

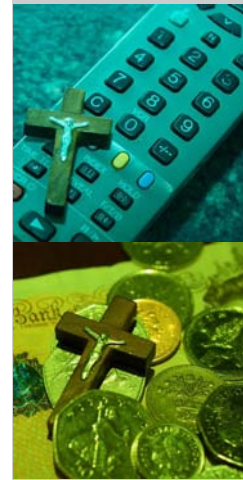
Please indicate below which of the six workshops you are interested in attending in order of preference. If you leave this blank, we will make the decision for you!

- 1.
- 2.
- 3.
- 4.

I enclose £7.50 and an SAE (at least 9" x 6.5"). Cheques should be made payable to 'St Albans Spirituality Initiative'.

Signed:

Date:

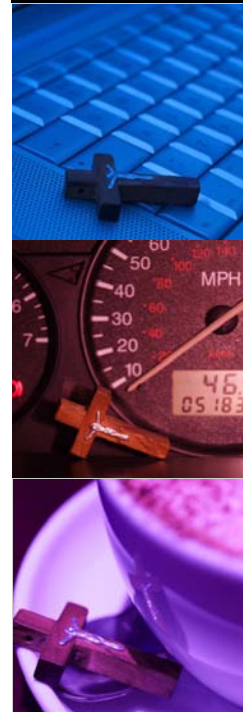


St Albans Diocese

Exploring Spirituality Day
Saturday 17th October 2009

Everyday **ICONS**

Finding God in everyday life



Keynote Speaker: Brian Draper
*Director of Echosounder,
Associate Faculty Member at licc,
Writer and Broadcaster*

In living our every day and everyday,
where can we find and encounter God?

Exploring Spirituality Day formerly known as Exploring Prayer Day

'Everyday Icons' - what's it all about?

We all know and recognise without thinking images and icons around us - from film and rock stars to shop logos and brand names - and now computer icons too. They are all around us and are so much part of our every day and everyday existence we never really think about them and the amount of 'space' they take up.

Sometimes we need help to clear away the clutter and image that presses in on every side and look with new eyes at all that we see and do. The workshops on this day are designed to provide just that, new ways of seeing and new ways of understanding all that forms part of modern day living.

Looking to the rich heritage that is ours, the workshops call on ancient traditions - from monastic to Celtic - to help us discover meaning in our every day and everyday life. At the end of the day, we want people to go away with tools for the journey that will inform and enhance the spiritual journey - the journey with God.

We are delighted to be able to welcome Brian Draper as our keynote speaker. He will be known to many from '*Thought for the Day*' as well as being a well regarded figure in the theological world where he has done much work to explore the interface between contemporary culture and Christianity.

We look forward to being able to welcome you.

DIS Steering Group.

Application Form

Please return to: Mrs Fiona Di Leo
Administrator – Exploring Spirituality Day
Diocesan Initiatives in Spirituality
41, Holywell Hill, St Albans, Herts. AL1 1HE

- Please return completed forms by 8th September 2009.
 - Each participant must complete a separate form.
 - Please photocopy if you need extra forms.
- Forms can also be obtained from the Administrator by e-mail on dis@stalbans.anglican.org, by post from the above address.

Name:

Address:

Telephone:

E-mail:

Please indicate below if you have any needs which it might be helpful for us to know about (e.g. wheelchair access required, large print versions of hand-outs, hearing loops etc. Please bear in mind that some workshops may not be suitable if you find walking distances or on uneven surfaces a problem.)

Cont./

broken/ is a growing alternative worship community
on the edge of London/

we are a community of people from a variety of backgrounds seeking to
express and explore a 21st century spirituality rooted in the christian
tradition/

we gather at st mary's, east barnet on the second sunday of each month
at 7pm and we usually round off the evening with a drink
before folk go their separate ways/

we are an inclusive community, believing that unity can be found in
diversity, that the sacred is sometimes found in the profane, and that life
and light are to be discovered in that which is broken/

www.brokenworship.org.uk

General information

Location: All Saints, Richard Hale School
Gascoyne Way Hale Road,
Hertford Hertford

Websites (directions): allsaintshertford.org richardhale.herts.sch.uk

Parking is available throughout the town

Nearest rail: Hertford East

Lunch: please bring a packed lunch... although there are places to eat
nearby.

Exploring Spirituality Day

Programme of day and practical information

Venue: All Saints Church
and Richard Hale School, Hertford

Time: 10 - 3pm (coffee served in Church from 9.30)

Cost: £7.50 per person

Lunch: Please bring a packed lunch

Programme: 9.30 Coffee served in Church
10.00 Opening Worship - in Church
Worship for the day is led by *broken/*
10.15 Keynote Address: Brian Draper - in Church
11.15 First Workshop - various venues
12.30 Lunch - Bookshop available in Church
1.15 Second Workshop - various venues
2.30 Closing Worship - in Church

Workshops: ***Breaking News*** - led by Brian Draper
Every bush is burning - led by Alan Stewart
How was your day? - led by Deborah Snowball
God in the clutter - led by Jon Evens
(Un)chained melody - led by John Chapman
Help! My life's a mess! - led by Richard Watson

Workshop 1 : **Breaking News**

Using the media to inform our prayer

Reflecting on how real life can provide a firm basis for the prayer we offer rather than a perceived distraction, newspaper cuttings, radio announcements and the part they can play in our prayer for the world will root this session in the reality of every day and everyday life that is ours.

Brian Draper is Director of Echosounder, Associate Faculty Member at licc, and a writer and broadcaster

Workshop 2 : **Every bush is burning**

Desert, silence and contemplation

Why should we make space to pray, to think and to 'be' when there is so much to be done? How might we make the space to do these things? And where might we place ourselves if we do? This session will help us to explore some of these questions, with much of the experience of the desert fathers and mothers informing our thought.

The Rev'd Alan Stewart is Vicar of St. Andrew's, Hertford.

Workshop 3 : **How was your day?**

Reflecting on life with *The Examen*

'*The unexamined life is not worth living*' - so said Socrates. So, using the ancient form of the Examen, we will explore how examining our every day and everyday life without judgement, can enable us to find deeper meaning and a way into prayer and conversation with God.

The Rev'd Deborah Snowball is Priest-in-Charge of St. Mary the Virgin, Rickmansworth

Workshop 4 : **(Un)chained melody**

Exploring the implications of a *Rule of Life*

Those who know something of religious communities - lay or monastic - may know something of the concept of a 'Rule of Life'. For those who do and those who don't know of such things, how a Rule can provide shape and structure to a life of faith will be explored, with advice on how to set about forming such a thing.

The Rev'd John Chapman is Chaplain for International Churches in the London Diocese. He and his wife host a monastic community in their home in France.

Workshop 5 : **Stop! Don't de-clutter it all**

Praying through the everyday

So what do you do with all the 'stuff' that you find at the bottom of your handbag, briefcase or pockets? Keys, receipts, paperclips and more can be used as the basis for prayer. This workshop will help you find out how!

The Rev'd Jon Evens is Vicar of St. John's, Seven Kings. He is also a published author, poet and artist.

Workshop 6 : **Help! My life's a mess!**

Do we need a 'tidy' life?

So does our life need to be ordered and neat? Did God make it so? Does God want or need it to be so? Do we? This workshop will explore what a messy spiritual life looks like and why it may not be all bad for it to be so! With a peek at how contemplative prayer might help, this will be something to calm your nerves...

The Rev'd Richard Watson is Rector of St. Mary the Virgin, East Barnet.