

Accompanying Jesus with Mary

One of the themes that Pope Francis often develops is that of “spiritual accompaniment”. This is closely linked to the ministry of spiritual direction but is actually much wider than that. It is about *everyone* in the Church developing an awareness of other people on their spiritual journeys and being alert to ways in which we can encourage and support them—and be encouraged and supported ourselves!

In October, many Catholics focus on the praying of the Rosary which is, actually, a beautiful “accompaniment” form of prayer. Obviously, we cannot physically go back 2000 years to Nazareth or Bethlehem or Jerusalem but the Rosary gives you a way to do so spiritually. The Mysteries take us to different events in Jesus’ life but not just as a “this is what happened” but an opportunity to ponder them as Mary did along the way.

You might like to try this over the coming month. Do not try to do the whole Rosary all at once but, perhaps, take one Mystery a day. Read the account in the bible or remind yourself of what happened. Insofar as you can, see yourself as coming into the company of Mary as the various events unfold—and see the two of you accompanying Jesus. This is obviously easier in his older life than at his conception—but allow the wonder and privilege of accompanying Jesus through his life to speak to your heart. Think about the feelings that would have been around—the joys—the sorrow—the fun, even—the laughter and the tears. Do not try to analyse it all—simply enjoy this time in the company of these two great people who invite you to be part of their story. As you accompany them you will no doubt become aware that they accompany you in your everyday life—that they are interested in you and want to be with you—supporting and encouraging you ... and giving you wisdom and insights into how you can accompany other people on their own spiritual journey.



Advent 2017: Be Prepared!

The Advent resources are now ready and raring to go!

They include:

Resources for a group meeting (leader’s and participants’ notes).

Prayer stations

Daily reflections (also available by email each day)

Ideas for Blue Christmas Services (designed to support those who are dreading Christmas).

Reflections for the Octave leading up to Christmas.

Please contact Karen if you would like a CD of the resources which are also available on the diocesan website. 



Peace Pilgrimage!

We are praying

that the weather will hold good for the

Peace Pilgrimage we are planning

to Flodden Field. We gather

at Crookham Peace Centre which has a

beautiful reflective Peace Garden and

then walk across the fields to the

Flodden Memorial Cross. There will be

prayers along the way from people of different faiths - to honour the desire most people have for peace. We hope to be joined by Bishop Séamus and other faith leaders.

Details are on the poster overleaf. A minibus is being arranged from Sunderland and we are hoping to provide a coach from Newcastle.

If you would like to join us, please contact the Department—especially if you would like a place on the minibus or coach.



Contact Details

Head of the Department for Spirituality: Kathryn Turner

Administration Officer: Karen Brown

St Vincent’s Offices, St Cuthbert’s House, West Road,
Newcastle-upon-Tyne, NE15 7PY.

0191 243 3302 or 0753 0917 219

E-mail: spirituality@diocesehn.org.uk



www.facebook.com/spiritualityHN



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Upcoming Events in the Diocese and Local Centres

All Walking Together

Join us for an
INTERFAITH PEACE PILGRIMAGE
SATURDAY 21 OCTOBER 2017

11:00am CROOKHAM PEACE CENTRE

(1) JOINING POINT
Meet at TD12 4SY1 to begin our walk to the Flodden Field Memorial.

(2) JOINING POINT
MARDON FARM
for those joining us for a shorter walk, rest and prayer.

(3) JOINING POINT
BRANXTON HILL
our second point at which to join for an even shorter walk, rest and prayer.

(4) **FLODDEN FIELD MEMORIAL**
Last point for ALL to gather for prayer (suitable for wheelchair / pushchair access).
Walkers to disperse from the monument and make their way back either by return walk or circular route via road through Branxton Village / shuttle transport.

(5) **CROOKHAM VILLAGE HALL**
Will host refreshments (please bring a packed lunch) and we welcome you to walk round the Peace and Reconciliation Garden at the Crookham Peace Centre (worth a visit).
Farewell and safe journey home - God bless

BOOKING ESSENTIAL
FOR FURTHER INFORMATION OR TO BOOK PLEASE CONTACT
DEPARTMENT FOR SPIRITUALITY
TELEPHONE: 0191 243 3302 | EMAIL: spirituality@diocesehn.org.uk
An interfaith gathering to promote peace organised by the Diocese of Hexham and Newcastle in association with the Crookham Peace Centre

An update on the Ministry of Consolation Training Programme

For those people who have already expressed an interest, a pilot scheme is currently underway, and it is hoped that on conclusion of the programme it will be ready to 'roll-out' in both the north and south of the diocese in the New Year.

Those people who have already expressed an interest will be contacted via email at the earliest opportunity, but in the meantime, if you have not expressed an interest in this training programme and wish to do so, please contact the department (*details over....*)

DIocese of Hexham & Newcastle

'A PASTORAL DAY'
with **BILL HUEBSCH**

THURSDAY 26 OCTOBER

10.30am - 4.00pm
10am refreshments

**Sunderland Marriott Hotel,
Seaburn, Sunderland. SR6 8DB**



In this pastoral workshop Bill will help us explore Pope Francis' frequent proposals that the Church needs to be open and trained so that we can accompany people from all walks of life on their faith journeys - from the very earliest steps through to major discernment about life choices. We would like to invite you to consider making use of this great opportunity to hear Bill speak - share ideas with others - and, feel enthused about exploring these ideas further.

Lunch Donation £10-00, bookable in advance.
Payment to be made on the day to diocesan staff.

Places are limited, and booking is essential
If you would like to attend please contact:
Department for Spirituality
Telephone 0191 243 3302 | email spirituality@diocesehn.org.uk

St Antony's Priory

Saturday 14th October: Together in Meditation: Two separate hours of Meditation rooted in the Christian tradition. Come to either or both. 10am and 11.30am.

Saturday 21st October: 'The Love of Mary Magdalene' (rescheduled from March this year) **10.30am - 3.00pm:** Led by Suzanne Saoirse Magdalena Dance and Clare Lewis. In this workshop we will consider together who Mary Magdalene really was, and why she has been marginalized and misrepresented by the traditional church. We will also explore how we may devalue and belittle ourselves. And how understanding the Archetype of the Magdalene can help us to reclaim our rightful place as women of power and grace. (This day is for women only)

For more information contact Paul Golightly
(0)191 384 3747
info@stantonyspriory.co.uk

Minsteracres

Wednesday 4 October
Walking retreat 10.00am - 5.00pm

Enjoy a walk of seven to ten miles through the beautiful countryside around Minsteracres, You will need suitable walking boots and warm, weatherproof clothing. Please bring a packed lunch.

Friday 6 - Sunday 8 October
Parish retreat

Groups and individuals are invited to join this 'Seeds of Hope' themed parish retreat weekend.

Wednesday 11th October 10am - 4pm
The way of the embodied contemplative

This day will explore how the practice of meditation can also be encountered through the language of the body using breathing exercises, gentle stretching and slow Tai Chi movements to complement the seated meditation periods. Suitable for all ages and abilities. Please wear loose clothing.

More Information from
Minsteracres Retreat Centre
01434 673248
info@minsteracres.org

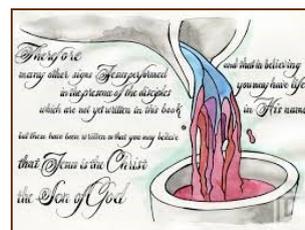
Centre for Prayer and Mission

Exploring Scripture
Mondays 1.30pm-3.30pm
Starting on 11 September

For those who wish to go deeper into understanding the Word of God

Our topic for this term is
Women of the Gospels - friends and disciples of Jesus

This will be a truly transforming experience with the Word of God and will help us to understand what it means to be called to follow Christ as disciples in our daily lives



Tuesday evenings at 7pm - 9pm
We will continue with our reflections and discussions on
3, 10, 17, 24, 31 October
Women of the Gospels

Prayer Shawl Ministry



We meet every **second Thursday of the month** at 1.30pm - 3.30pm to pray together and knit/crochet shawls for sick people, vests and hats for the Fish and Chip Babies, hats for Seamen, scarves and mitts for the homeless, pullovers for the street boys in Nairobi and anything else that is needed. All is done in the context of prayer and ministry. Held at Centre for Prayer and Mission, Seaham. Newcomers always welcome.

For further information or to book please contact Sr Michael on
0191 5813249
marymichael.lee7@googlemail.com