

What is a Quiet Day?

It's a mini retreat for people who can't find the time to go on retreat. It provides space and time to consider our discipleship. There are introductions to various topics within an overall theme, but no constraint to make you follow the guidelines offered. There is no discussion or pressure.

Can anyone come?

Yes, if they feel they would benefit from taking part they are entirely welcome. You don't need to be a church member or a regular communicant or belong to any particular age group.

How can I decide if it's for me?

Quiet Days are not for everyone, and you don't have to feel bad if it's not for you. If, though, you would welcome some space without commitments other than thinking about your faith (and you wouldn't be worrying about the children or whether a letter has arrived) then it probably is.

How quiet is "quiet"?

Silent. We do everything we can to avoid any conversation or other disturbance. The organist is asked not to practice, the sacristan not to run the hoover and the florists not to do flowers. We keep the doors closed so that casual visitors don't come in, and we eat our lunch in silence, too. Just as we would on retreat. We join in spoken worship at some points.

What will I be expected to do?

Only not to disturb the others. There will be books you can pick up, and you will be offered scripture passages and perhaps other readings you may like to think about, but you can bring a book of your own if you like.

Can I come and go as I like?

This can be very disturbing, so it should be avoided except in emergency. If some people would like to take their lunch outside this can be arranged, but we will have to close the doors and arrange a time and signal to let them in again.

Must I stay for the whole day?

You could find it very hard to pick up the theme if you arrived late, so please come at the beginning. If you left early you might feel you had missed out, so it's best to plan to stay all day.