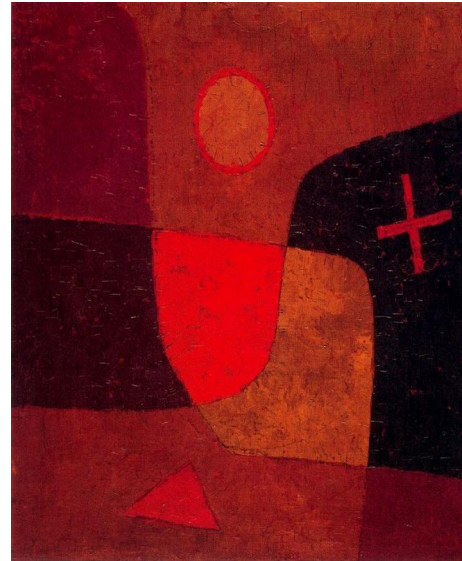
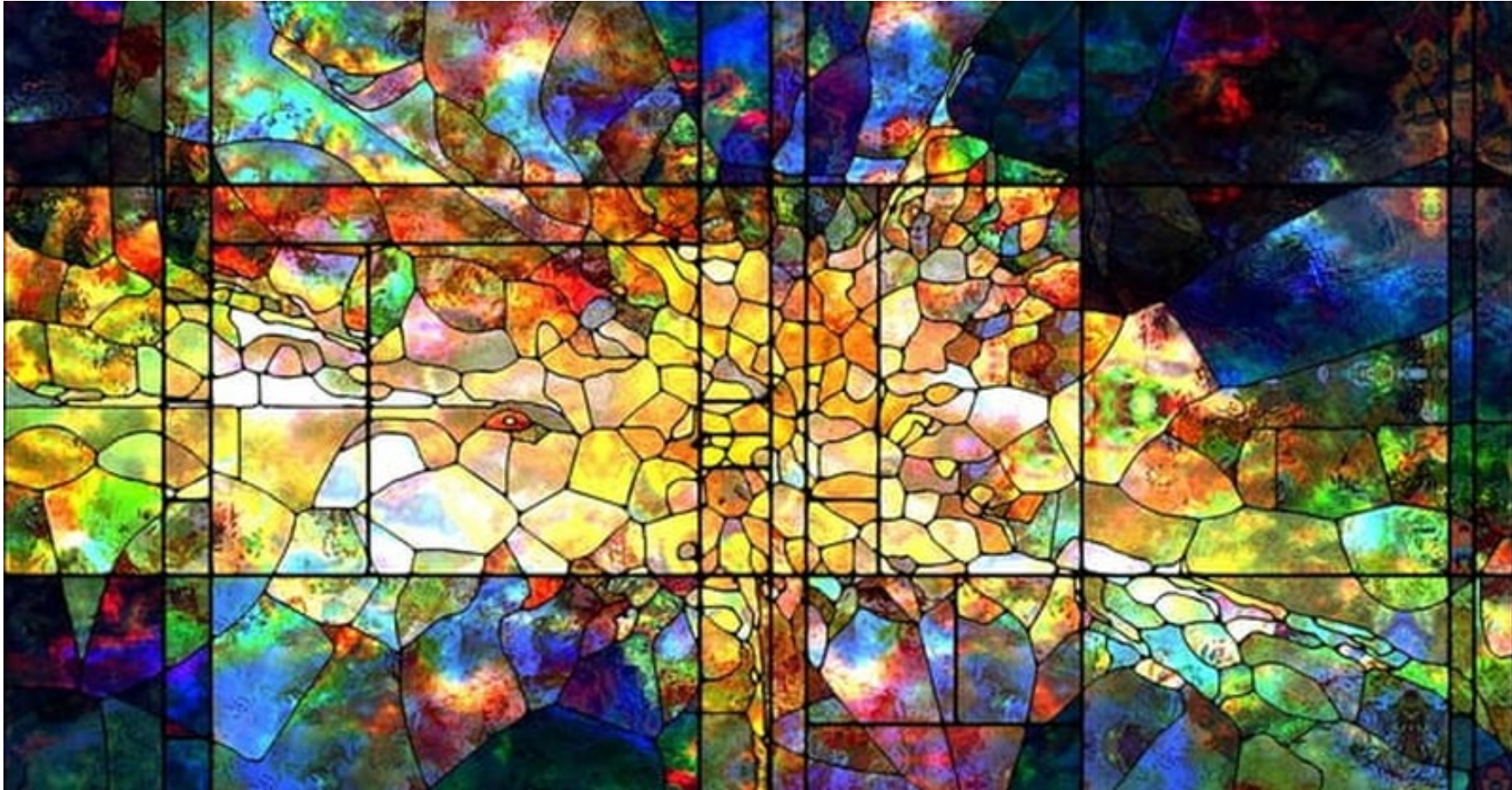


# Well-filling

18/19 July 2022



# Session One: Hosting



# Introductions



reflective/contemplative



worshipful



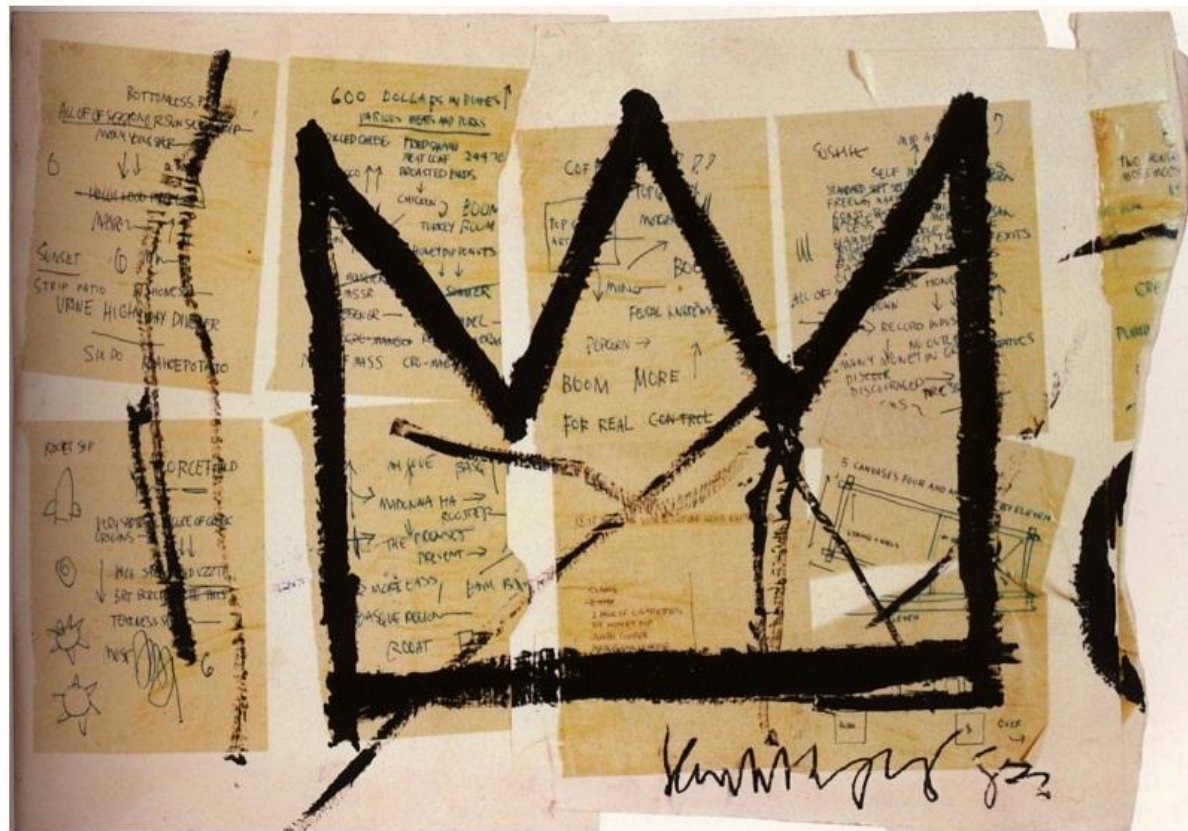
playful



alien



valuable





head heart hands



# Vulnerable



# Invitational



# PROGRAMME: DAY ONE

9.30-10am Registration

10.00-10.30am Morning Prayer

10.30-12.30 **Session One:** HOSTING

12.30- 1.30pm Lunch

1.30-3pm **Session Two:** VOCATION

3.00-3.30pm Break

3.30-4.00pm Prayer

Free time fellowship food

4.15-4.45pm (A gathered silence)

# PROGRAMME: DAY TWO

9.00-9.30am Morning Prayer

9.30-10.30am **Session Three: REPUTATION**

10.30-11.00am Break

11.00-12.30 **Session Four: HURT AND HEALING**

12.30-1.30pm Lunch

1.30-3.00pm **Session Five: RELEVANCE**

3.00-3.30pm Break

3.30-4.00pm Eucharist

# Guidelines for Retreat

- **Chatham House Rules** – like confidentiality ( share material not narrative, unless agreed by people)
- **Considerate** – pastoral care; vulnerable; wrestle with your questions; no easy answers; participate as you can; what do you need?
- **Curious** – notice without judgement; half-formed thoughts/feelings/people are welcome!
- **Compassionate** – feelings will rise and fall – beware the inner critic
- **Contemplative** – infused with prayer

# Rowan Williams

**We should all take a vow of incompleteness**

Live with a lack

Live with an absence

A space

A space for Spirit

A living in the 'not-yet'

A living in the not-knowing

# Jacob wrestling the angel





**Jacob would not let go of the angel until he was blessed.**

**Jacob was in a conflict (wrestle).**

**Jacob saw the face of God in a conflict.**

**Jacob was changed forever/renamed**

**Jacob limped for the rest of his life.**

**(blessed through his limp?)**

**(limping in his blessing?)**

# Quaker Advices and Queries

**These texts are for your comfort and discomfort**

11. Be honest with yourself. What unpalatable truths might you be evading?

17. Do you respect that of God in everyone though it may be expressed in unfamiliar ways or be difficult to discern?

27. Live adventurously. Let your life speak.

30. Are you able to contemplate your death and the death of those closest to you?

# Comfort and Idolatry

We all want comfort

We all want to be comforted

But not at the expense of others – justice, equity, materialism

But not at the expense of ourselves – drugs, habits, retail therapy,  
ignoring our needs.

We need more than comfort.

Change reveals what we worship – put first – think about most – give  
our time to

We often worship comfort

# prayer from Wrestling with the F word

God, you are with us:  
waiting to save, transform,  
heal, console, challenge, change.

God, you see us.

God, you see us as we are:

*all of us* - past, present, future -

seen without scold, impatience, or scowl.

God, you see us and your gaze is fixed and loving.

# prayer from **Wrestling with the F word**

God, you are strangely here:  
in our comfort and dis-comfort  
in our ease and unease  
in our joy and sorrow.

God, in our comfort you work.

God, in our discomfort you work.

It is not always clear how you work.

God, you are strangely here,  
in all of who we are.

# prayer from **Wrestling with the F word**

God, you are calling us.

God, you are calling us with your love.

Loving us *as we are* – in all our contradictions,

in all strength and weakness,

calling us to a life in union with you.

And out of that loving union, you call us -

into healthy relationship with ourselves,

with conflict, with difference,

with others.

pause/journal



BUZZ





# Stand Sit



Break – 10mins



# Hosting



# Romans 12 v13

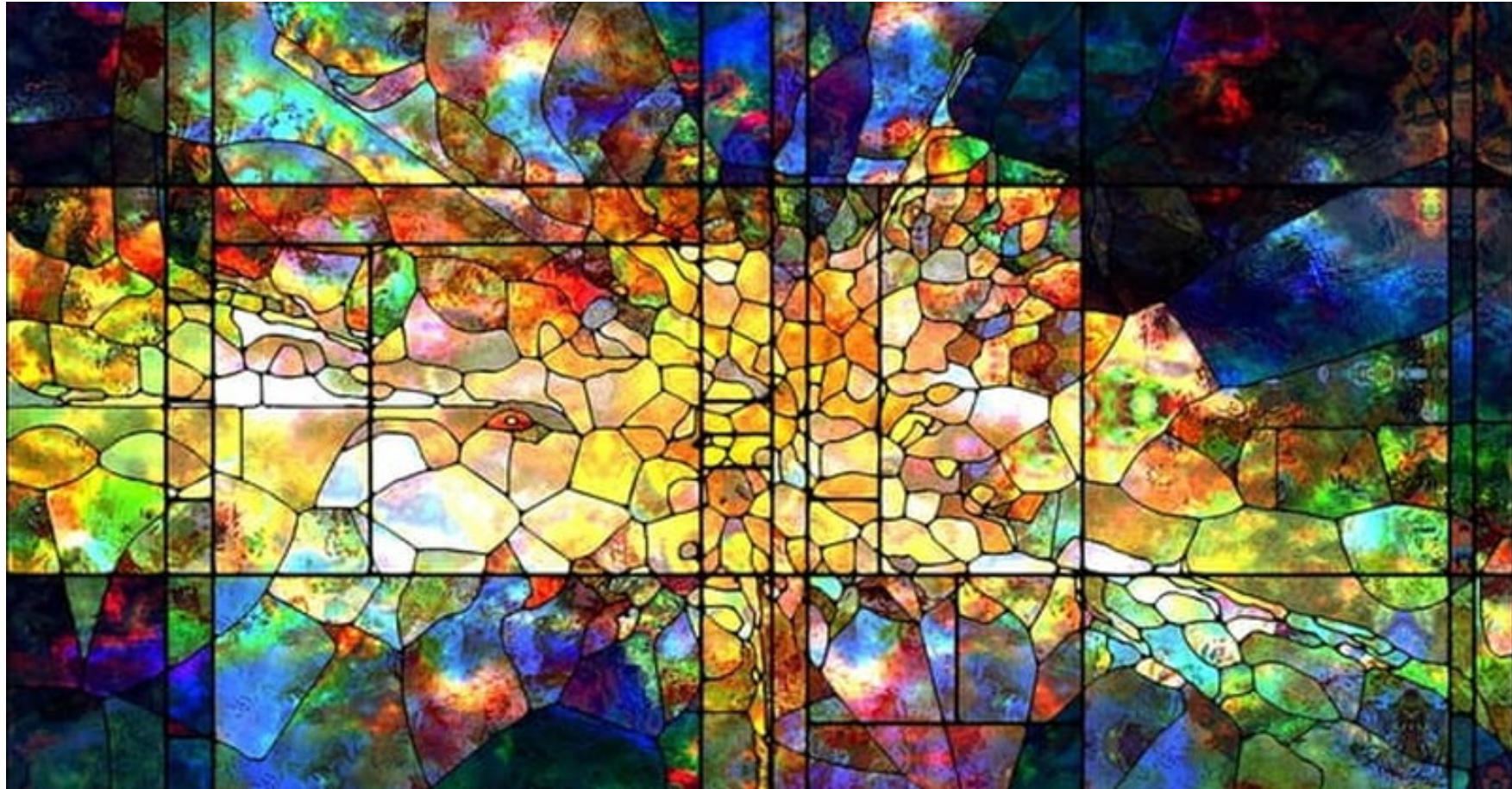
Share with the Lord's people who are in need.

Practise hospitality.

# Hosting

- Divine Host
- Hosting the Divine
- Hosting others/strangers/strange/enemies
- **Hosting Frustration**
- **Hosting Self**

# The Divine Host



# Hosting the Divine

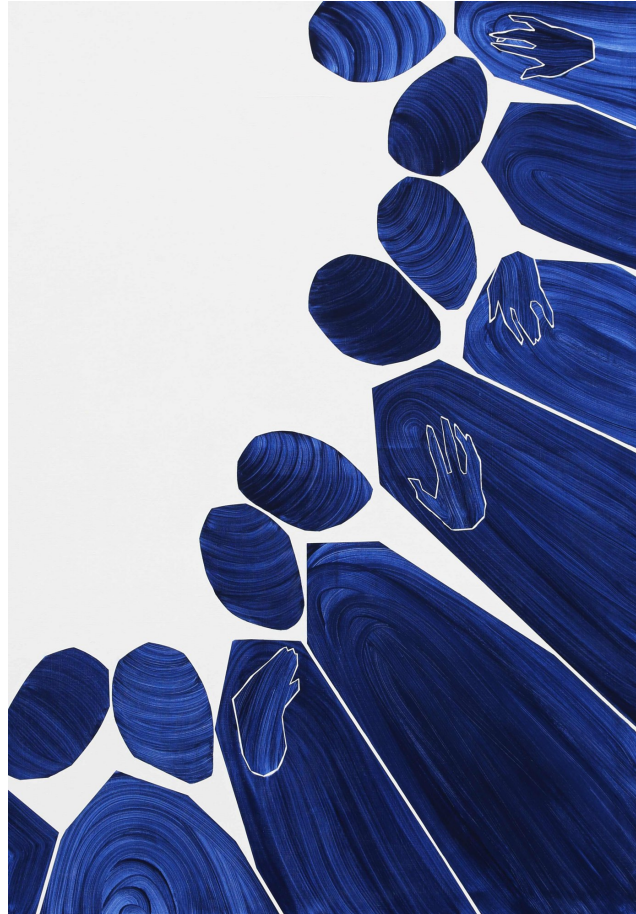


Hosting: friend stranger strange enemy





# Hosting Frustration



# Hosting Self



# Closing Out

