

The FCJ Spirituality Centre is supported by the donations made by those who follow the sessions or use the facilities in other ways. But it is our intention that no-one should be prevented from coming to the Centre because of financial circumstances. Please just make whatever donation you are able to offer.

If you are wondering what level of donation to give, the following is a general guideline: Full day event, £15 - £20; half-day event and evening, £8.00 - £10. Where there is an outside presenter, a little extra will help cover travel etc.

Applications for sessions can be made by phone: 020 3435 8049

By email: bookings.fcjcentre@fcjhouse-somerstown.co.uk

By tear-off slip if these are included in individual fliers

By post: FCJ House, 32 Phoenix Road, Somers Town, London NW1 1TA

General enquiries by phone or email:

enquiries.fcjcentre@fcjhouse-somerstown.co.uk

There is no need to apply to come to the Wisdom Group. Just 'drop-in'.

TRAVEL

Buses along Euston Road and into Euston Bus Station: 18, 30, 59, 68, 73, 91, 168, 205, 390, N5, N20 Nos 168 and 253 run along Eversholt Street

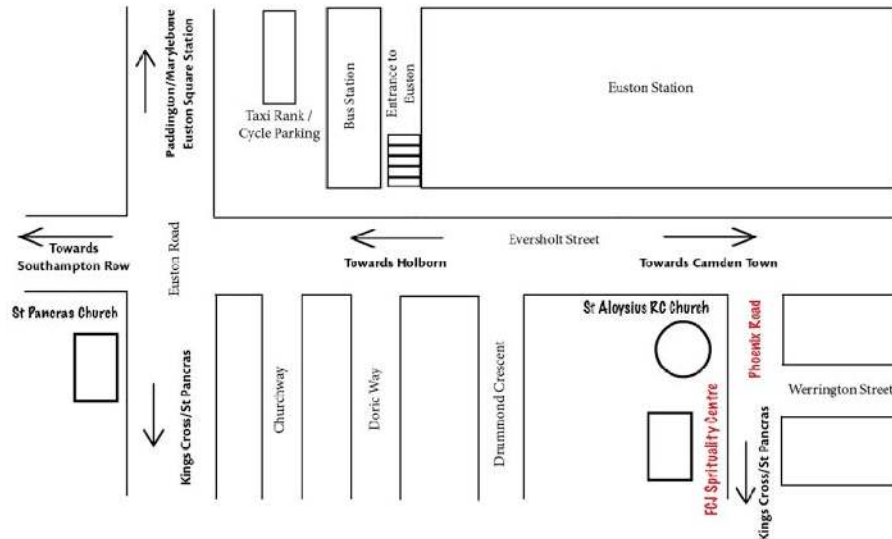
Underground into Euston: Northern Line and Victoria Line.

Also London Overground trains

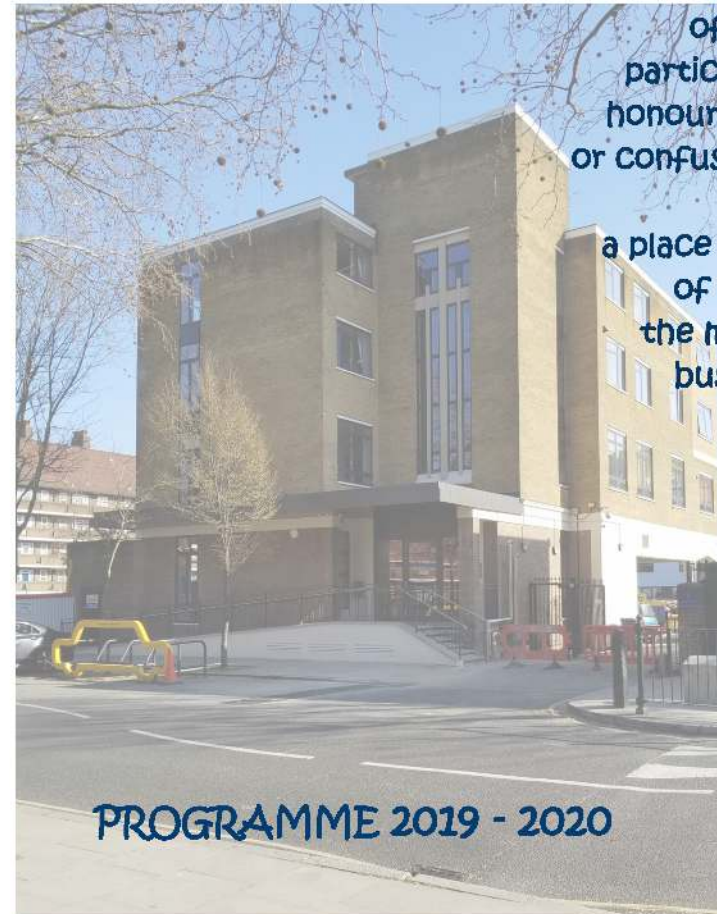
Underground into Euston Square: Circle, Hammersmith and City and Metropolitan

Underground into Kings Cross/St. Pancras: Circle, Hammersmith and City, Metropolitan, Victoria, Piccadilly and Northern

Metropolitan, Victoria, Piccadilly and Northern



The FCJ Spirituality Centre offers a warm welcome and hospitality for everyone, regardless of one's particular faith, honourable beliefs or confusing questions ... a place of hope and of calm in the midst of a busy City.



PROGRAMME for 2019-2020

September 2019

9th **Film as a way to reflect on life** Afternoon 2.30 - 5.15 pm

We will watch a film together and then reflect on how the story of the film helps us to understand better, some of the things that happen in our own lives and in the world around us.

10th **Film as a way to reflect on life** (repeat of yesterday's film)
Evening 7.00 - 9.45 pm

18th **Evening retreat** 7.00 - 9.30 pm

19th **The Wisdom Group** 2.00 - 4.30 pm or any part of that time

The Wisdom Group is for senior members of our local communities. Enjoy time to relax over tea, to share together, to receive some personal enrichment. As the group develops we can take requests from the group as to how to spend the time together.
2.00 - 4.30 pm, or any part of that time.

23rd **Book Club** Evening 7.15 - 8.15 pm
An initial gathering to sort things out.

Reflecting and sharing on a good book together can be a great experience. Having read the book of the month, enjoy meeting others to share your thoughts, your insights, your questions, your ideas. **If you cannot make it to this initial meeting, you can still join the Book Club at a later meeting**

October 2019

3rd **The Wisdom Group** 2.00 - 4.30 pm or any part of that time

5th **Day Retreat** 10.00am - 4.00pm
Please bring a packed lunch Tea and coffee available all day

7th **Film as a way to reflect on life** 2.30 - 5.15pm

8th **Film as a way to reflect on life** (repeat of yesterday's film)
7.00 - 9.45 pm

12th **Poetry and Prayer: An afternoon on the music and grace of words.**
If you can, bring a poem you love.

2 - 4.15 pm Sr Teresa White fcJ

16th **Evening retreat** 7.00 - 9.30pm

The purpose of the FCJ Centre, is to make available

- ◆ an environment in which to search for meaning in life
- ◆ opportunities to look at life's journey so as to deepen a personal relationship with God or further a commitment to one's highest values
- ◆ one-to-one spiritual accompaniment
- ◆ tools for making good life decisions
- ◆ opportunities to deepen and nourish the Christian faith
- ◆ the search for justice, inclusion, reconciliation and compassion in local and wider contexts
- ◆ concern for the sustainability of the Earth and the development of a nourishing eco-spirituality
- ◆ the engagement in the pursuit of Beauty - a path to God

We have several rooms available for groups to use for their own meetings. If you are interested please email 'enquiries' (see overleaf)

We can offer specific sessions in the Centre for parish groups or other groups, on topics that are of interest to them.

We are available to visit parishes to offer sessions in their own premises, - eg. an evening retreat, retreat in daily life.

If you would like to request personal spiritual accompaniment please email 'enquiries' or request it directly from one of the sisters on the team.

Tea and coffee making facilities are available. The retreat floor kitchen also has a fridge, microwave and cooker which are available for use.

The sessions are all run by a member of the Centre Team unless otherwise stated: Margarita Byron fcJ. Ellen McCarthy fcJ and Rita McLoughlin fcJ

23rd Quiet Day (See page 3) 10.00 am - 4.00 pm

27th **The Gift of Laughter: A day of prayer and light-hearted reflection**

"It is God's Will...that we seek Him wilfully, gladly and merrily... And then showeth our courteous Lord Himself to the soul - well merrily and with glad cheer - with friendly welcoming. Full glad and merry is Our Lord of our prayer." Julian of Norwich, c. 1343 - 1413

10.30 am - 4.00 pm Sr Teresa White fcJ, Sr Gloria Calabrese fcJ

July 2020

2nd **The Wisdom Group** 2.00 - 4.30 pm, or any part of that time.

4th **Day Retreat** 10.00am - 4.00 pm
Please bring a packed lunch. Tea and coffee available all day

5th **An afternoon with ETTY HILLESUM: The spiritual journey of a young Jewish woman.** (see page 3) 2.00 - 4.30 pm

8th **Evening retreat** 7.00 pm - 9.30 pm

11th **Living the Wisdom of Ignatian Spirituality in the 21st Century**
(repeat of the session of 9th November 2019) 10 am - 4.00 pm
Please bring a packed lunch. Tea and coffee available all day

13th **Film as a way to reflect on life** 2.30 - 5.15 pm

14th **Film as a way to reflect on life** (repeat of yesterday's film)
7.00 - 9.45 pm

16th **The Wisdom Group** 2.00 - 4.30 pm, or any part of that time

17th **Praying with Music:**
Music can touch our minds and hearts very deeply and lead us into a profound awareness of the presence of God.
7.15 - 9.15 pm

17th **The Wisdom Group** (See opposite page)
2.00 - 4.30 pm, or any part of that time

20th **An afternoon with Thomas Merton, monk and writer.**
2.00 - 4.30 pm

At our Centre, all the Meeting Rooms are named after a woman or man whose remarkable commitment to God, to life and to others is an encouragement and an example for us all. During the year we will take time to reflect on some of their lives.

23rd **Reflection on the Gospel of Luke and the Acts of the Apostles**
First of four sessions 7.15 - 9.15 pm

28th **Book Club** 7.15 - 9.00 pm

29th **Quiet Day** 10.00 am - 4.00 pm

A 'Quiet Day' offers you the opportunity to spend some time in the Centre for prayer, reading, relaxing, taking some 'time out'. For those who wish, there will be a short introduction at the beginning of the day to help you focus on how you might spend your time. There will be an opportunity to speak with one of the Centre team for anyone who wishes. You can come for all or for just part of the day. Bring a packed lunch. Tea and coffee etc. available.

31st **The Wisdom Group** 2.00 - 4.30 pm, or any part of that time.

November 2019

2nd **Day Retreat** 10.00am - 4.00pm.
Please bring a packed lunch. Tea and coffee available all day

9th **Living the Wisdom of Ignatian Spirituality in the 21st Century**
Please bring a packed lunch. Tea/coffee available 10.00 - 4.00 pm.

11th **Film as a way to reflect on life** 2.30 - 5.15 pm

12th **Film as a way to reflect on life** (repeat of yesterday's film)
7.00 - 9.45 pm

13th **Evening retreat** 7.00 pm - 9.30 pm

14th **The Wisdom Group** 2.00 - 4.30 pm, or any part of that time

16th Deepening in Faith 1 'The Name of God is Mercy'
10.30 am - 4.00 pm

DEEPENING IN FAITH

This is an 8 session opportunity to discover even more deeply, the treasures of our Christian belief:

- | | | |
|----------|---------------------------------------|--------------------|
| 1 | THE NAME OF GOD IS MERCY | 16th November 2019 |
| 2 | MEETING JESUS | 5th December 2019 |
| 3 | GOD'S INVITATION TO PRAYER | 11th January 2020 |
| 4 | CHOOSING WISELY | February 15th |
| 5 | INTRODUCTION TO THE SCRIPTURES | March 28th |
| 6 | WHAT IS EASTER ALL ABOUT? | April 25th |
| 7 | MARY, MOTHER OF THE CHURCH | 22nd May |
| 8 | THE DUTY OF JUSTICE | 20th June |

You may wish to follow the full 8 sessions but you can also just come to those that interest you the most.

17th What is Eco-Spirituality?
Exploring new ways of seeing and understanding God and our world
First of three sessions. 10.30 am - 4.00 pm

20th Reflection on the Gospel of Luke and the Acts of the Apostles
Second of four sessions 7.15 - 9.15 pm

24th An afternoon with Jean Vanier, founder of L'Arche.
(see page 3) 2.00 - 4.30 pm

25th Book Club 7.15 - 9.00 pm

26th Quiet Day 10.00 am - 4.00 pm (See page 3)

28th The Wisdom Group 2.00 - 4.30 pm or any part of that time

16th Another opportunity for Creative Card Making
All materials will be supplied but you may wish to bring paper, ribbon etc. if you have them, to add to your resources.
11.00 am - 4.00 pm Sr Gloria Calabrese fcJ

21st The Wisdom Group 2.00 - 4.30 pm, or any part of that time

22nd Deepening in Faith 7 'Mary, Mother of the Church' 7.15 - 9.30pm

26th Quiet Day (See page 3) 10.00 - 4.00 pm

30th Poetry and Prayer: An afternoon on the music and grace of words
If you can, bring a poem you love.
2.00 - 4.30 pm Sr Teresa White fcJ

June 2020

3rd Closing gathering for the Retreat in Daily Life 7.30 pm - 9.00 pm

4th The Wisdom Group 2.00 - 4.30 pm, or any part of that time.

6th Day Retreat 10.00 am - 4.00 pm
Please bring a packed lunch Tea and coffee available all day

7th What is Eco-Spirituality?
Exploring new ways of seeing and understanding God and our world.
Third of three sessions 10.30 am - 4.00 pm

8th Film as a way to reflect on life 2.30 - 5.15 pm

9th Film as a way to reflect on life (repeat of yesterday's film)
7.00 pm - 9.45 pm

10th Neighbours in Faith 2 Islam 7.00 pm - 9.30 pm

A time to further discover the beauty and richness of the various faiths of people living in our city. We will welcome a Muslim speaker to our gathering.

17th Evening retreat 7.00 pm - 9.30 pm

18th The Wisdom Group 2.00 - 5.00 pm, or any part of that time.

20th Deepening in Faith 8 'The Duty of Justice' 10.30 am - 4.00 pm

22nd Book Club 7.15 - 9.00 pm

April 2020

- 2nd The Wisdom Group** 2.00 - 4.30 pm, or any part of that time.
- 4th Day Retreat** 10.00 am - 4.00 pm
Please bring a packed lunch. Tea and coffee available all day
- 20th Praying with Movement:**
A gentle way to open ourselves to God and to respond to God by using gesture and movement 7.15 - 9.15 pm
- 23rd The Wisdom Group** 2.00 - 4.30 pm, or any part of that time
- 25th Deepening in Faith 6** *What is Easter all about?*
10.30 am - 4.00 pm
- 27th Book Club** 7.15 - 9.00 pm
- 28th Quiet Day** 10.00 am - 4.00 pm (See page 3)

May 2020

- 3rd An afternoon with St Brigid of Kildare, Ireland.**
(see page 3) Sr Marion Dooley fcJ 2.00 - 4.30 pm
- 6th Retreat in Daily Life** Opening Meeting 7.30 pm - 9.00 pm

RETREAT IN DAILY LIFE

A 'retreat in Daily Life' is a special time of prayer and reflection which takes place in the midst of the ordinary round of your life.

On the first evening we will gather in the Centre, during which some helps for your prayer will be offered to you..

Each person making the retreat will be given a 'prayer guide' who will accompany them during the four weeks, meeting them once every week at a mutually agreed time and location, which could be at the Centre or elsewhere.

When the four weeks have finished, there will be a closing meeting in the Centre, where all can reflect on their experience and thank God for the gifts and graces they have received.

- 7th The Wisdom Group** 2.00 - 4.30 pm, or any part of that time.
- 11th Film as a way to reflect on life** 2.30 - 5.15 pm
- 12th Film as a way to reflect on life** (repeat of yesterday's film)
7.00 - 9.45 pm

December 2019

- 3rd Creative Card Making**
All materials will be supplied but you may wish to bring paper, ribbon etc. if you have them, to add to your resources.
7.15 pm - 9.30 pm Sr Gloria Calabrese fcJ
- 4th Reflection on the Gospel of Luke and the Acts of the Apostles**
Third of four sessions. 7.15 pm - 9.15 pm
- 5th Deepening in Faith 2** 'Meeting Jesus' 7.15 pm - 9.30 pm
- 7th Day Retreat for Advent** 10.00 am - 4.00 pm
Please bring a packed lunch. Tea and coffee available all day
- 9th Film as a way to reflect on life** 2.30 - 5.15 pm
- 10th Film as a way to reflect on life** (repeat of yesterday's film)
7.00 - 9.45 pm
- 12th The Wisdom Group** 2.00 - 4.30 pm, or any part of that time
- 18th Evening retreat for Advent** 7.00 - 9.30 pm

January 2020

- 8th Reflection on the Gospel of Luke and the Acts of the Apostles**
Fourth of four sessions. 7.15 - 9.15 pm
- 9th The Wisdom Group** 2.00 - 4.30 pm, or any part of that time
- 11th Deepening in Faith 3** 'God's Invitation to Prayer'
10.30 am - 4.00 pm
- 13th Film as a way to reflect on life** 2.30 - 5.15 pm
- 14th Film as a way to reflect on life** (repeat of yesterday's film)
7.00 - 9.45 pm
- 15th Evening retreat** 7.00 pm - 9.30 pm
- 18th Praying with Art:**
Using paintings and other images can be a powerful way to lead us into prayer 10.00 am - 4.00 pm Sr Cecilia Connolly fcJ
- 21st Quiet Day** 10.00 am - 4.00 pm (See page 3)
- 23rd The Wisdom Group** 2.00 - 4.30 pm, or any part of that time

25th / 26th Introduction to the Enneagram 1 Sr Mary Leahy fcJ

A Way to Grow through Deeper Awareness of Personal Giftedness and Limitations. This Workshop offers opportunities to explore aspects of our inner selves and recognise paths that lead to greater integration.

Saturday 25th 10.30 am - 4.30 pm ; Sunday 26th 11.00 am - 3.30 pm

27th Book Club 7.15 - 9.00 pm

February 2020

(31st) / 1st / 2nd Switch Off ... Wind Down ... Connect With God!

Beginners silent retreat for **young adults** (20s and 30s). A chance to detox from noise and distractions and focus on your relationship with God. Come for the weekend or simply the day on Saturday. Arrivals from 5 pm Friday, to Sunday 2 pm. If you are only coming for the day on Saturday, 9.30 am to 5.00 pm.

Apply to lynnefcj@hotmail.com **Led by** Lynne Baron fcJ, MaryAnne Francalanza fcJ

5th Praying with Clay:

Holding and shaping clay can lead us to a sense of God's closeness and caring touch 7.15 - 9.15 pm

6th The Wisdom Group 2.00 - 4.30 pm, or any part of that time

7th Day Retreat 10.00 am - 4.00 pm
Please bring a packed lunch. Tea and coffee available all day

10th Film as a way to reflect on life 2.30 - 5.15 pm

11th Film as a way to reflect on life (repeat of yesterday's film)
7.00 - 9.45 pm

12th Evening retreat 7.00 pm - 9.30 pm

15th Deepening in Faith 4 'Choosing wisely' 10.30 am - 4.00 pm

18th Quiet Day 10.00 am - 4.00 pm (See page 3)

20th The Wisdom Group 2.00 - 4.30 pm, or any part of that time.

21st Poetry and Prayer: *An evening on the music and grace of words*
If you can, bring a poem you love. 7.15 - 9.30 pm
(New poems from October session) Sr Teresa White fcJ

22nd Living the Wisdom of Celtic Spirituality in the 21st Century
10.30 am - 4.00 pm. Sr Marion Dooley fcJ

24th Book Club 7.15 - 9.00 pm

29th Insights of the Women Mystics Sr Bernadette O'Malley fcJ
11.00 am - 4.00 pm

March 2020

5th The Wisdom Group 2.00 - 4.30 pm, or any part of that time

7th Day Retreat 10.00 am - 4.00 pm
Please bring a packed lunch. Tea and coffee available all day

8th What is Eco-Spirituality?
Exploring new ways of seeing and understanding God and our world.
Second of three sessions 10.30 am - 4.00 pm

9th Film as a way to reflect on life 2.30 - 5.15 pm

10th Film as a way to reflect on life (repeat of yesterday's film)
7.00 - 9.45 pm

14th / 15th Spirituality of the Enneagram 2 Sr Mary Leahy fcJ

We can change and the Enneagram shows us how, with the guidance of the Spirit. In a challenging way, it offers enlightenment as to why we so often mask our own mistakes and misconstrue the motivation of others.

To follow this session, you will need to have a good understanding of the basics of the Enneagram

Saturday 14th 10.30 am - 4.30 pm ; Sunday 15th 11.00 am - 3.30 pm

18th Evening retreat 7.00 - 9.30 pm

19th The Wisdom Group 2.00 - 4.30 pm, or any part of that time.

21st Praying with Colour:
Discovering how connections between prayer and colour can lead us to deepen our prayer life. 11.00 am - 4.00 pm
Sr Gloria Calabrese fcJ

23rd Book Club 7.15 - 9.00 pm

26th Neighbours in Faith 1 Judaism 7.00 pm - 9.30 pm

A time to further discover the beauty and richness of the various faiths of people living in our city. We will welcome a Jewish speaker to our gathering.

28th Deepening in Faith 5 'Introduction to the Scriptures'
10.30 am - 4.00 pm

31st Quiet Day 10.00 am - 4.00 pm (See page 3)