

Psalms as Soul Food!

We were very blessed in mid-September with beautiful weather for day reflecting on the psalms in St Aidan's on Holy Island. People gathered from around the Diocese to sing and to pray under the enthusiastic guidance of Alison Adam. Alison is a member of the Iona Community and worked for some time with the Wild Goose Resource Group which develops resources for prayer and worship—particularly among the poor and the unchurched.



In the morning, the focus was on the psalms that express anger—or lament. As Alison reminds us, the whole of life is in the psalms and their composers were not afraid to be honest with God about how they were feeling. And, with just one exception, the most angry or anguished psalms end with trust and confidence that God still cares—almost as, having vented, we have something out of our system and our faith is restored.

In the afternoon, we looked at the psalms of joy, praise and thanksgiving. By this time, it was so warm that we had the doors open and it was great to see people stopping on their way to the Castle or coach park and listening to the music pouring from the church—a real evangelising moment.

Another dimension to the work of the Wild Goose Group is their interest in world music. Their leader, John Bell and others travel the world, listening to the music of the local churches—often in the slums and poorer parts of cities—and collecting the songs that they hear there. These are then translated and become part of the repertoire. Many of these songs are themselves translations of the psalms set to local melodies and, as we sang some of them—from Indonesia, Taiwan, South America and Africa, as well as from Europe, I was struck by how words written in a small Middle Eastern country continued to find a home in the hearts of people around the world.

Thanks are also due to Rena Telfer from Tweedmouth who accompanied Alison and added greatly to the day. ♪

Rosary Leaflet



We have a few copies of the popular leaflet introducing people to praying the Rosary left. It includes information on the sets of Mysteries and their scriptural origin as well as details on how to pray this powerful Catholic devotion.

If you would like to receive copies for your parish, RCIA or other groups in your parish, please get in touch.

Come to the Well and Drink

Following the great success of the first *Come to the Well and Drink* training day in July—which we had to cap numbers for—we are planning to hold a second day in November.

Come to the Well and Drink is a resource designed to help people to lead prayer groups using a variety of forms of prayer. It is very user-friendly and suitable for people who have a lot of experience as well as those who are just dipping their toes in the water. Coming along to the course will equip you to lead a group but also to help others to develop the skills they might need to do so.



The date will be Saturday 21 November and the course will be led by Sr Sheila McNamara and Chris Smith. We are waiting for confirmation of the venue but hope that it will be in the south of the Diocese. As before, the Department will subsidise your training by paying for your folder, lunch and refreshments but the deal is that you will use what you have learnt! For some people in the first group it was by leading an actual prayer group—for others, it has been using the skills in working with young people and other existing groups they belong to.

If you would be interested in taking part in the course, please get in touch as soon as you can. Or, if you can think of someone who would benefit from the training, please pass the information on to them. ♪



Advent Resources

This year's Advent materials are now complete! They take up the theme of the Jubilee Year of Mercy and offer a variety of ideas to choose from. They will be uploaded to the diocesan website in good time for Advent or are available on CD from the Department—contact details below.

Contact Details

Head of the Department for Spirituality: Kathryn Turner
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E-mail: spirituality@diocesehn.org.uk



www.facebook.com/spiritualityHN



[@spiritualityhn](https://twitter.com/spiritualityhn)

Upcoming Events in the Diocese and Local Centres

**Celebrating the Fifth Centenary
of the Birth of St Teresa of Avila**
Saturday 10 October, 10.00am-3.30pm
St Aidan's Church, Ashington



A quiet day in the Carmelite Tradition
hosted by the Northumberland Lay
Carmelite Community .
*Booking essential—please contact the
Department, details overleaf.*

'I am the Door' - Enter In
Saturday 31 October, 10.30am-3.30pm
(Refreshments from 10.00am)
Ushaw College, Durham. DH7 9HR



A time of prayerful
preparation
for the
'Year of Mercy'
with
Bishop Brian Noble
*Bishop Emeritus of
Shrewsbury and
former Chair of the
Bishops Conference
Spirituality
Committee*

*More information and booking through
the Department*

'God's creation, God's justice
Saturday 17 October, 11.00am-3.00pm
St Aidan's Church, Holy Island.
Led by Fr Chris Hughes and members of
the Diocesan Justice and Peace Committee.

A day exploring Pope Francis' encyclical,
Laudato Si' and other Church teaching on
how we should regard God's creation
and how we
establish a right
relationship with
God, each other
and the world in
which we share'.



*More information and booking through
the Department.*

One Day One Lord

24 Hours of Prayer

Friday 2 (3.00pm) - Saturday 3 October

St Bede's,
Bedlington,
NE22 6HS



A different form of prayer
on the Hour every Hour
culminating in Mass at 2pm.
Follow the Prayer on Facebook
(/spiritualityHN) and Twitter

INTERNACIONAL MASS

Saturday 24 October, 11.00am
St Mary's, Sunderland



Celebrating the rich
diversity of our cities,
the Church
and the world

Bishop Séamus will preside at the Mass
which will be followed by international
shared lunch in St Mary's Church Hall
More information from the Department

Centre for Prayer and Mission, Seaham

Mondays, 1.30 pm

Scripture for those who wish to go deeper.

Tuesdays, 7.00pm

How are we going to keep
the Year of Mercy?

Oct 20th - A world without mercy

Oct 27th - A world of mercy

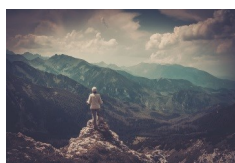
More information from

Sr Michael on 0191 581 3249

marymichael.lee7@gmail.com

Exploring our Sacred Journey Growth in Prayer and Reflective Living

Exploring ways to
nourish and
nurture our
spiritual
formation, prayer
life and inner
journey.



**Saturdays 20 February, 19 March,
16 April, 21 May, 18 June, 16 July
Tuesday evenings, 1 March, 5 April,
3 May, 7 June, 5 July 2016**

The course is run in association with
members of the St Antony's Priory Team.
*More information from St Antony's
or from the Department*

St Antony's Priory, Durham

Saturday, 17 October, 10.30am-4.00pm

'Exploring the hidden depth
of the Lord's Prayer,

in the Aramaic language of Jesus'

Led by Maggie and Richard Deimel

(There will be opportunities to continue
exploring the themes and ideas in a
series of monthly evening meetings.

**Saturday 14 November 14,
10.00am-3.30pm**

'Be Still and Know - Meditation, Mind-
fulness and Music'

Led by Chris Hassell (qualified social
worker working with adult mental
health services), Lynn Nausier, with
harp music from Julie Darling.

More information from

Tel: 0191 384 3747

Email: info@stantonypriory.co.uk

MINSTERACRES

5-8 October

**Christian mindfulness:
living in the power of now**

Take a step back from everyday life, relax,
reflect and be nourished.

Led by David Mahon from Tumble Trust

Walking retreat

17 October 10.00 am - 5:00 pm

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

6-8 November

God's delight in diversity
Led by John Bell

13-15 November

**Healing in the spirit:
the healing of the whole person**
Led by Jim McManus CSSR

*More information from Minsteracres
01434 673 248 or info@minsteracres.org*

Department for Adult Formation
and Evangelisation

in partnership with the Council of Laity

Saturday 31 October

10.30am-4.00pm

What is it to be a Christian?

with Fr John Farrell OP

*To book please contact the Diocesan
Department for Adult Formation and
Evangelisation before Friday 23 October
adult.formation@diocesahn.org.uk
0191 2433313*