times. He describes it as “one of those thin places where the veil between earth and heaven is most transparent”

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## ***Celtic Reflections***

£28

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**Saturday 20<sup>th</sup> October 9:30am -4:00pm**     ***Friends of Pleshey Quiet Day***

An opportunity to spend time reflecting on God's word and creation with an influence from the early Celtic church.

***Revd Graham Dowling*** is the Vicar of St Patricks, Barking. Since early 2017 he has also fulfilled the role as Chaplain at The House of Retreat, leading a team of approximately 16 day chaplains.

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## ***Tuned in and Switched on***

£146/£160

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**6pm Tuesday 6<sup>th</sup> – 2pm Thursday 8<sup>th</sup> November**

***Midweek Retreat***

In what often feels like a noisy and 'hurry-sick' world, how can we better learn to listen to God, ourselves and others?

***Bishop Chris Edmondson*** served as Bishop of Bolton in the Diocese of Manchester till his retirement in 2016. Prior to this he worked in a variety of parish and Diocesan posts in the north of England, as well as having been Warden of Lee Abbey in Devon. He is author of a number of books on leadership and community.

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## **Christmas for Grown-ups**

£146/£160

6pm Friday 23<sup>rd</sup> – 2pm Sunday 25<sup>th</sup> November

**Advent Retreat**

What brings us to the crib? Is it a calling to come to a deeper faith?

Faith in a God who is reaching out to save us? Wonder at the total disclosure of our God?

Are we prepared to be in covenant with a God who keeps his promises?

Over this weekend we will wait upon and listen to the Spirit who is inviting us into a deeper relationship with the person of Jesus.

*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."

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## **Reflections for Advent**

£28

Thursday 29<sup>th</sup> November – 9:30am -4:00pm

Which direction are we approaching Christmas from, and how lightly are we travelling?

*Ven Robin King* is the Archdeacon of Stansted and was vicar of three villages in Suffolk before that. He is married to Katharine (also ordained) and they have two grown up sons.

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## **Sing for Joy**

£30

Saturday 1<sup>st</sup> December 9:30am -4:00pm

**Christmas Sing Day**

Open to all who enjoy celebrating Christmas in song. If you play a musical instrument, please bring it with you. The day also includes a festive lunch.

*Lauren Talbot* is a worship leader at St Stephens Church in Twickenham as well as Head of RE at a large secondary school. After the successful day last year we have asked Lauren back for a second year.

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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: \_\_\_\_\_

*(Acknowledgements will be sent by email. If you have no email please include 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 let us know if you eat fish)*

\_\_\_\_\_

\_\_\_\_\_

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

*(Quiet Days £5; Individual Bookings £50 - BACS payments are accepted. Please contact the office for details)*

Please make cheques payable to 'Retreat House, Pleshey'

Please tick this box if you wish to be included in our mailing list *(Approximately 4 communications per year)*

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

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

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



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