



Finding Stability in times of Change

A Quiet Day for your Church

At a time when change is often feared, stability can be elusive, and busyness interferes with listening to God, this Quiet Day offers an opportunity for space and reflection. Based around the Benedictine principles of listening to God, conversion of life (change) and stability, the day is suitable for anyone from any tradition or background who is seeking to deepen their faith and trust in God.

The day consists of 3 talks and periods of silence together with guidance for participants about how to use the day itself. Timing can be adjusted to suit.

Led by Richard Frost, an Anglican Reader (lay minister) and Benedictine Oblate (lay member of a monastic community) and author of *Life with St Benedict* published by BRF. Richard was appointed an MBE for services to mental health in 2018 and writes a blog at workrestpray.com.

Quiet Days are free. You are asked to provide the venue and refreshments (not lunch), and to cover travel and accommodation costs as appropriate (participants could be invited to make a donation). Available to any church or Christian organisation (e.g. parish, diocese, circuit, deanery, synod, charity, business) of any denomination.

For more Information:

Please contact Richard at
richardnfrost@outlook.com or tel: 01626 870288

