

Space for Reflection guide

People reflect in different ways, alone or with others, by being still or by being active, by delving into the theory or by working out the practice. The programme includes an hour long reflection slot on Tuesday morning and Wednesday morning to help us engage with the themes of the Conference and the keynote inputs in particular. Please choose the one that appeals to you, or why not try something different on each of the two mornings?

Pop Up Library

Love to read? Come to the pop up library where a selection of material will be on offer, from scripture, from the keynote speakers' own writings and from other sources, to complement and build on the keynote addresses. Or feel free to bring your own related reading matter with you and enjoy a peaceful hour

Discussion

Having listened to the keynote speaker maybe you are burning to explore, endorse or critique his or her ideas. Join with others for a lively discussion based on questions which the speakers will provide. These groups will be facilitated by Bishop Edward and Bishop Karen

Connecting on social media

Learning is meant for sharing and is enhanced when we bounce ideas with others. The various forms of social media provide a fantastic opportunity for this and may also reach those who don't normally come to our churches. Two well known Christian bloggers, Simon Sarmiento ('Thinking Anglicans') and Gary Alderson ('Cyber Coenobites') will help us get started/ experiment further with sharing our reflections online

Art and craft

For those who would like a hands on way of reflecting, this may be for you. Individually or in small groups we will respond to each day's talk, looking for key points and tuning in to our own reactions using simple art materials, such as pastels, paint, clay, junk modelling, and collage. Sophie Hacker will be alongside to provide help and inspiration

Walk and talk

A gentle stroll and the chance to chat with kindred spirits may be your preferred way of digesting the rich content of a keynote address. There will be two walking groups, one undemanding (around 1 mile) and one more energetic (up to 3 miles). Please indicate on your booking form which you prefer. Both groups will be led by reliable guides! We have ordered fine weather but please bring your outdoor gear just in case

Meditation

Some people find that relaxing the body frees the mind to be more flexible, creative and open to new ideas. Theresa Hunt, our resident wellbeing expert, will teach a range of exercises to help you unwind and focus in a deeper way

A



B



C



D



E



F

