

Practical Information



Venues All days are held at: **Christ Church Hall**, Morningside Road, Holy Corner. It is served by Lothian Bus routes 11, 15, 16, 23 and 45. There is free parking on Saturdays in local streets.

Access The venue is wheelchair accessible. If you require a blue badge parking space at Christ Church please let us know.

Lunch Hot and cold drinks, homemade soup, bread/butter, fruit and biscuits will be provided. There are plenty shops for sandwiches nearby or do bring your own.

Costs We aim keep the cost of the day only to that which covers venue hire, admin, facilitator's fees/travel, and refreshments. If you are able to donate in addition to the fee we will gladly put this towards the bursary fund to support those could not otherwise afford to attend.

Cancellations Please let us know if you are unable to make the day so that we can contact people from the waiting list. If there are others waiting - and we can fill your place - we will return your payment.



The days are organised by The Epiphany Group, an ecumenical body of men and women offering spiritual accompaniment, training in spiritual direction and retreats. It is formed in the spirituality of the Ignatian Spiritual Exercises. For other courses, retreats and events see: www.epiphanygroup.org.uk



SIX DAYS

A series of six reflective, themed Saturday workshops

**An invitation to become more fully open
to the person God is creating me to be**

October 2015 - June 2016
Edinburgh

Booking Form

Each day runs 10am until 4pm

Bookings are welcome for one, some or all of the days. They can be booked at any time during the year, however places are limited and early booking is advised; we will hold a waiting list once days are full.

Each session is £25, payable at the time of booking.

Bursary help may be available, please tick here if you would like a form

Or download from www.epiphanygroup.org.uk/training_courses.htm

Name

Phone.....

Email (please print clearly)

How did you hear about these days?

Please tick the dates you would like to book for:

October 3	November 28	January 9	February 6	April 30	June 4

Please send your booking form and payment to:

Elizabeth White – Six Days

17 Warriston Drive

Edinburgh EH3 5LY

Tel: 07952 198379 Email: sixdaysedinburgh@yahoo.co.uk

I enclose a cheque for made payable to ‘Epiphany Group’

3 October **Praying with Icons** *‘Through the gate of the visible to the mystery of the invisible, icons are painted to lead us into the inner room of prayer and bring us closer to the heart of God’* (H. Nouwen). An invitation to experience, explore and pray with icons. With Sr Kathleen Curran and Juliet MacKellaig, members of the retreat team, Archdiocese of St Andrews and Edinburgh.

28 November **Who am I? Mental Health, Wellbeing and Spirituality** A day exploring the complexity of identity, meaning and purpose; relationships and connections; what gives hope and what brings joy using reflective practice and mindfulness meditation. Maxwell Reay is Community Mental Health Chaplain, NHS Lothian. He has been a minister since 1993 and co-ordinates the LGBTI affirming ministry and the mental health ministry at Augustine United Church.

9 January **The Generosity of Elders** In the Autumn years of our lives, how do we live more intentionally out of a place of generosity and grace; of clarity and wholeness? How do we then use these gifts to nourish the lives of others? Using poetry, image and gentle conversation, this day is aimed at ‘second-half’ or retired people and those who accompany them in life. With Nancy Adams, member of the Coracle Trust, Emmaus House & Place for Hope communities.

6 February **Living Compassion** Through simple and profound practices, this day will explore how to nurture a compassionate relationship with ourselves and bring compassion to others around us. This work is spiritual; it helps us to connect with our inner life, increase self-awareness and choice, and live from a place of integrity. Facilitated by Vèrène Nicolas, a certified trainer in Nonviolent Communication, mediator and Quaker.

30 April **Mindfulness and Mysticism** The germ of divine life is latent in each of us, an integral part of our humanity. The practice of mindfulness opens us to the gift of mysticism, moving us towards harmony with the Transcendent. This experiential day offers practice in mindfulness within the Christian mystical tradition. Carmel Byrne rscj is a team member at Garden Cottage Spirituality Centre, and has studied holistic spirituality, mysticism and compassion.

4 June **Thomas Merton: Many Paths to Wholeness** Merton was a man of many parts - convert to Catholicism, monk, writer, artist, peace activist, and bridge between Western and Eastern religious thought and mysticism. We will focus on Merton's journey to God and reflect on what lessons we might learn for our own spiritual seeking in today's world. With John Dunne, retired clinical psychologist who is also trained in pastoral ministry.