



The Friends of Julian of Norwich present:

# ‘Should I not tell you about the goodness of God?’



## A TWO-DAY RETREAT

Friday afternoon, 11th & Saturday, 12th October 2019

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Facilitated by Luke Penkett, CJN

With words and music for our worship kindly prepared by  
Sr Elizabeth Ruth Obbard, O.Carm.

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St Julian's Church, St Julian's Alley, Norwich, NR1 1QT

*al my bitter payne ...*

FRIDAY AFTERNOON	SATURDAY
<b>13:00</b> Julian Centre for refreshments	<b>09:00</b> Julian Centre for refreshments
<b>14:00 Gathering Silence</b> St Julian's Church	<b>09:30 Morning Prayer</b> Based on the words of Julian
<b>14:15 1st Address</b> <i>'An ordinary, uneducated woman ...'</i> [Long Text Chapter 2] In which we consider together what Julian means by these words about herself and how they can be applied to ourselves.	<b>09:45 3rd Address</b> <i>'All my bitter pains and hard turmoil have changed into endless joy ...'</i> [Long Text Chapter 24] We ponder God's love for each one of us. Leading into shared meditation
<b>15:15</b> Julian Centre for refreshments	<b>11:00</b> Julian Centre for refreshments
<b>16:00 2nd Address</b> <i>'This book was begun by God's gift and grace, but ... is not yet completed'</i> [Long Text Chapter 86] We explore how Julian's writings could be 'completed'. Followed by Evening Prayer based on the words of Julian	<b>12:00</b> St Julian's Church for a period of led contemplation OR Julian Centre/Julian Garden for individual reading and reflection
<b>17:05</b> Mass in the Cell	<b>13:00</b> Julian Centre or Julian Garden. Lunch. Bring your own lunch, or have something from the Butterfly Café at the bottom of St Julian's Alley. Refreshments at the Centre
<b>17:45</b> Julian Centre for wine, soft drinks and nibbles	<b>14:00 4th Address</b> <i>'Thank our Lord Jesus Christ generously and wholeheartedly for having made these showings and revelations to you out of his endless love, mercy and goodness ...'</i> [Long Text, final prayer] Together we reflect why Julian's words are so significant to us today and give thanks

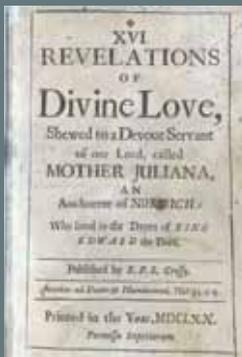
## Luke Penkett, CJN

Having been ordained and professed his life vows as a monk, Luke now lives as a solitary in Norwich where he works as the Honorary Librarian and Archivist at the Julian Centre. He has lectured and led Quiet Days, Retreats, and Labyrinth Walks in America, Canada, Europe, Russia and Africa. His publications include books on Augustine of Hippo,

the Desert Fathers, and Orthodox spirituality and he is much sought after as a reviewer for a number of journals, especially books about Julian. His most recent book, *Touched by God's Spirit*, the publication of his doctoral thesis, appeared earlier this year and his post-doctoral research focuses on Middle English devotional texts.

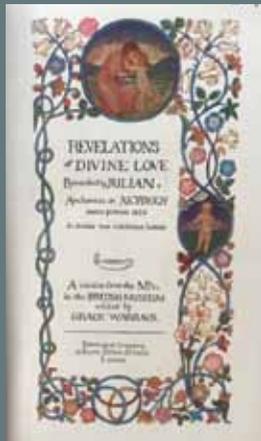
*and all my hard travel*

Many of us today are searching for more spiritual depth to our lives. Our search may well guide us to Zen, or New Age practices. Julian discovered that God was not angry or judgmental but overflowing with love, a God who lifts us up each time we fall, a God who is gentle with those who are weak or hurting, a God who gives hope to those who are desperate.



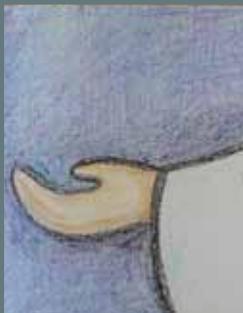
Above: Title page of Cressy's seventeenth-century publication

These two days invite us to share how we might develop our own prayer life, especially through intercession, meditation of *Revelations* and contemplation, allowing the truths of what we read, slowly and reflectively, to speak to us, helping us to deepen our spiritual lives.



Above: First modern English translation made by Grace Warrack, published by Methuen in 1901

"Should I not tell you about the goodness of God," writes Julian, "because I am a woman?" Happily for us, as for those who read or listened to her words since the Middle Ages, she did tell us about God's goodness, in a male dominated and turbulent age, and we can be the more joyful for it.



The words and music for our worship have been prepared by Sr Elizabeth Ruth Obbard, O.Carm, a former trustee of the Friends of Julian and well-known for her books on spirituality, including her most recent version of Julian's sixteen *Showings*, enhanced by her own beautifully meditative line drawings, and fittingly dedicated to Sr Pamela, C.A.H.

Copies of this recent publication are available for purchase in the Julian Centre throughout our retreat.

Left: From the unique illustrated manuscript version by Sister Elizabeth Obbard, O.Carm. 2018

is turnyd to endless joy

# 'Should I not tell you about the goodness of God?'

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The retreat will be taking place at the Church of St Julian, with refreshments and toilets and opportunities to buy books at the Julian Centre 50 yards up the hill.



In order to gain the fullest experience we would encourage you to attend both the days but, if this is not possible for you, each day can be booked separately. *NB* Tea, coffee and light refreshments will be provided but lunch will not, so please consider bringing a packed lunch.

Book your place, find a map, and get more information:  
[shouldinottellyou\\_lukepenkett2019.eventbrite.co.uk](https://www.eventbrite.co.uk/shouldinottellyou_lukepenkett2019)



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**Postal booking:** Anna Green, 24 Golden Dog Lane, Norwich, NR3 1BP  
Cheques payable to 'The Friends of Julian' (collect your ticket at the event)

- I enclose £40 and would like to book for the full event
- I enclose £25 and would like to book for just Friday
- I enclose £20 and would like to book for just Saturday

NAME

ADDRESS

PHONE

EMAIL

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