

## What are these Peace and Quiet Days all about?

The Bible is filled with examples of those who have taken time away from their everyday life, to become closer to God.

While organised retreats are wonderful experiences, it is impractical for most of us to experience them frequently, so this is an opportunity to create your own personal retreat for just one day.

Peace and Quiet Days are a wonderful chance to enjoy beautiful surroundings whilst having an opportunity to reflect, grow spiritually, and to consider how we can find peace within conflict.

Each Peace and Quiet Day has a different theme, beginning with an optional led session. Throughout the day you are free to enjoy the Centre, Chapel and grounds, a lovely environment in which to spend a day of reflection. Resources are available for you to use to create a personal retreat, appropriate for you.



Tea, coffee, biscuits and cake available throughout the day.

### Day Cost:

**£24 without lunch**

**£30 with lunch**

## Add to your day from the following options:

### **A Led Reflection**

A great way to begin your day. A time of reflection, prayer and meditation, which can provide a thoughtful structure for the rest of your time at the Centre. The focus in January will be 'Beginning the New Year with God'  
10.15 am

### **A Conflict Management Coaching Session**

Explore ways to manage yourself and your anxiety, helping to build your resilience, and enabling you to cope with conflict. This is particularly helpful for Church leaders, ministers, their spouses or family members, who are often deeply affected by the stresses of the church conflict. Booking is essential.

**One-to-one coaching Session (1 hour): £20**

### **'Understanding your Style' using the Gilmore Fraleigh Style Profile**

An individual session using the Gilmore Fraleigh Style Profile to help you in your understanding of yourself in calm or storm situations. The questionnaire must be completed and paid for prior to the retreat day

**Gilmore Fraleigh individual coaching session (1 hour): £30** (to include G-F Questionnaire and Printed Interpretation booklet)

### **The Blackley Pilgrimage**

A guided walk, of about 1 hour, (reasonably gentle with some uphill sections) with places to stop and reflect, finding peace in creation

### **Closing Reflection Time**

Finish your day well. Join with others to share thoughts and reflections, finishing with prayer. 3.45 – 4.00 pm

You can book by:

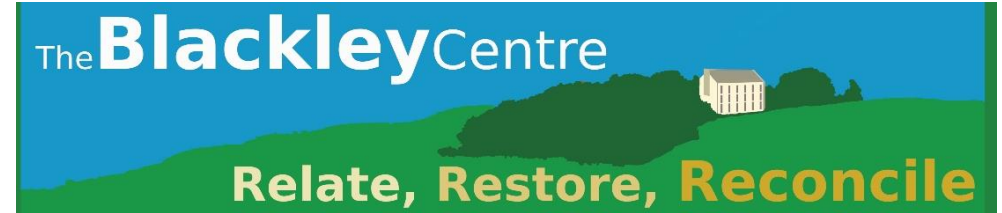
Visiting the website

[www.blackleycentre.co.uk](http://www.blackleycentre.co.uk)

where you will find more details and a booking form

Or by phone on: 01422 646803

Or by email: [jo.williams@blackleycentre.co.uk](mailto:jo.williams@blackleycentre.co.uk)



## *'Peace & Quiet Days'*

at

**The Blackley Centre:**  
*Relate, Restore, Reconcile*

on:

Saturday 5<sup>th</sup> January 2019

Wednesday 6<sup>th</sup> March 2019

Saturday 11<sup>th</sup> May 2019

Wednesday 10<sup>th</sup> July 2019

10.00 am to 4.00 pm

Use the space, resources, and grounds of the Blackley Centre, including the Chapel, as you wish, in silent prayer, reflection, reading, meditation.

These days are particularly helpful for those who need to find peace in difficult situations.