

Julian of Norwich

Led by Fr David Jarmy OSB

Description:

An anchoress of the fourteenth century, about whom we know very little for certain, has captured the imagination of our time in a remarkable way, in her writings *A revelation of Divine Love*.

At the age of thirty, suffering a severe illness and believing she was on her deathbed, she had a series of visions of the crucifixion of Christ. Some time after having received these visions she chose to live as an anchorite – in a cell next to a Church in Norwich – where she spent the rest of her life pondering the meaning of these intense experiences – expanding on what she had written as she wrestled with the big questions of life. Fourteenth century England was a time of great upheaval – political, social and religious – and surprisingly many of the questions arising today are in the centre of Julian’s concerns. Her response is amazingly positive as she ends her writing with the words she was given:

“Would you like to know Our Lord’s meaning of all this? Know it well: love was his meaning. Who revealed this to you? Love. What did he reveal to you? Love. Why did he reveal it to you? For love. Stay with this and you will know more of the same. You will never know anything but love, without end.”

An excellent preparation for this retreat would be to read *I Julian by Claire Gilbert* - an imaginary life of Julian and ***“a brilliantly illuminating companion to one of the greatest works of spiritual writing in the English language. I guarantee you won’t be able to put it down!”***
Rowan Williams

Retreat Dynamics:

All our retreats are run along Benedictine principles with a balance between prayer and work, silence and talking, and being alone and being in community. To do this we use the monastic rhythm of the day defined by the structure of the monastic services, along with the regular meal-times this establishes a balanced and healthy environment from which good reflection and discernment can happen.

What should my expectations be?

The retreat will include:

- A time for monastic services and Mass (once a day);
- A time for silence;
- A time for practising Lectio Divina (sacred reading);
- A time for listening to reflections;
- A time for discussion and asking questions.

In the afternoon there will be:

- A time to have space for myself;
- A time to walk in the Sussex countryside;
- A time to have a 1:1 with a monk (if you wish).

Our hopes for the Retreat:

You will leave feeling:

That you have connected with God in some meaningful way;
Rested and refreshed with a sense of joy and hope;
You will want to return at some stage in the future.