

# **‘When you pray...’: Practising Spirituality**

*A morning of encouragement and reflection facilitated by Ian Spencer*



**Thursday 9<sup>th</sup> June 2022**

**10.00am to 12.30pm**

(Arrivals and Refreshments from 9.30am)

There will be an opportunity to stay for a further hour until 1.30pm to share over sandwiches (bring your own – drinks provided) for those who wish to do so.

**Abbots Morton Village Hall - WR7 4NA**

(See over the page for directions and parking)

*NB If the Covid situation requires that we meet remotely, we shall use Zoom.*

There is no charge for attending,  
but we will be inviting donations towards the expenses of the session.

Please book a place by contacting  
the Revd Nick Wright ([revnmwright@btinternet.com](mailto:revnmwright@btinternet.com) or 07871 163140).  
We will be in contact beforehand with any further details.

## Who and what is the meeting for?

The meeting is for anyone who is seeking to explore their spiritual awareness and deepen their faithfulness in the life of prayer. It is also likely to be helpful for those who are involved in the work of accompanying and listening to others on their spiritual journeys, whether they call this work spiritual direction or use some other name.

***Whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. (Matthew 6.6)***

Ian is keen to help us put into practice sustainable patterns of prayer using well the spiritual tools and reflective avenues that we are learning and growing into. He will bring encouragement and challenge – as well as opportunities for us all to share some of our own reality and experience.

### **Our speaker: Rev'd Ian Spencer, Warden of Holland House**

Ian spent his early adult years in the Royal Navy as an electronics engineer before leaving for a career in I.T. During this time he trained as a Lay Minister ("Reader") in the Anglican tradition, a ministry he enjoyed for 10 years until in 2003 he left secular work for full time training and Ordination. Having spent his curacy at Great Malvern Priory, he became Priest and Warden of Holland House Retreat in 2008 where he continues to work.



Ian became interested in Zen through reading Thomas Merton, and after meeting a Roman Catholic Priest and Zen Teacher (Fr Patrick Kundo Eastman), began training within the Soto tradition and eventually took Jukai, a formal commitment to Zen practice. He continues to be a student of Zen within the Wild Goose Zen Sangha and co-runs the Worcestershire sitting group with his wife Karen. Looking for a practice that worked with the body, Ian started attending a yoga class which eventually led him to be trained as both a class teacher and then a one-to-one teacher, a total of over 1000hrs training across five years. He continues to study and practice within all three traditions, allowing the insights and wisdom of each to speak into and inform the other. He's currently writing his first book, *The Wisdom of Yoga for Christians*.

### **Venue and directions**

Abbots Morton Village Hall WR7 4NA

*We cannot use our usual Inkberrow venue this time, but this hall is only a couple of miles away from there...*

Travel on the A422 towards/through Inkberrow. Half a mile to the west of Inkberrow is a turning on a sharp bend. Take this lane (Evesham Road) towards The Lenches; turn left at the 'T' junction and then continue straight (Alcester Road) through the hamlet of Radford. Approximately 1 mile on, turn left at a minor crossroads towards Abbots Morton. The Village Hall is on your left as you enter the village. There is parking at the hall and on the roadside by the church, a little further on.

### **The Spirituality Network and Spiritual Direction**

The Diocesan Spirituality Gatherings aim to offer support, encouragement and fellowship to all those who are seeking to explore and deepen their spiritual life and awareness. Our network of contacts includes people who seek to listen to and walk with others on their spiritual journeys, and it includes those clergy and lay people who are available to offer spiritual direction or accompaniment. To find out more or to request information about those offering spiritual direction in our diocese, please contact Mary Flitcroft at [maryba4s21@gmail.com](mailto:maryba4s21@gmail.com)