



# AMPLEFORTH ABBEY

*Pastoral Programme*

2022

# Welcome



A very warm welcome to you from Ampleforth Abbey, where we have many reasons to be grateful. We have just celebrated with great joy the blessing of the refurbished Grange. It has been a challenging process at times, with the building itself offering some unexpected challenges that only added to the challenges that Covid and shortages in building supplies had brought. But it has been, most of all, a deeply satisfying and inspiring experience, witnessing how so many people from so many backgrounds and areas of expertise have worked so well together and with such generosity and commitment. The final result is something we are very proud of, and we hope you will enjoy it in due course. Similar renovation work to Alban Roe House has already begun, along with work on a renewed Visitor Centre. We are profoundly grateful for this and for the generosity that has made it possible. We are very blessed by all your continued support and encouragement, shown in so many different ways, and we

hope that some of what we have offered has been of some support to you. We make the journey together.

We have been reflecting and praying about our call as a monastic community and especially about our mission, which we see very much as that of placing our life together at the service of the Church, inviting all to come and to share, in whatever way is appropriate for each person, what and who we love so deeply. We hope there is something in this year's programme that might be of interest to you. You may, of course, prefer just to come for a few days quiet and reflection, on your own or with a group of friends. This programme will evolve throughout the year. If there is anything you would like us to offer, please do let us know. And may all of us in this year come to know more deeply the Mystery that awaits us at the heart of life.

We look forward to welcoming you.

FR KEVIN HAYDEN OSB  
Dean of Hospitality

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# Meet the Monastery Retreat Team

## ABBOT ROBERT IGO OSB

After 25 years at the Monastery of Christ the Word in Zimbabwe, Fr Robert was elected to serve the Ampleforth Community as Abbot in January 2021. Fr Abbot is an experienced, passionate and inspiring retreat leader who has led retreats across Africa, India and Europe.



## FR WULSTAN PETERBURS OSB

Fr Wulstan is the Sub-Prior & Cellarer of the Abbey. He entered the monastic community in 1998, having previously taught in the school, and has served variously as Teacher of Religious Studies and History, Head of Religious Studies, Housemaster, Procurator and Headmaster. He holds a doctorate on the theology of John Henry Newman, both publishing and delivering a number of papers on his work.



## FR HENRY WANSBROUGH OSB

Fr Henry is a Biblical scholar with an international reputation. As Master of St Benet's Hall he taught at Oxford University for 14 years and was Chairman of the University Faculty of Theology. Subsequently he was Professor Biblical Studies at Liverpool Hope University. He is a former member of the Pontifical Biblical Commission and the Anglican Roman Catholic International Commission. He is Visiting Lecturer (mostly by Zoom) of Holy Trinity College in Zimbabwe. He is the author of many books. He also edited the New Jerusalem Bible (1985) and the Revised New Jerusalem Bible (2019) and has lectured in Australia, Africa, America and Jerusalem.



## FR CHRISTOPHER GORST OSB

Seeking a link between psychology and spirituality is one of Fr Christopher's particular interests, and the Tai Chi and Meditation Retreats, which he supports with Terry Doyle, have proved very popular. A more recent interest is in response to the Climate Change Crisis. After his years in Zimbabwe, he has worked for 16 years with the Team.



## FR HUGH LEWIS-VIVAS OSB

Fr Hugh Lewis-Vivas has been a monk at Ampleforth Abbey since 1977. He has worked in a variety of teaching (French and Spanish), administrative and hospitality related roles at Ampleforth College and St Benet's Hall, Oxford. He is a keen gardener.



## FR BEDE LEACH OSB

Fr Bede has extensive experience leading retreats for adults, and particularly for school groups. After spending nine years in full-time retreat ministry from 2003 to 2012, then nine years as Parish Priest in Our Lady and St Benedict's Ampleforth, he is now back in retreat ministry almost exclusively for school groups from Year 5 to Year 13.



## FR GABRIEL EVERITT OSB

Fr Gabriel has been a monk for 32 years. He has given a few retreats over these years, though he also worked for 22 years in Ampleforth College and for 4 years at St Benet's Hall in Oxford. He is now focussing more particularly on retreat work and is a member of the formation team in the monastery. He has a particular interest in lectio divina as a way of prayer and on monastic history and spirituality.



## FR CHAD BOULTON OSB

Fr Chad Boulton has been a monk for nearly 30 years. In the monastery, he has been Infirmarian, Junior Master and is now Novice Master. He has also worked in Ampleforth College, as a teacher, housemaster and Senior Chaplain. He has a role in the development of the English Benedictine Congregation, linking up the different monasteries and preparing for the General Chapter. For his health and sanity, he looks after the monastic woods.



## FR CEDD MANNION OSB

Fr Cedd has been a monk at Ampleforth since 2006 and is currently the choirmaster at the monastery.



## FR KEVIN HAYDEN OSB

Fr Kevin brings to his retreat work a wide range of experience both as a monk and as a diocesan priest. He has been involved for many years in parish ministry, as well as leading retreats with both young people and adults, engaging in individual accompaniment, and being involved at diocesan level in a variety of initiatives. He loves retreat work and is now Dean of Hospitality and Vocations Co-ordinator.



# Together in Prayer

In response to lockdown the community developed an online hospitality ministry so that our pastoral presence could continue; the title “Together in Prayer” was given to this initiative. Little could we have envisaged the numbers of people we have been able to reach in this new way. We offer a range of audio and visual services so that you can be with us here at Ampleforth, wherever you may find yourself.

## HOME PRAYERS

A chance to gather every morning (except Sunday) at 10.00 am for a short time of prayer led by a monk, followed by a brief reflection.

## HOME RETREATS

Join our guided Home Retreats every Saturday at 11.00 am, available to watch live via our YouTube channel (Ampleforth Abbey Liturgy) or available to watch on playback. Each Home Retreat is led by a member of the Monastic Community and consists of a 10-15 minute reflection, concluded by with a series of suggestions for activities and further reflection throughout the day.

If you'd like to receive the programme for each upcoming month, sign up for our email updates by contacting [pastoral@ampleforth.org.uk](mailto:pastoral@ampleforth.org.uk)

For the links to our live streaming and YouTube channel please visit [www.ampleforth.org.uk/abbey/service-times/ways-worship](http://www.ampleforth.org.uk/abbey/service-times/ways-worship)

For reflections and homilies from the Community please visit our news feed [www.ampleforth.org.uk/abbey/news](http://www.ampleforth.org.uk/abbey/news)

## MONASTIC HORARIUM

Our Benedictine Community is centred on a life of prayer, which St Benedict called “the Work of God”. You are very welcome to join us in praying the Divine Office together and for the daily celebration of Mass. Most of our prayer is sung.

### MONDAY - SATURDAY

5.30 am Matins  
7.30 am Lauds  
8.45 am Terce  
9.00 am Mass  
1.00 pm Sext  
1.50 pm None  
6.00 pm Vespers  
8.15 pm Compline

(Saturday: Vigils of Sunday)

### SUNDAY

7.30 am Lauds  
9.15 am Terce  
9.30 am Mass  
1.00 pm Sext  
1.50 pm None  
6.00 pm Vespers with Benediction  
8.15 pm Compline

\* Ampleforth College Mass takes place in term time only on Sunday at 11.15am  
Ampleforth College Schola Mass takes place in term time only on a Friday at 7.00pm  
These are not available on live stream.

## MATINS (OFFICE OF READINGS)

‘O Lord, open our lips’ is the first prayer of the day, as the silence of the night is broken first of all by praise of God and the summoning of the monks to begin the Work of God. This Office consists of a number of psalms and two readings, followed by general intercessions. At the end of Matins there is a period for quiet prayer.

## LAUDS (MORNING PRAYER)

As the name suggests, the Office of Lauds is devoted to praise of God in Morning Prayer. It consists mainly of a series of psalms and canticles, with antiphons and a hymn. The Benedictus canticle – ‘Blessed be the Lord, the God of Israel’ – is sung and the Office ends with the singing of the Lord’s Prayer and the Concluding Prayer.

## TERCE (MID-MORNING PRAYER);

## SEXT (MIDDAY); NONE (MID-AFTERNOON)

There is a long monastic tradition of interrupting the working day between Lauds and Vespers with three short offices (little offices) at the third, sixth and ninth hours of the ancient day (mid-morning, noon and mid-afternoon). These serve to remind us that, even in the midst of our busyness, our search for God in prayer is the focus of our monastic life, and they also help us to consecrate the work (and ourselves) consciously to God. After a short opening and hymn, psalms are sung with an antiphon, and there is a short reading from a scripture and a concluding prayer.

## VESPERS (EVENING PRAYER)

This Office is sung in Latin, with psalms followed by a short reading, a response, hymn and antiphon. The Magnificat canticle – ‘My soul glorifies the Lord’ – is sung before the Concluding Prayer. In May and October there is an additional anthem to Mary, mother of Christ.

## COMPLINE (NIGHT PRAYER)

The Work of God is brought to an end by invoking God’s protection during the hours of darkness. The Office includes a short reading from the Rule of St Benedict.

## SATURDAY VIGILS (REPLACING COMPLINE)

Matins of Sunday is celebrated as Vigils on Saturday evening. This is an expression of an ancient tradition in the Church which sees each Sunday (Dies Dominica, the ‘Lord’s Day’) as a celebration of the Resurrection of the Lord, an event for which we keep vigil, ‘with lamps lit’, so that we do not miss his coming. Because of this, Vigils of Sunday has an extra solemnity compared to Matins on Weekdays. To the usual two nocturns of Psalms and Readings is added a third nocturn of Canticles, followed by the Gospel of the Resurrection, which is read by Fr Abbot, who (St Benedict says) occupies the place of Christ in the monastery. Then the ancient hymn Te Deum (‘We praise you, O God...’) is sung, and the office concludes with the Sunday collect.

# Friends of Hospitality

## *An opportunity to share the journey*

A large number of people from diverse backgrounds have enjoyed time together on retreat at Ampleforth and discovered friends along the way. There is the beginning of a sort of community of retreat goers. Many people would like to be able to return more regularly and spend time with familiar faces – to strengthen that sense of community, of a journey shared.

To that end we are beginning this year a series of monthly “days” with a very simple structure: coffee – a talk – some space for reflection, conversation or relaxation – a meal together – and some time for sharing and prayer together at the end.

Whether you are a “seasoned” retreat goer, or someone who simply finds the possibility attractive, do please get in touch with us!

### OUTLINE OF THE DAY:

- 9.00 am Mass in the Abbey Church
- 10.00 am Arrive at The Grange for coffee
- 10.30 am Session
- 1.00 pm Sext
- 1.15 pm Lunch in the Newman Room
- 1.50 pm None
- 4:00 pm Feedback Session
- 4.45 pm Tea in The Grange

### DATES FOR THE DIARY

Mondays 9 May, 13 June, 11 July, 8 August, 12 September, 10 October, 14 November, 12 December

**COST:** A suggested donation based on £33.00 per person will fully defray costs, but this is a suggestion only and is left entirely at the donor's discretion.



# A Chance to Reflect and Relax – come and see

Jesus said: “Let us go off by ourselves to a quiet place and rest awhile.” (Mark 6:31)

Perhaps you would value some time out, some space for yourself, a chance to rediscover a sense of peace and calm. Perhaps you would value an opportunity to have some time to reflect on the direction of your life, and to reconnect with yourself and with God. Perhaps you sense a need simply to be present for a while or to get some well-earned rest.

At whatever point you find yourself in life, you are very welcome to come and spend some time with us at Ampleforth. We will provide you with a private room, with food, with the opportunity to join the Community in prayer, and a beautiful, peaceful setting within which to find your centre and renew your relationship with God.

## INDIVIDUAL GUEST CHARGES ARE PER PERSON PER DAY

Meal Basis	Sun -Thurs En-suite	Fri & Sat En-suite	Sun-Thurs Standard	Fri & Sat Standard
Full board	£67.00	£68.50	£61.00	£62.50
Supper, bed & breakfast	£58.00	£59.50	£52.00	£53.50
Bed & breakfast	£44.50	£45.50	£38.50	£39.50

We'd appreciate advance payment for the retreat at the time of booking. However, if this is not possible then we can accept a £25 non-returnable and non-transferable deposit, with the remainder to be paid not later than 2 weeks before arrival.

Cost alone should not prevent anyone from making a retreat to Ampleforth. For anyone who is unemployed or in special need there is no fixed charge. Any contribution within your means would be welcome.

Ampleforth is built on the side of a hill and therefore access around the estate necessitates guests negotiating stairs and walking between accommodation, the Abbey Church and the refectory.

If you are interested or would like some further information please contact our Hospitality and Pastoral Office at [pastoral@ampleforth.org.uk](mailto:pastoral@ampleforth.org.uk) or call us on 01439 766087.



## The Monastic Experience

Sunday 31 July – Friday 5 August  
Sunday 6 November – Friday 11 November

£280.00 PER PERSON

Many believe that St Benedict wrote his Rule for monks in the later part of his life, the distillation of a lifetime of experience. It proposes a wise and carefully balanced set of elements which go together to create a life that nourishes and feeds our truest selves.

This retreat hopes to offer you a taste of that life, to live for a short while according to a different rhythm. Where there is space to live alongside the monastic community and other fellow pilgrims, to walk, to read, to be in silence, to pray alone and with the monastic community, to discuss and share, to allow yourself to be fed by the beauty of the world around you. Each day a different member of the community will offer food for reflection - aspects of St Benedict's wisdom that might help to enrich your life.

We hope that this week will give you the opportunity to step back for a short time so that you will be renewed and be able to re-engage with your life with fresh energy, enthusiasm and wisdom.

To book please contact the Hospitality and Pastoral Office on [pastoral@ampleforth.org.uk](mailto:pastoral@ampleforth.org.uk) or call us on 01439 766087.

## An Invitation to University Students

### Take time for yourself

Give yourself some space to complete assignments, reflect on who you are and where you are; discern and decide the next step on your journey, or simply give yourself time to be in the peaceful environment of a living monastery.

You are welcome to participate in our daily round of prayer, called the Divine Office, read and ponder in the library or your own room, or walk and wander in the spacious grounds of the Abbey.

There is no specific charge for your stay, but you may contribute according to your means. You are simply welcome to be here, for your own spiritual nourishment and a pause in your pilgrimage of life.

To make an enquiry please contact [pastoral@ampleforth.org.uk](mailto:pastoral@ampleforth.org.uk) or call us on 01439 766087.



## Parish Groups and Self-Led

Retreat groups may book our retreat facilities to run their own self-led retreats or bring a group and have a retreat led by a member of the monastic community.

The Grange is our main retreat house and is located in the grounds of the monastery overlooking the Abbey Church and enjoys picturesque views of the valley. It re-opens in March 2022 after an extensive programme of refurbishment.

The house comprises of a main meeting room, a smaller breakout room, an attractive chapel, 16 en-suite bedrooms, a kitchen for refreshments, a library and a small garden.

Additional accommodation is available in the Archway and Guest House. All bookings are fully catered for with meals served in our Guest Refectory (the Newman Room) and freshly homemade cakes delivered daily to the retreat house.

Call our pastoral administration team to discuss your requirements. Please note that demand for weekends is always very high and we tend to have more mid-week availability so can offer more competitive prices. To make an enquiry please contact [pastoral@ampleforth.org.uk](mailto:pastoral@ampleforth.org.uk) or call us on 01439 766087

For further information and photos of our retreat accommodation please visit our website [www.ampleforthabbey.org.uk](http://www.ampleforthabbey.org.uk)

## The Easter Triduum

### A Celebration of Easter at Ampleforth

Thursday, 14 April – Sunday 17 April

Join the Ampleforth Community for Easter conferences and the celebration of the Triduum liturgies.

Early booking is recommended due to the limited capacity of 250 guests this year.

The talks and ceremonies will be available online via YouTube channel and Live Streaming.

For Easter Triduum enquiries please email [easter@ampleforth.org.uk](mailto:easter@ampleforth.org.uk)



# April

## Eastertide Retreat

FR CEDD MANNION OSB

Monday 25 - Thursday 28 April

EN-SUITE ACCOMMODATION £231.00

STANDARD ACCOMMODATION £216.00

'If Christ has not been raised, then our preaching is in vain, and your faith is in vain.' As St Paul reminds us, the mystery of the Resurrection of Christ from the dead is at the heart of our Christian faith, and hence is a key motivation for our seeking to flesh out that faith in our daily life. In this retreat, Fr Cedd uses texts from the Scriptures, the liturgy and the monastic tradition to explore the place of the Resurrection in our life of faith.



# May

## Coming Home

FR KEVIN HAYDEN OSB

Monday 9 - Thursday 12 May

EN-SUITE ACCOMMODATION £231.00

STANDARD ACCOMMODATION £216.00

"Make your home in me as I make mine in you." (John 15:4) This is the invitation, an amazing possibility to be deeply at home in life and with life. It is what Christ offers us – and he is already there waiting for us!

This retreat will explore the steps we can take to arrive where we already belong.

## A Faith for All Seasons

FR CHAD BOULTON OSB

Friday 20 - Sunday 22 May

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

*'Jesus often stopped to contemplate the beauty sown by his Father, and invited his disciples to perceive a divine message in things'* (LAUDATO S1)

What divine messages are revealed in the different seasons? What might a winter faith look like, a spring faith, a summer faith, an autumn faith?

This retreat will look at the seasons, the scriptures and individual experience, all in the context of the beauties of a May weekend, and will include a gentle outdoor session in the woods above the monastery.



## Women of the Kingdom

ANJI DOWSON

Monday 23- Thursday 26 May

EN-SUITE ACCOMMODATION £261.00

STANDARD ACCOMMODATION £246.00

*"Let what you have said be done to me"* (LK 1:38)

*"If only I can touch his cloak I shall be well"* (MT 9:21)

*When the Lord saw her he had compassion for her and said "Do not weep"* (LK 7:13)

*"Come and see a man who has told me everything I ever did"* (Jn 4:29)

*Jesus said "Mary"* (JN 20:16)

For all the women who encountered Jesus, it was a life-changing experience. Although few are named, those who are played a crucial role in his ministry: as Mother, prophetess, friends and disciples. Women were also instruments of revelation and a constant support. They were beneficiaries of healing and were spoken of in parables. Jesus gave time and dignity to widows, and even described the Kingdom of God as like a woman adding leaven to flour.

Those on retreat will join these women on their journey with Christ, and also look at how so many artists have been inspired by their lives and faith.

# June

## Tai Chi Movement and Christian Meditation Day

FR CHRISTOPHER GORST OSB AND TERRY DOYLE

Wednesday 1 June

£45.00 PER PERSON

The Tai Chi Movement and Christian Meditation Day is both an introduction to these practices for those starting something new, and a nourishing day to boost the energy of those who have been before. Come and see, come and learn, come and practice.



## An Introduction to the Letters of St Paul

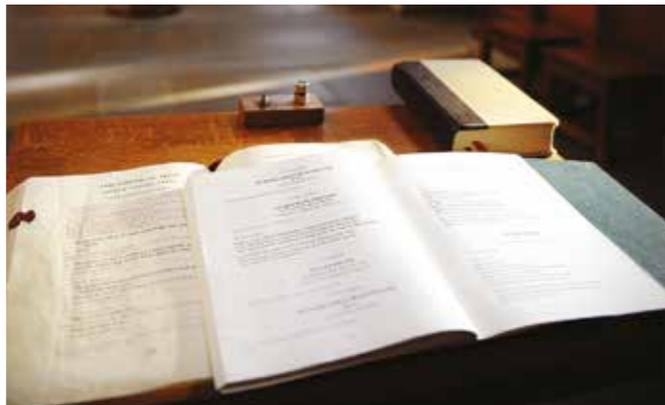
FR HENRY WANSBROUGH OSB

Friday 10 – Sunday 12 June

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

St Paul was the first great teacher of Christianity. His letters to the young Christian communities were vital for working out the implications for the presence of the Risen Christ among us. Fr Henry will centre his talks on the richness of Paul's teaching on Christ.



# July

## A Window into Hope

ABBOT ROBERT IGO OSB

Friday 1 - Sunday 3 July

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

In this retreat, Abbot Robert asks, how does our faith bring us to find hope against the tragedies of life?



## Tai Chi Movement and Christian Meditation Day

FR CHRISTOPHER GORST OSB AND TERRY DOYLE

Monday 11 - Thursday 14 July

EN-SUITE ACCOMMODATION £300.00

STANDARD ACCOMMODATION £270.00

Tai Chi has been described as 'meditation in movement'. Christian Meditation involves stillness. During this retreat we balance these paradoxical practices to help focus our body and mind on being open to God.

Under Terry Doyle, a practitioner of Tai Chi and an Oblate of the World Community of Christian Meditation (WCCM) we will be guided in our learning and develop these means, by which we relax and become aware of God's presence. No previous experience is required, but those who have been before are most welcome to renew their practice and re-connect.

# July/August

## Introduction to Benedictine Spirituality

FR WULSTAN PETERBURS OSB

Friday 15 - Sunday 17 July

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

This retreat explores St Benedict's way of being a Christian; considering the major elements of his spiritual teaching and how these can help all Christians – whether lay or monastic – on their way to God.



## The Transformative Journey

FR CHRISTOPHER GORST OSB

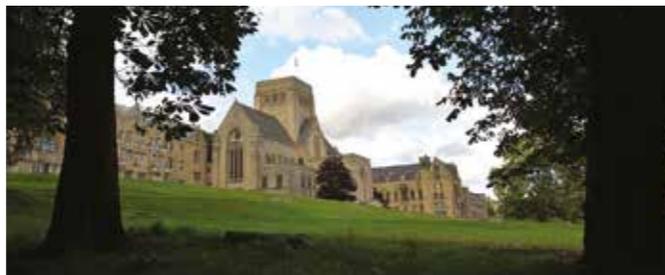
Friday 22 – Sunday 24 July

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

Following Fr Christopher's previous retreat titled 'Homeward Bound' which was based on Richard Rohr's book 'Falling Upward'. This new Retreat reflects on some further thoughts from the same author and explores the Transformative pattern in all religions of Order, Disorder and Reordering.

The Reordering becomes the new Order, and so the cycle begins again. We will explore the necessary elements which enable Transformation, and speculate on how and where the cycle comes to an end.



## God speaks through Literature & Spirituality

FR BEDE LEACH OSB

Friday 29 – Sunday 31 July

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

A weekend to gently ponder on some secular texts of prose and poetry, and allow the spirituality between the lines to emerge, & thread them into life & faith in July 2022 as 'the Word becomes flesh & lives among us'



## Monastic Experience Retreat

FR KEVIN HAYDEN OSB

Sunday 31 July – Friday 5 August

£280.00 PER PERSON

Many believe that St Benedict wrote his Rule for monks in the later part of his life, the distillation of a lifetime of experience. It proposes a wise and carefully balanced set of elements which go together to create a life that nourishes and feeds our truest selves.

This retreat hopes to offer you a taste of that life, to live for a short while according to a different rhythm. Where there is space to live alongside the monastic community and other fellow pilgrims, to walk, to read, to be in silence, to pray alone and with the monastic community, to discuss and share, to allow yourself to be fed by the beauty of the world around you. Each day, a different member of the community will offer food for reflection - aspects of St Benedict's wisdom that might help to enrich your life.

We hope that this week will give you the opportunity to step back for a short time so that you will be renewed and be able to re-engage with your life with fresh energy, enthusiasm and wisdom.

# August

## Teach us to Pray: The Book of Tobit

FR GABRIEL EVERITT OSB

Friday 5 – Sunday 7 August

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

This retreat will be based on a prayerful reading of the book of Tobit, a most engaging and encouraging story of fidelity in adversity, of God's providence working in human lives in response to prayer and of the working of the angels as God's ministers and agents of salvation.



## God Speaks on a Beach Prayer Walk

FR BEDE LEACH OSB

Monday 8 - Friday 12 August

EN-SUITE ACCOMMODATION £342.00

STANDARD ACCOMMODATION £322.00

A summer opportunity for three days of walks, sauntering [from Latin "sancta terra" holy ground], with strangers becoming pilgrims, & to listen to the Resurrection stories of sand, boats & fish, as we meet Christ in person & in Word, in stories, in the waves & on the gentle breeze, & back home for an evening session to share the days moments.

Lunches are not provided but there will be an opportunity each day to buy your own lunch. Please bring suitable clothing and footwear – Yorkshire weather can be unpredictable!



## Treasure Worth Everything

FR KEVIN HAYDEN OSB

Friday 12 - Sunday 14 August

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

"The Kingdom of Heaven is very near to you." This was Jesus' message. He spoke of it as a treasure hidden in a field and promised us that, once we discover that treasure and catch a glimpse of its true worth, we will be more than willing to give everything for it.

This retreat focuses on finding and choosing that treasure God has placed very near to us.



# September

## Christian Meditation: Silent Weekend

FR CHRISTOPHER GORST OSB AND TERRY DOYLE

Friday 2 - Sunday 4 September

EN-SUITE ACCOMMODATION £200.00

STANDARD ACCOMMODATION £180.00

This weekend welcomes new people to the practice of Meditation, and people who have been before, but who want a meditative weekend of Silent learning. Terry Doyle, an Oblate of the World Community of Christian Meditation, will conduct the silent weekend, through the teachings of John Main and Laurence Freeman, and periods of Meditation practice. Fr Christopher will accompany the sessions and contribute some input from the Rule of Benedict. The Retreat is integrated with the Community Prayer in the Abbey Church, as well as time for quiet walks or time on your own.



# September

## St Cuthbert of Lindisfarne: Meeting a Man of God

FR WULSTAN PETERBURS OSB

Friday 9 - Sunday 11 September

EN-SUITE ACCOMMODATION £154.00  
STANDARD ACCOMMODATION £144.00

Taking as its theme the life and spirituality of St Cuthbert, and with a view as to how his example can help present-day Christians strengthen their faith, this retreat considers the ways in which St Cuthbert lived in the presence of God and sought to do his will in all things.



## The Book of Jonah

FR CEDD MANNION OSB

Friday 23 - Sunday 25 September

EN-SUITE ACCOMMODATION £154.00  
STANDARD ACCOMMODATION £144.00

In the Rule, St Benedict sets aside several hours each day when his monks are to be occupied with lectio divina, the prayerful and reflective reading of the Scriptures, in such a way that allows the voice of the Lord, speaking to us in the here and now, to be heard by the ears of our heart.

As monks, we engage in this, not merely because it has been laid down for us, but because in our experience of it, we have found life. In this retreat, Fr Cedd introduces the idea of lectio divina, using the small (but perfectly formed) book of Jonah.



## The Ampleforth Story: Lessons from History and a Guide for the Future

FR GABRIEL EVERITT OSB

Friday 30 September – Sunday 1 October

EN-SUITE ACCOMMODATION £154.00  
STANDARD ACCOMMODATION £144.00

This retreat looks to turn lectures for monastic postulants and novices on the history of the Ampleforth community into prayerful engagement.

Including the Ampleforth story for oblates and associates of the Abbey, but others too, who are interested in and want to share in our identity and mission.



# October

## Let Yourself be Loved

ABBOT ROBERT IGO OSB

Monday 10 - Friday 14 October

EN-SUITE ACCOMMODATION £308.00  
STANDARD ACCOMMODATION £288.00

Hearing again the good news of the Gospel, this will be a time to experience the love that God longs to give.



## *The Prayer was Made Flesh*

FR CHAD BOULTON OSB

Friday 21 - Sunday 23 October

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

How do we pray as physical creatures – what does it mean to pray with birds, to learn from trees, to walk as pilgrims, to dance with angels?

This retreat will look at prayer for restless bodies and distracted minds, including an approach to the Rosary.



## *God Paints Through Art and Spirituality*

FR BEDE LEACH OSB

Friday 4 - Sunday 6 November

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

A weekend discovering the essence of faith in religious art as it comes to life again, as we weave the initial gospel story with the faith life & homily of the artist, & gradually see our own ongoing faith & life story emerging, again or for the first time; two paintings, two sessions on each & a final summary session. A slow gentle exploration with fellow disciples & a God of surprises.



## *Monastic Experience Retreat*

FR KEVIN HAYDEN OSB

Sunday 6 November – Friday 11 November

£280.00 PER PERSON

Many believe that St Benedict wrote his Rule for monks in the later part of his life as the distillation of a lifetime of experience. It proposes a wise and carefully balanced set of elements which go together to create a life that nourishes and feeds our truest selves.

This retreat hopes to offer you a taste of that life, to live for a short while according to a different rhythm. Where there is space to live alongside the monastic community and other fellow pilgrims, to walk, to read, to be in silence, to pray alone and with the monastic community, to discuss and share, to allow yourself to be fed by the beauty of the world around you. Each day a different member of the community will offer food for reflection - aspects of St Benedict's wisdom that might help to enrich your life.

We hope that this week will give you the opportunity to step back for a short time so that you will be renewed and be able to re-engage with your life with fresh energy, enthusiasm and wisdom.

## *Tai Chi and Christian Meditation*

FR CHRISTOPHER GORST OSB AND TERRY DOYLE

Friday 18 - Sunday 20 November

EN-SUITE ACCOMMODATION £200.00

STANDARD ACCOMMODATION £180.00

Tai Chi has been described as 'meditation in movement'. Christian Meditation involves stillness. During this retreat we balance these paradoxical practices to help focus our body and mind on being open to God. Under Terry Doyle, a practitioner of Tai Chi and an Oblate of the World Community of Christian Meditation (WCCM) we will be guided in our learning and develop these means, by which we relax and become aware of God's presence. No previous experience is required, but those who have been before are most welcome to renew their practice and re-connect.



# November

## Julian of Norwich: From Struggle to Insight

FR GABRIEL EVERITT OSB

Friday 25- Sunday 27 November

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

Julian of Norwich, a medieval visionary with a great popularity in our own day, had a loving heart certainly, but also a remarkably clear and incisive mind. This retreat will explore some of the issues she worked through, and worried over, in order to come to her wonderful insight into God's love in Christ.



# December

## Advent Retreat: The Infancy Narratives of the Gospels

FR HENRY WANSBROUGH OSB

Friday 2 - Sunday 4 December

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

The Gospel stories of the birth and childhood of Jesus in Matthew and Luke have plenty to teach us about the Incarnation. The Gospel of John adds its own deep understanding. This should enrich our prayers during Advent.



## Lights will Guide You Home

FR KEVIN HAYDEN OSB

Friday 9 - Sunday 11 December

EN-SUITE ACCOMMODATION £154.00

STANDARD ACCOMMODATION £144.00

The title of this retreat is taken from the words of a song by the band Coldplay called Fix You. They echo a hunger deep within all of us - to come home in the fullest sense possible. They also echo Christ's promise to us: "Whoever follows me will not walk in darkness but will have the light of life." (John 8:12)

This retreat focuses on opening ourselves to that light, letting it guide us home and bring us a peace the world cannot give.



# How to Book

Please contact our Hospitality and Pastoral team to make a booking on 01439 766087 or via our website [ampleforth.org.uk/visitors/whatson](http://ampleforth.org.uk/visitors/whatson)

### PAYMENT TERMS

We'd appreciate advance payment for the retreat at the time of booking. However, if this is not possible then we can accept a £60 non-returnable and non-transferable deposit for residential retreats, with the remainder to be paid not later than 2 weeks before arrival.



# Explore the Ampleforth Abbey Estate

*Whether you are staying for a day or a week there is plenty to and see here in the magnificent Ampleforth Valley.*

## CONNECTING TO NATURE

Set in a valley in the Howardian Hills Area of Outstanding Natural Beauty, the Estate lands surrounding Ampleforth Abbey are rich in wildlife and history. Journeys into the valley can provide a real sense of discovery, place and belonging. We have regular guided short walks to describe and explain the ecology and landscape of the Abbey Estate, putting the scenery into context and helping you connect to the natural world. Longer walks or night walks can also be arranged on request.

## AMPLEFORTH ABBEY CHURCH

The Abbey Church is open to visitors every day from 5.30am – 8.45pm. You are welcome to come in at any time to pray or make a quiet visit.

The past 18 months have been a season of great change for the Ampleforth Abbey Community. As we have moved out of restrictions our doors have reopened and a new chapter has begun.

We are hoping to reintroduce tours of the Abbey Church shortly. Keep an eye on our website later in the year for updates.

## AMPLEFORTH ABBEY VISITOR CENTRE, SHOP AND TEA ROOM

We are currently embarking on an exciting project to bring a brand-new, renovated visitor experience to Ampleforth. Once completed, our Visitor Centre, Abbey Shop and Tea Room will be located in Alban Roe House. Keep an eye on our website for more updates as to our progress later in the year.

Our Abbey Shop is still available online with postage or click and collect options available <https://abbeyshop.ampleforth.org.uk/>



## AMPLEFORTH ABBEY ORCHARD AND CIDER MILL

For more than 200 years, we have been growing apples at Ampleforth Abbey. Today, with more than 2,500 trees growing over 10 acres, the Ampleforth Abbey Orchard is one of the largest commercial orchards in the North of England.

A succession of more than 50 varieties of apple ripens naturally between August and January in our traditionally managed orchards. Our full juice cider is crafted from a blend of dessert and culinary apples, pressed in our own Cider Mill where it is fermented and matured for eight months. Why not come and see the Orchard in bloom and find out more about our hand-crafted drinks production? We run regular tours throughout the summer months and can accommodate both groups and individuals. For more information please email [lettings@ampleforth.org.uk](mailto:lettings@ampleforth.org.uk)



## ST ALBAN'S SPORTS CENTRE

St. Albans Sports Centre has everything you need for a fun filled fitness experience. The well-equipped gym heated indoor pool and sports halls are supervised by well trained staff. There is a wide choice of fitness classes and lots of activities for the children to enjoy.

## FRIENDSHIP FOREST

We also have the Friendship Forest set in the woodland of Gilling Castle Parklands. Forest Schools, and their ability to create resilient, independent learners are increasing in popularity, and the benefits to mental health of spending time in wooded environments are now well established. In consultation with your group, we can devise bespoke sessions to fit your needs (curriculum-linked, active learning or quiet contemplation) or suggest sessions linked to the seasonal rhythms of the Estate. The Friendship Forest and sessions are open to people and groups of all ages. Walks and the Friendship Forest are led by Georgia, a qualified teacher and Forest School Leader with an academic background in ecology and conservation.

# Volunteering

Here at Ampleforth Abbey, we aim to provide a wide range of opportunities for volunteers to explore and experience our Estate and its works.

Our volunteers come from all walks of life. From retired folk who “want to give something back” to students and young people looking to widen their experience and aid their first step into work.

There are a variety of roles throughout Ampleforth Abbey which gives individuals the opportunity to find the role that is right for them. Full training is provided.

Please note that we are unable to accept volunteers under the age of 18 years of age.

To register your interest and find out more please contact [abbeyreception@ampleforth.org.uk](mailto:abbeyreception@ampleforth.org.uk)

# Benedictine Oblates

Every day the monks pray the Divine Office, what St Benedict called the Work of God. You can join them spiritually and pray in association with them, using the Office or a similar form of prayer. You can also learn and follow some of the spirit and wisdom of St Benedict by attempting to lead a more perfect Christian life in the world according to the spirit of the Rule of St Benedict. Lay people who do this might wish to become an Oblate or an Associate of the Abbey and making a promise of commitment.

Lay Catholic men and women who become Oblates are under the spiritual guidance of the monastery and are recommended to attend Oblate meetings and retreats.

For further information about becoming an Oblate, please write to:  
Fr Philip Rozario OSB  
Oblate Master  
Ampleforth Abbey  
York  
YO62 4EN  
or email: [philip@ampleforth.org.uk](mailto:philip@ampleforth.org.uk)

# Keeping in Touch

Would you like to receive communications relating to our latest news, information about forthcoming retreats, events and the works of Ampleforth Abbey Trust?

Sign up now on our website or send us a request via email to [pastoral@ampleforth.org.uk](mailto:pastoral@ampleforth.org.uk).





## AMPLEFORTH ABBEY

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