

The **Blackley** Centre



**Relate, Restore, Reconcile**

## ***Peace & Quiet Days 2022***

**at**

**The Blackley Centre:  
Relate, Restore, Reconcile**

**on**

**Friday 28th January  
Saturday 19th February  
Friday 18th March**

**Friday 29th April  
Friday 27th May  
Friday 17th June  
Saturday 30th July**

**Friday 30th September  
Friday 28th October  
Saturday 26th  
November**

**10.00 am to 4.00 pm**

**Use the space, resources, and grounds of the Blackley Centre, including the Chapel, as you wish, in silent prayer, reflection, reading, meditation. These days are particularly helpful for those who need to find peace in difficult situations.**



## What is a Peace and Quiet Day all about?

The Bible is filled with examples of those who have taken time away from their everyday life, to become closer to God.

While organised retreats are wonderful experiences, it is impractical for most of us to experience them frequently, so this is an opportunity to create your own personal retreat for just one day.

Peace and Quiet Days are a wonderful chance to enjoy beautiful surroundings whilst having an opportunity to reflect, grow spiritually, and to consider how we can find peace within conflict.

Each Peace and Quiet Day begins with a short optional led session. Throughout the day you are free to enjoy the Centre, Chapel and grounds, a lovely environment in which to spend a day of reflection. Resources are available for you to use to create a personal retreat, appropriate for you.

Tea, coffee, biscuits and cake available throughout the day.

### **Day Cost:**

**The basic day costs £20 per person**

**or**

**£15 concession for retired/unwaged**

**Lunch can be provided for an extra £5 as required  
(please book in advance)**

**To Book call 01422 646803 or email [admin@blackleycentre.co.uk](mailto:admin@blackleycentre.co.uk)**

As an expression of loving our neighbours, each day will be Covid secure with a safe limit on the number of participants and everyone will be asked to follow the latest Government guidelines on wearing a face covering and social distancing.



**Enhance your experience;**  
**Pre-book from the following optional sessions:**

**A Led Reflection**

A great way to begin your day. A time of reflection, prayer and meditation, which can provide a thoughtful structure for the rest of your time at the Centre. Begins at approximately 10.15am

**No extra cost**

**A Conflict Management Coaching Session**

Explore ways to manage yourself and your anxiety, helping to build your resilience, and enabling you to cope with conflict. This is particularly helpful for Church leaders, ministers, their spouses or family members, who are often deeply affected by the stresses of church conflict. Booking is essential.

**One-to-one coaching Session (1 hour): £20**

**'Understanding your Style' using the Gilmore Fraleigh Style Profile**

An individual session using the Gilmore Fraleigh Style Profile to help you in your understanding of yourself in calm or storm situations. The questionnaire must be completed and paid for prior to the retreat day.

**Gilmore Fraleigh individual coaching session (1 hour): £30**  
(to include G-F Questionnaire and Printed Interpretation booklet)

**The Blackley Pilgrimage**

A guided walk, of about 1 hour, (reasonably gentle with some uphill sections) with places to stop, pray and reflect, finding peace in creation.

**No extra cost**

**Closing Reflection Time**

Finish your day well. Join with others to share thoughts and reflections, finishing with prayer. 3.45 – 4.00 pm

**No extra cost**

For more details please visit our website

[www.blackleycentre.co.uk](http://www.blackleycentre.co.uk)

To find out where we are:

Blackley Centre Postcode: HX5 0TD

To book a place please email:

[admin@blackleycentre.co.uk](mailto:admin@blackleycentre.co.uk)

Or Tel: 01422 646803