

Norwich Christian
Meditation Centre



www.norwichmeditation.co.uk
www.juliancentre.org

The Norwich Christian Meditation Centre
and the Friends of Julian of Norwich present

INCREASE OUR COMPASSION

Life from the heart of Julian of Norwich's
Revelations of Divine Love



A TWO-DAY RETREAT

With Julian of Norwich
facilitated by The Rev Robert Fruehwirth

Friday 7 and Saturday 8 October 2016
St. Luke's Church, 61 Aylsham Road, Norwich

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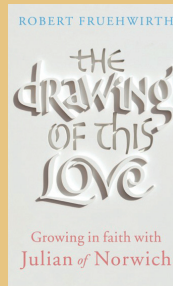
Considered by Thomas Merton to be one of the most significant theologians ever in the English tradition, and one of the most valuable mystics in the Christian tradition, JULIAN OF NORWICH (c.1342-c1416) is loved and respected across the world as one of the most powerful and creative of spiritual writers of all time.

Her book, *Revelations of Divine Love*, relates Julian's stunning mystical experience of God's compassion and love for all of humankind, and tells us how Julian was challenged to grow in compassion and acceptance in response to this experience - compassionate acceptance of herself and others, and all that she found in God's creation.



ROBERT FRUEHWIRTH has reflected, meditated, and spoken on Julian for more than 25 years, first as a monk in the Order of Julian of Norwich, then in the person-centered counselling post-graduate programme at the University of East Anglia (UEA), and as the Priest Director of the Julian Centre in Norwich. With his wife and two children he currently lives in Chapel Hill, North Carolina in the United States, serving as an Associate Rector at St. Michael's Episcopal Church in Raleigh.

His book on Julian: *The Drawing of this Love: Growing in Faith with Julian of Norwich*, is published in the summer of 2016 by Canterbury Press. Robert explores the stages of faith development, inviting readers into a deeper, more honest and grounded faith. He combines the commonly understood teachings of Julian with an exploration of what happens when we try to live them. Her example provides a map for a faith journey from initial trust, through critical questions and struggle, to resolution - a pattern many experience today.



PROGRAMME FOR THE RETREAT	
FRIDAY	SATURDAY
9:00 Registration	9:00 Doors Open
9:30 Welcome and Meditation	9:30 Welcome and Meditation
10:00 1st Address followed by time for reflection, reading, prayer	10:00 3rd Address followed by time for reflection, reading, prayer
12:00 Plenary Discussion	12:00 Plenary Discussion
1:00 Noon Day Prayer and Lunch	1:00 Noon Day Prayer and Lunch
2:00 2nd Address followed by time for reflection, reading, prayer	2:00 4th Address followed by time for reflection, reading, prayer
3:15 Tea	3:15 Tea
3:30 Meditation	3:30 Meditation
4:00 Plenary Discussion	4:00 Plenary Discussion
4:30 Reflective Evening Prayer	4:30 Reflective Evening Prayer

During the periods of reflection, reading, and prayer, the retreat facilitator will invite the retreatants to reflect on passages from Julian's Revelations and the themes developed in the addresses. The Plenary Discussions will be times of group questioning and exploration of the themes in the retreat addresses and readings from Julian.


Themes and ideas to be explored

- Julian of Norwich and the story told by her Revelations
- Understandings of Compassion from spiritual traditions and neuroscience
- Compassion as the irreducible heart of Julian's spirituality
- Compassion as a way of being with different modalities: for self, for others, for God.
- Challenges to compassion and faith and how we grow through them.

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Get early bird discounts, book your place, find your map,
more info at **www.julian-of-norwich.eventbrite.co.uk**

In order to gain the fullest experience we would encourage you to attend the whole of the retreat, 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.

Postal booking to Anna Green,
24 Golden Dog Lane, Norwich, NR3 1BP (collect your ticket at the event)

- I enclose £75 and would like to book for the full event
- I enclose £43 and would like to book a concession for the full event
- I enclose £37.50 and would like to book just Saturday/Friday*
- I enclose £21.50 and would like to book a concession for just Saturday/Friday*

**please delete the day you won't be attending*

NAME

ADDRESS

PHONE

EMAIL

*NB A £25 cancellation fee will be charged prior to 1st October, no refunds after 1st October
please contact Rev. Suzanne Cook at suzanne@cookehouse.co.uk with any queries*

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