

Island Spirituality News

Issue 2



THIS IS OUR SECOND NEWSLETTER, AND CELEBRATES THE FIRST YEAR OF THE I.S.N. Since our launch last October with special guest Margaret Silf, we've been thrilled to welcome good numbers of people to each of our Saturday morning meetings at St John's Mill. OUR NEW PROGRAMME FOR 2009 will be published soon - in the meantime, see inside for a preview of some of the guest speakers who will be joining us during the coming year.

All meetings continue to be held at ST JOHN'S MILL from 10am until 1pm on the second Saturday of each month (excluding April August and December)

Each session is complete in itself, so you can join in the programme, and will be made most welcome, at any time. We look forward to seeing you.

We welcome your comments about our regular Saturday sessions, as your views are most helpful in our future planning. Alison Cowin of Douglas writes "Roll on the weekend" is the usual cry to be heard from Monday to Friday office workers, me included!

But the weekends seem to be just as busy. Now, once a month, you can take time out to re-charge the spiritual batteries with the Island Spirituality Network at St John's Mill. It is a great way to spend a Saturday morning, refocusing your life back onto Christ and deepening your faith.

Each month a different person leads the morning and then we usually split into small groups to discuss ideas and thoughts from the first session.

I particularly enjoyed the recent meeting led by Andrea Jeavons called "Creative Prayer".

At first I could not imagine what that would involve. Initially Andrea led us in thoughts about prayer through several paintings. We then had a list of groups to choose from, which included art, prayers & poems, bread making, story writing, DVD making and photography.

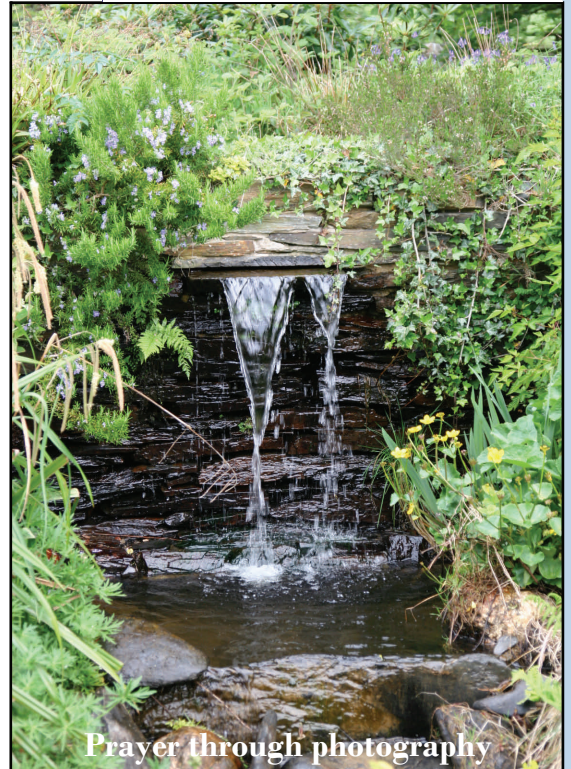
I chose photography and Nigel Collins took the theme of "Alpha and Omega and The Gateway".

THE JOURNEY AHEAD ...

Bless O God, the journey ahead.
Bless the travelling and the arrival.
Bless those who welcome and those who accept hospitality, that Christ may come among us in journeying and in stillness.

Kate McIlhagga

OCTOBER 2008



Prayer through photography

In the garden at St John's Mill

He showed us how to interpret these thoughts from the area surrounding St John's Mill, i.e. the plants, buildings etc. It was a wonderful morning and a great way to escape from the hectic world for just a few hours. Roll on next month!

Our thanks to Alison for this article. Photos on this page are by Richard Young who was also in Nigel's group. Andrea Jeavons can be contacted via St John's Mill on 802900 and Major Nigel Collins via the Salvation Army in Douglas on 627742



READ ANY GOOD BOOKS LATELY ? Welcome to the first in our new series of book reviews - could BARBARA BREGAZZI's choice be just what you're looking for ?

It's not often that I read a book and having completed it turn back to the beginning and start again straight away. '**From the Bottom of the Pond**' is one that I did. Although it's short enough to read in a couple of hours it begs to be taken slowly, a couple of pages at a time. It's sub-title is 'The forgotten art of experiencing God in the depths of the present moment' and by story and personal experience **Simon Small** draws the reader into making their own this Christ centred exploration of a mystery beyond words.

'**From the Bottom of the Pond**' is a profound book written simply and accessibly and it firmly roots Contemplation in Western Christianity. It has reassuring and helpful things to say about such matters as being still (why do we put up such resistance to this?), understanding our identity in Christ, waking up to the fullness of life and love, and giving profound attention to what is real.

The teaching in this book is not new, but it is expressed in a new and fresh way. If you get hold of a copy you may find that you want to keep it permanently on your bedside table!

From the Bottom of the Pond by Simon Small Pub: O Books 2007 ISBN 978 1 84694 066 £7.99 www.o-books.net

We're very grateful to Colin and Pauline Gurney from Churches Bookshop (Howard St, Douglas) who bring a wide selection of books along to each Saturday meeting at The Mill. They're also happy to promptly order any titles not held in stock.

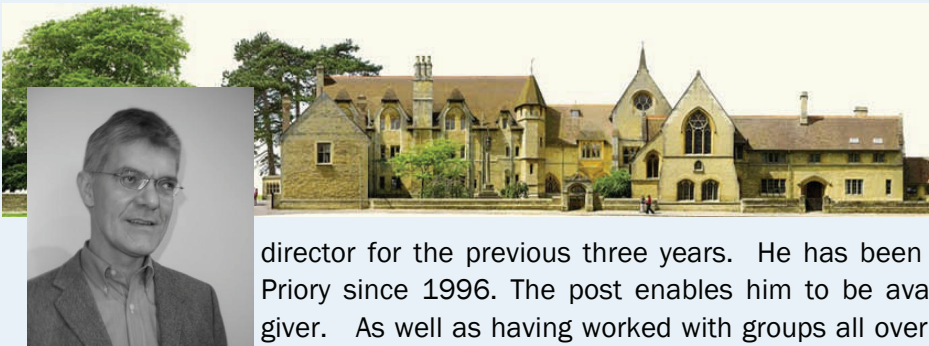
OUR NOVEMBER GUEST

Marriage, moving house and retirement are said to be among the most traumatic events in life, yet Reverend Leslie Guthrie has decided to embrace all three in the space of a few short weeks! At the end of October, Leslie will marry Miss Jean Miller of Patrick, religious education teacher at QEII. This will be followed swiftly by moving to an apartment

on Douglas Promenade. Then, early in the New Year, Leslie will be retiring after 22 years as minister of St Andrew's United Reformed Church in Douglas.

Yet in spite of all this, he has kindly agreed to lead our Saturday session on 8th November, from 10am until 1pm, at St John's Mill We wish Jean and Leslie every blessing and happiness together.

2009 SPEAKER NEWS



Ripon College, Cuddesdon is a Theological College training men and women primarily for ordination in the Anglican Church. Reverend Lister Tonge joined the College staff as Chaplain in 2005 having been a visiting spiritual director for the previous three years. He has been Chaplain to the Sisters now at Begbroke Priory since 1996. The post enables him to be available as a spiritual director and retreat giver. As well as having worked with groups all over the Church of England, and on four other continents, he is currently working each year in Norway, Iceland and the U.S. He trained for the priesthood at King's College, London and St Augustine's College, Canterbury, and was a curate at Liverpool Parish Church and at Johannesburg Cathedral. He has pursued graduate spirituality studies at Loyola University, Chicago and counselling studies at Manchester University. **We look forward to welcoming Lister in 2009. The theme of his morning will be "HIDDEN TREASURES - ATTENDING TO THE RICHES IN MY LIFE"**

A FIRST FOR THE ISLAND - AND FOR THE I.S.N !



We are so privileged that **THE FIRST VISIT TO THE ISLE OF MAN BY MRS MARGARET SENTAMU, wife of**

Dr John Sentamu, Archbishop of York, will be during 2009 as a guest of the Island Spirituality Network.



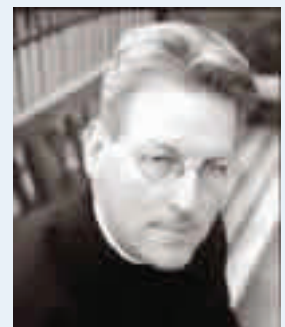
Born and raised in Uganda, East Africa, Margaret Sentamu read Literature at Makerere University, Kampala, and taught for a short while before coming to the UK in the early 1970s. After marriage to John Sentamu, she took time out to raise their family and during that time she worked on a voluntary basis mainly for church and church-related mission agencies.

For a number of years she was on the staff of the Archbishops' Council heading up the Selection Unit for trainee clergy. To everything she does, Margaret brings a breadth of experience from a range of external appointments on various governing boards and councils, and as a trustee of a number of charities. Her interests are mainly in the areas of health, education and poverty, particularly in the Global South. **The theme of her morning with the ISN will be "GOD'S CALL TO ALL PEOPLE"**

We suggest a donation of £8 per person per Saturday session, to help us meet our running costs but this is purely voluntary and our "No Questions Asked" admissions policy means no one is ever asked for money - so please DO NOT stay away for financial reasons! Our thanks to St John's Mill for continuing to make their excellent facilities available to us at very specially discounted rates.

YET ANOTHER 2009 VISITING SPEAKER

THE LONDON CENTRE FOR SPIRITUALITY is based in the heart of the City of London and offers a wide range of courses, meditation and discussion groups and resources for all interested in spirituality - churchgoers or not - both in the local and in the wider community. The Centre hosts several spiritual direction training programmes, and their facilities are used by professionals and organisations working in related areas, including counselling. The vision for the Centre's project came from the Bishop of London who appointed the first and present director, Andrew Walker (pictured) in 2000. During the latter part of 2001 the Centre moved into the Vestry Hall of the Church of St Edmund the King, Lombard Street, where there is a hall, library, office, kitchen and enclosed garden. Andrew Walker was ordained in 1985 and has worked in parish ministry for some 13 years. He is also a psychosynthesis counsellor and supervisor, and author. **REV'D ANDREW WALKER WILL JOIN US DURING OUR 2009 PROGRAMME AND THE THEME OF HIS MORNING WILL BE "EXPLORING GOD'S CALL - DISCERNMENT AND THE SPIRITUAL JOURNEY"**



CONTACT THE ISN

If you have questions, suggestions, or need more information about the ISN, or if you would like your name adding to our mailing list, please contact any member of the PLANNING GROUP

Reverend Peter Robinson (Chair)

The Vicarage, Arbory Road, Castletown

Barbara Bregazzi (Secretary)

Ballachree, Main Road, Ballaugh

Marian Sale (Treasurer)

The Old Coach House, The Garey, Lezayre, Ramsey

Phil Craine

11 Hilary Road, Douglas

Reverend Leslie Guthrie

Crofton, Selborne Drive, Douglas

Judith Ley

The Nappin, Lezayre Road, Ramsey

Barbara O'Friel

8 High Street, Port St Mary

Could you distribute copies of this Newsletter (and our new Programme poster/leaflet coming soon) in your Church or community? Contact us to arrange supplies - thank you

**“TEACH ME YOUR WAY,
O LORD”** Psalm 86:11

The full PROGRAMME OF MEETINGS for 2009 will be published soon. In the meantime, these are the dates for our Saturday morning sessions - plan now to be free to join us.

JANUARY 10th FEBRUARY 14th

MARCH 14th MAY 9th JUNE 13th

JULY 11th SEPTEMBER 12th

OCTOBER 10th NOVEMBER 14th

Venue - St John's Mill. Each session runs from 10am until 1pm.

WE'RE ON THE WEB ! (Well, almost!)

It's not quite finished yet, but keep visiting and watch us **G R O W !**

www.islandspiritualitynetwork.org

We'd like to ask you ...



Our regular monthly Saturday morning meetings at St John's Mill are at the core of the I.S.N. but we'd also like to offer other opportunities for spiritual growth, mutual support - and even relaxation, too! We now think we've found the perfect place where we can organize **residential retreats** - it's on the Island, in a delightful rural setting, it's exceptionally comfortable, with space for groups to meet and individuals to have quiet time access is possible for anyone who finds walking difficult, with secluded garden areas to sit and simply drink in the views, but it's location also gives scope for those who enjoy walking. (Sorry - there are no guarantees regarding the weather!) **DOES THIS APPEAL TO YOU ?** Would you be interested in 2, 3, or 4-day (or longer) on-Island residential retreats? **IT WOULD BE SO HELPFUL FOR US TO KNOW WHAT YOU THINK**

THE ISLAND SPIRITUALITY NETWORK is inter-denominational and has the support of the Island's Church Leaders. The Network is committed to exploring different expressions of Christian spirituality, and to providing opportunities for mutual support and spiritual nourishment for anyone seeking to grow in prayer. **Isle of Man Registered Charity No 1008**