



**Retreat Day
Wednesday 31 January 2018**

Options for this year's Retreat Day

**Please email your preference to Jo Norman
(j.norman@trinitycollegebristol.ac.uk) by 15
December 2017**

Co-ordinators for the day:

Trinity College:

Jo Norman: 0117 968 0253 or email j.norman@trinitycollegebristol.ac.uk

Bristol Baptist College:

Shayla Merivale (until the end of December)

Lis Pearce: Telephone (01643 822475) or email: pearcel@bristol-baptist.ac.uk
(from January)

**Option 1:
"Come unto Me and Rest"
Led by Revd Paul Swann**

**Chapel
Time: 10.00am - approx 4.30pm**

From Matthew 11. This will be a quiet day looking at rest and refreshment. Why is rest hard? Why is rest scary? Why does it feel as if we always need to accomplish something? What are you carrying? Where does sabbath and contemplative prayer fit into all this?

Following a short career in marketing, Paul Swann served in two growing parishes within the Diocese of Worcester. Following a period of ill health which led to his early retirement from full time ministry, Paul has focussed his time on speaking from a place of weakness and fragility, offering spiritual direction, leading quiet days and retreats. He is based at All Saints, Worcester and has served as Diocesan Spirituality Adviser. His book 'Sustaining Leadership' will be published in June.

Numbers: unlimited

**Option 2:
The Word made Image: An Introduction to Icons
Led by Martin Earle
Time: 10.00am – 3.30pm (with optional Holy Communion in Chapel at 3.45pm)**

Front Lounge/Oak Chapel

Over the centuries Christians have crystalized their experience into images of surpassing beauty and power. The insights contained within these images can help lead us more deeply into the mystery of Christ's incarnation.

These four short presentations will be an opportunity to explore Christian icons and the theology behind them. We will study examples of early Christian art and be led by them into periods of quiet prayer. While the focus will be on the images themselves we will also draw on Athanasius of Alexandria's amazing text *On the Incarnation*.

Martin studied Animation at the Royal College of Art before embarking on this unlikely career choice. As well as taking on his own commissions, he works in the studio of an established church artist making icons and church furnishings: carving in wood and stone, painting and making mosaics. In the long tradition of Christian iconography his aim is to profess – in form and colour, in wood, paint and stone – that "The Word became Flesh".

Numbers: max 30

**Option 3: Film: Hail, Cesar! A Jesus Film?
Led by: Jon Coutts
Time: starts at 9.30am**

Trinity College Lecture Room 1

This quirky Coen brothers film has led some to wonder whether it is intentionally trying to portray the modern Christ, or indeed whether it is just a silly film that means nothing at all. Or both. In this Retreat Day session we will begin by reading and discussing some snippets of film reviews (no spoilers) so as to have our minds attuned to different things to look and listen for as we take in the film. After the film is over and we've had a few laughs we will discuss it's ramifications for our understanding of biblical interpretation, our approach to portrayals of Jesus, and our views of church and mission today.

You are invited to attend the final session in the Chapel at 3.45pm which will include Communion.

Numbers: Max: 20

Option 4: Film - Groundhog Day
Led by Steve Finamore
Time: 10.00am – 4.00pm

Bristol Baptist College

Groundhog Day is a comedy and is rated PG. It stars Bill Murray and Andy McDowell. It was directed by Harold Ramis. The film has won many accolades and its title has entered popular culture as a way of describing a situation where the same thing happens over and over again. It's a tale of ground squirrels and personal transformation. The film began life when a writer asked himself the question "If a person could live forever, if a person was immortal, how would they change over time?"

It is widely seen as a film with a spiritual message. Some Buddhists have claimed it as their own, while Catholics have seen it as a meditation on Purgatory. It certainly bears comparison with 'The Great Divorce' by C.S. Lewis. So, come prepared to laugh, to think and to discuss the nature of grace.

The film will finish at 12 noon and then there will be time to reflect for the rest of the morning. At 2pm there will be a discussion about the spiritual themes of the film.

Numbers: max 20

Option 5: New Perspectives: Lenses on Creation **Trinity College LR 3**
Led by Rob Denton with a few other Trinity students
Time: 10.00 - 3.30 (with optional Holy Communion in Chapel at 3.45pm)

Starting in Scripture, we will seek new perspectives on the beautiful and ordinary world around us through photography. The day will help us to engage with stillness and presence. Bring whatever camera you like; SLRs are welcome, equally camera phones are fine. We'll be out and about, so come dressed for it!

Numbers: max 20

Option 6: Quiet Day at Ashill Baptist Church, near Ilminster
Led by Norman and Ingrid Cumming
Time: 10.00am – 4.00pm

A day of quiet reflection, enfolded in the Northumbria Community's daily office. Time to be alone and together. Please take a Bible, notebook and pen plus walking shoes/boots if you'd like to wander the lanes at some point.

Norman is the new pastor at Ashill. He and Ingrid were members of the house team for nine years at Nether Springs, home of the Northumbria Community.

A light lunch will be provided.

Numbers: max 12 **Journey time from Trinity College:** approx 1 hour (directions will be provided)

Option 7: Cycle Pilgrimage around the Severn Vale

Led by: Peter Hatton

Meet at Trinity College at 9.30am. Aiming to return by 4pm.

We shall be heading out into South Gloucestershire for a pilgrimage of between 30 and 35 miles, stopping at various churches and chapels to pray for their work and witness. Pilgrims should be ready for such a journey which will be mostly along quiet lanes but will include some hills. They should be dressed appropriately for what can be a very cold time of year. Their bikes should be in good mechanical order and have lights; it would be an excellent idea if they had a small tool kit and an inner tube to make repairing flats a relatively speedy process.

Numbers: max 15

Option 8: Visual Art

Carter Guest lounge/LR 7

Led by Lydia Rudge (and a few other Trinity students)

10.00 - 3.30pm (with optional Holy Communion in Chapel at 3.45pm)

Looking to God's creation we will be producing visual expressions of worship. Starting with a quiet walk around college, we will collect inspiration to come back to the studio and start creating. There will be a variety of structure depending on your preference. There will be projects to join in with and space to get on with any ongoing creations you have.

Most of the day will be quiet focusing on creating, but there will be gathering points in the day to share techniques and tips, and to encourage each other. Please bring either £2 to help towards material costs or your own materials.

Numbers: max 12

Option 9: Seeing things afresh by walking in Leigh Woods

Led by Howard Worsley

Meet in reception at 9.45am

This year I am departing from my normal guided Franciscan retreat day in College in order to have a Franciscan walk through the woods on the other side of the gorge. (The walk will be around 6-8 miles). The walk will include times to talk, times to be silent, times to stop and observe or to pray, a moment to hold a 'field eucharist' and of course time to rest and be still.

Retreatants are asked to bring a small rucksack (to carry their packed lunch, a bottle of water, a waterproof jacket, a hat and gloves (if it is cold) and a notepad) and footwear that can get muddy. We will walk from college, across the Downs and across Clifton Bridge then turn right into Leigh woods. If there is demand for it, we might call in at a hostelry on our way back.

To get you in the groove, I offer a poem by RS Thomas.

The Bright Field

I have seen the sun break through
to illuminate a small field

for a while, and gone my way
and forgotten it. But that was the pearl
of great price, the one field that had
treasure in it. I realize now
that I must give all that I have
to possess it. Life is not hurrying
on to a receding future, nor hankering after
an imagined past. It is the turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your youth
once, but is the eternity that awaits you.

**Option 10: Bible Journalling
Led by Amy White**

Tyndale Room and Dalton Room

10.00 - 3.30 (with optional Holy Communion in Chapel at 3.45pm)

Bible Journalling is a way of meditating on and memorising scripture by creating artwork in the margins of your bible. Journalling bibles can be purchased from Amazon or other bookshops, but a sketchbook can also be used if you do not have a journalling bible. Amy will be teaching two workshops (10am and 2pm) which will run for around 30 minutes, after which people can stay and journal using her materials (or their own if you would like to bring them along) or you can spend time journalling on your own.

If there are any questions about the content of this option or supplies needed, feel free to ask Amy.

Those footballers playing in the match during the afternoon can attend any of the options that are based at Trinity College or the film at the Baptist College. Obviously those taking place further afield e.g. Cycling Pilgrimage, Walk in the woods, Ashill Baptist Church, will not be possible.

PLEASE NOTE THAT THERE WILL BE SILENCE AT BOTH COLLEGES DURING THE DAY (INCLUDING THE DINING ROOM AT LUNCHTIME)

Packed lunches will be provided in the dining room at Trinity College for those attending options taking place at Trinity.

Lunch will be provided at the Baptist College for those attending Steve's film option.

Those going on the Cycling Pilgrimage will be provided with a packed lunch which will be available to collect from Trinity College Dining Room at 9.00am.

Lunch will be provided at Ashill Baptist Church.

Packed lunches will be available for those doing the photography option in case you are out and about at lunchtime.