

What is involved in making this retreat?

No previous experience of working with a labyrinth is required. Just come with an open mind and heart.

10:15 Introductions, pace of the day,
Space, Stillness, Setting intentions.

10:30 Introduction to Labyrinths, Labyrinths
a history, Walking A Labyrinth benefits

11:15 Opening group walk on the Labyrinth

12:00 Midday Prayer Celtic Daily Prayer

12:05 Lunch (Labyrinths open to walk during
this time)

1 pm Making gemstone Finger Labyrinths
workshops

1:15 Time for a range of Labyrinth activities,
prayer walking, making finger labyrinths

Listening, journaling, communing
through stillness, contemplation and
reflection.

3:30 Final group walk

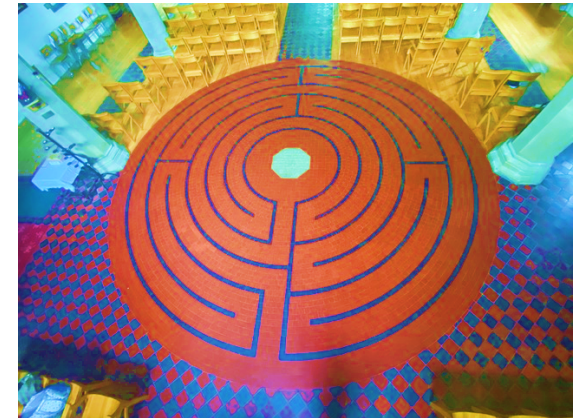
3:50 Closing prayer & Blessing

4:00 Thank Yous & Goodbyes

Labyrinth Retreat

Saturday 10 May 2025

10.15 am - 4 pm



**Led by Jim Bailey of the
Northumbria Community at St
Michael and All Angels Church
Abingdon**

(www.abingdonparish.org.uk/StM)

I/We would like to attend the
Labyrinth Retreat:

Name(s):

Telephone no(s):

Email(s):

Please return this slip with your
personal details to Sue Sheppy:

34 Mill Road, Abingdon, OX14 5NS

or send your details by email:

susan.sheppy@btinternet.com

- ❖ Do not include any money
until your place is confirmed,
as numbers are limited.

Venue:

St Michael and All Angels Church
Abingdon on Thames OX14 1DS

Date:

Saturday 10 May 2025

Time:

10.15 am - 4 pm

Cost:

Donations of £15.00 pp would be
appreciated towards the running
costs, and can be made on the
day.

Parking:

Free parking is available in the
roads surrounding the church.

*Stand at the crossroads, and look,
and ask for the ancient path, where
the good way lies; and walk in it, and
find rest for your souls. Jeremiah 6:16*

Jim Bailey works under the wings of
the Northumbria Community, a new
monastic community, as well as being
the Veriditas representative for the UK
and Europe (see below), a spiritual
director, therapeutic art facilitator and
retired church minister. He is also a
friend of the Labyrinth Builders who
designed and made our labyrinth.

The labyrinth is open to all. Veriditas is
committed to respecting diversity and
equality, and does not discriminate
based on gender, race, creed, sexual
orientation, age or those who are
differently able.