

Norwich Christian  
Meditation Centre

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

# BREATHE DEEP

**A two-day retreat in the city  
with poet and priest Ian Adams**

**Friday 24 and Saturday 25 April 2020  
St Luke's Church, 61 Aylsham Road, Norwich**

An opportunity to pause and breathe  
deeply, to sense the life of God being  
breathed in us and through us, bringing  
renewed hope to our world

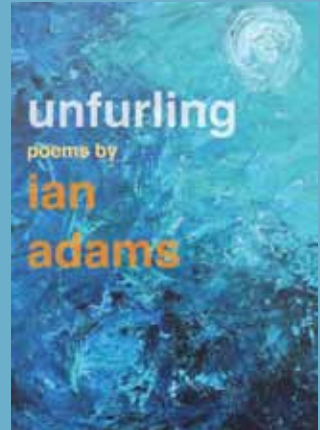
*'One of the most striking, original and fresh voices  
in contemporary spirituality'*  
Canterbury Press

*the gift of this day, this moment*

A two-day retreat in the city in the season of Easter, with a spacious mix of teaching, conversation and contemplative practice. Ian will be reflecting on stories of the risen Jesus from the Gospels, drawing on the wisdom of Julian of Norwich and opening up possible ways to pray, including Lectio Divina, Centering Prayer, the Beloved Life practices of Terra Divina (prayer with the landscape) and Body Prayer for the Beatitudes. Throughout the retreat Ian will be sharing poems, images and stories from his own continuing journey deeper into faith, hope and love.

*'Ian's collection of poems Unfurling enable us to attend to the sacredness present in all things, and to rediscover the depth of our connection to the earth, its creatures, and the people around us. The notion of unfurling is suggestive of movement and growth, inviting us to let go of the anxieties and fears that bind us, and to open ourselves to the possibility of transformation. Ian's poetry is memorable in its beauty and simplicity.'*

Unfurling, Canterbury Press



### RUN BAREFOOT

Tender, could we learn  
once more to run  
as lovers  
landing soft  
with tender feet?

To take off our shoes  
and run barefoot to  
trust our toes  
and sift the sand  
sense the stones and  
take the shred, the bruise and cut  
to feel the red soil pulse again  
and run as our ancestors ran  
so light on earth's dust skin;  
the beginning of some sweet recovery  
and the shedding  
of more than shoes,  
the softening  
of more than tread.

*'These beautiful poems know us.  
We are invited into that expansive  
knowing, welcomed into breathing  
with kind shafts of insight.'*

Pádraig Ó Tuama, poet and  
theologian

Ian will also be drawing upon:

*Cave Refectory Road: monastic  
rhythms for contemporary living;*

*Running Over Rocks: spiritual  
practices to transform tough times;*

*Breathing Deep: life in the  
spirit of Easter*

All Canterbury Press

Ian Adams is a poet, photographer, and priest. He is co-chaplain at Ridley Hall Cambridge, Spirituality Adviser at Church Mission Society, partner in the Beloved Life project, and creator of Morning Bell.

[belovedlife.org](http://belovedlife.org) [about.me/ianadams](http://about.me/ianadams) [@pacebene](https://twitter.com/pacebene)



## PROGRAMME

### FRIDAY

09:30	Registration and coffee
10:00	<b>FINDING THE WORDS: JOY AND LAMENT</b>
11:15	Coffee Break
11:45	<b>Personal reflection, reading, prayer inspired by the opening session</b>
12:45	Lunch Break
13:45	<b>NURTURING PRESENCE: LETTING GO, BECOMING PRESENT</b>
14:45	Tea Break
15:00	<b>Discernment, reading, prayer</b>
15:45	<b>Questions and reflections</b>
16:15	<b>Reflective Evening Prayer</b>
16:30	Close

### SATURDAY

09:30	Doors open and coffee
10:00	<b>GROWING AWARENESS: THE DIVINE LIFE WITHIN YOU</b>
11:15	Coffee Break
11:45	<b>Personal reflection, reading, prayer inspired by the opening session</b>
12:45	Lunch Break
13:45	<b>SEEKING TRANSFORMATION: YOUR LIFE, YOUR CALLING</b>
14:45	<b>Discernment, reading, prayer</b>
15:30	<b>Questions and reflections</b>
16:00	<b>Reflective Evening Prayer</b>
16:15	Close

# BREATHE DEEP



**Friday 24 & Saturday 25 April 2020**

St Luke's Church, 61 Aylsham Road,  
Norwich, NR3 2HF

Tea and coffee will be provided each day, but lunch will not, so please bring a packed lunch or use the mini supermarket down the road.

The venue is fully accessible; please let us know if you have any special requirements.

Although we have to cover our costs, we do not want lack of funds to stop someone attending - please contact us if you are not able to pay.

**Enquiries:** Please email [debbie@norwichmeditation.co.uk](mailto:debbie@norwichmeditation.co.uk) or phone 07757 063066.

**The weekend's presentations are designed to be experienced in one piece.**

However, if this is not possible for you, you are welcome to book for either day.

To book your place, find a map and get more info please visit:

**[www.breathedeep.eventbrite.co.uk](http://www.breathedeep.eventbrite.co.uk)**

## POSTAL BOOKING

Please send to: Anna Green, 24 Golden Dog Lane, Norwich, NR3 1BP  
Cheques payable to St Augustines DCC. (Collect your ticket at the event)

Please include email address and/or phone number for confirmation.

- I enclose £60 and would like to book for both days
- I enclose £30 and would like to book Friday
- I enclose £30 and would like to book Saturday

NAME

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