

BOOKING FORM

Please book online if possible at
www.brfonline.org.uk/festival-of-prayer

Bring four friends and get the fifth place FREE

I would like to book for the Festival of Prayer on 18 July 2015

1) First name: _____ Surname: _____

For correspondence:

Email address _____

Address _____

_____ Postcode _____ Tel _____

☐ Please email me with other information about BRF's events and Quiet Days.

FIRST NAME

SURNAME

2) _____

3) _____

4) _____

5) _____

Do you have any particular requirements, for example, disability, hearing, visual impairment? Please indicate.

Cost of places: £25 per person

Bring four friends and get the fifth place FREE.

Total cost: £ _____

If you are unable to book online, please return the completed booking form with payment in full to:

BRF Festival of Prayer Bookings, 15 The Chambers, Vineyard, Abingdon, Oxon, OX14 3FE

Tel 01865 319700 Fax 01865 319701 Email: events@brf.org.uk

If you require a receipt, please include a stamped addressed envelope.

I enclose a total payment of £ _____ (cheques payable to BRF)

Method of payment: ☐ Cheque ☐ MasterCard ☐ Visa

Card no:

Valid from Expires

Security code*

*Last 3 digits on the reverse of the card.
ESSENTIAL IN ORDER TO PROCESS YOUR ORDER

1234 567
EXAMPLE

Signature _____ Date _____

ESSENTIAL IF PAYING BY CREDIT CARD

Cheques payable to BRF.

PROM CODE: FOP2015

BOOKING NOTES

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You will have the opportunity to attend up to three workshops during the day, but we suggest that you may want to keep one session free in which to reflect and digest. Reflective options are walking the Village Prayer Walk • walking round the Labyrinths on the college lawn • sitting in the Bishop Edward King Chapel • sampling half an hour of Spiritual Direction from a spiritual director (bookable on the day) • browsing the bookstall • having a cup of coffee. If so; book No 9, 18 or 26.

If No 7 or 24 (Contemplation & Photography) interest you, you need to book both as they are being treated as one workshop.

By booking online, you will be able to tailor-make your day by selecting the workshops that interest you. You will only be able to book a place on workshops that are not already full, so book early to ensure the workshop of your choice.

Bookings cancelled one month or less prior to an event cannot be refunded.

Further information, including a site map, will be sent out approximately two weeks before the event.

As a charity BRF try to keep their costs to a minimum, so please book online if possible. If you are unable to book online and require a receipt, please enclose a stamped addressed envelope.

Further information about the day can be found on the BRF website - www.brfonline.org.uk/festival-of-prayer or via the link on www.oxford.anglican.org/festivalofprayer

If you have any further booking enquiries contact the BRF website www.brfonline.org.uk/festival-of-prayer or email events@brf.org.uk or write to: BRF Festival of Prayer Bookings, 15 The Chambers, Vineyard, Abingdon, Oxon, OX14 3FE. Fax 01865 319701. Tel 01865 319700

For any enquiries other than booking, contact:
Andrew.Meynell@oxford.anglican.org or call 01844 277912

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FESTIVAL OF PRAYER 2015



Saturday 18 July 2015

10.00 am–4.30 pm

**A day to explore different aspects
of spirituality and prayer**

Ripon College, Cuddesdon, nr Wheatley,
Oxford OX44 9EX

The Festival of Prayer, now in its fifth year, includes ‘taster’ sessions of spiritual traditions and those that ‘go deeper’. It offers a breadth of content with a gentleness of pace and warm hospitality. The intention is to make different forms and styles of prayer accessible to beginners and the more experienced alike. The Festival will start at 10.00am in Cuddesdon Parish Church with a welcome by Colin Fletcher, the Bishop of Dorchester and the keynote address by Mark Williams. Mark will suggest we may cultivate stillness in a frantic world by using Mindfulness. He will also lead three workshops exploring and practising Mindfulness through the day. Besides Mark’s workshops, the sessions offer a large and varied programme of input and engagement. The day ends with a reflection and final prayer in the church by 4.30 pm.

Among the riches on offer are workshops on Pathways into Silence, Ignatian spirituality, the Jesus Prayer and Celtic traditions; and the spiritual insights of Thomas Merton and Hildegard of Bingen. We can learn to use our cameras as tools to aid contemplation; there are workshops on Prayer in Later Life and using Poetry to prepare for Prayer with the help of the Forest Church, we can explore the natural world in the open air - whatever the weather. The programme is designed to give opportunities to enrich and feed the inner person. Each workshop will last one hour, and most will include a time of prayer in the appropriate style.

To plan your day, choose one workshop in each of the three sessions. If you are interested in attending Contemplation and Photography, you will need to book both workshops (Nos 7 & 24). All others stand alone, although a speaker’s second may assume some prior knowledge of the subject. To help you decide which ones to choose, go online and find full details of the Festival workshops and their leaders.

Most of the venues are in the college, within walking distance of each other, and those with steps or stairs are marked accordingly. Cuddesdon Parish Church and the Village Hall are 3 or 4 minutes walking distance from the college. The parish church has amplification and a loop system, as does the Harriet Monsell Centre (**HM** on workshop page).

KEYNOTE ADDRESS: Mark Williams

Mindfulness: Cultivating Stillness in a Frantic World

Mark Williams is Emeritus Professor of Clinical Psychology in Oxford, an Anglican priest and an Honorary Canon at Christ Church Cathedral. He co-developed Mindfulness-based Cognitive Therapy (MBCT), now part of the NHS’s NICE-approved treatments for preventing depression.

WORKSHOPS TO CHOOSE FROM

↑ venue only accessible by stairs. ↗ venue has two steps up to it.

WELCOME AND KEYNOTE ADDRESS 10.00–10.50

Mindfulness: Cultivating Stillness in a Frantic World *Mark Williams*

MORNING SESSION 1 11.15–12.15

1. Mindfulness: Further Explorations and Practice *Mark Williams*
2. Singing the Mystery: Hildegard of Bingen *June Boyce-Tillman*
3. Introducing Celtic Spirituality: Places & Pilgrims, Saints & Stories *Tony Phelan*
4. Finding God in All Things: The Examen Prayer *Ruth Holgate*
- HM 5. Prayer in Later Life: Prayer with a Purpose *Debbie Thrower*
- ↑ 6. Poetry as Prayer: Reading attentively as a way of Contemplation *Philip Seal*
- ↗ 7. Contemplation & Photography 1: Theory and Practice (*book with workshop 24. Bring your camera*) *Louise Nelstrop*
- ↑ 8. Praying with the Labyrinth *Sally Welch*
9. Your Space: Spiritual Direction • Village Prayer Walk • Labyrinth

AFTERNOON SESSION 2 1.30–2.30

10. Mindfulness: Further Explorations and Practice *Mark Williams*
11. Elijah’s Jug: Thomas Merton - Sustaining our Life in Christ *Robert Wright*
12. Meditating with Julian *Emma Pennington*
- HM 13. Silence & Solitude: *Br Nicholas Allen SSF*
- ↑ 14. Preparing for Prayer with Poetry: *Philip Seal*
15. Creative Prayer Ideas: *Claire Daniel*
16. Forest Church: Wonder & Awe in Nature (open air): *Tim Stead*
- ↗ 17. The Jesus Prayer: Standing before God with the Mind in the Heart: *Hugh Wybrew*
18. Your Space: Spiritual Direction • Village Prayer Walk • Labyrinth

AFTERNOON SESSION 3 3.00–4.00

- ↑ 19. Mindfulness: Further Explorations and Practice: *Mark Williams*
20. The Relevance of Hildegard for Today: Unconventional Wisdom *June Boyce-Tillman*
21. May I pray with you? Praying with Older People on a Pastoral Visit: *Debbie Thrower*
22. Imaginative Contemplation of the Gospel: *Ruth Holgate*
- HM 23. Pathways into Silence: *Br Nicholas Allen SSF*
- ↗ 24. Contemplation & Photography 2: Practice in Action (*book with workshop 7. Bring your camera*): *Louise Nelstrop*
25. Maker’s Blessing: A Blessings Workshop (Celtic): *Tony Phelan*
26. Your Space: Spiritual Direction • Village Prayer Walk • Labyrinth

REFLECTION & BLESSING 4.20–4.30

BOOKING FORM

Please book online at www.brfonline.org.uk/festival-of-prayer
Booking online provides the latest availability of workshop spaces. If you are unable to book online, please ensure that you enter three preferred workshop options in each session.
1 = First preference 2 = Second preference 3 = Third preference
If you do not provide three options and your preferred workshop is full, we will allocate a workshop for you.

MORNING SESSION 1 (11.15–12.15)		Participant				
	Example	1	2	3	4	5
1. Mindfulness: Further Explorations	3					
2. Singing the Mystery: Hildegard	1					
3. Introducing Celtic Spirituality						
4. Finding God in All Things	2					
5. Prayer in Later Life						
6. Poetry as Prayer						
7. Contemplation & Photography						
8. Praying with the Labyrinth						
9. Your Space						
AFTERNOON SESSION 2 (1.30–2.30)						
10. Mindfulness: Further Explorations						
11. Elijah’s Jug: Thomas Merton	2					
12. Meditating with Julian	3					
13. Silence & Solitude	1					
14. Preparing for Prayer with Poetry						
15. Creative Prayer Ideas						
16. Forest Church						
17. The Jesus Prayer						
18. Your Space						
AFTERNOON SESSION 3 (3.00–4.00)						
19. Mindfulness: Further Explorations						
20. The Relevance of Hildegard for Today						
21. May I pray with you?						
22. Imaginative Contemplation of the Gospel						
23. Pathways into Silence						
24. Contemplation & Photography 2						
25. Maker’s Blessing						
26. Your Space						

There will be a bookstall
Coffee and tea will be provided throughout the day
Please bring your own lunch