

Our Reflective Days in the North East - Info Sheet



What Happens on a Reflective Day?

- **A time of stilling meditation** as we let go of any distractions and prepare to spend our morning with God. This may include the use of music.
- **Led Meditations** which often include Ignatian practices which might include:
 - **Lectio Divina**, where we notice words or phrases that strike us or resonate with us and we stay with those in our reflection time.
 - **Imaginative Contemplation**, where we let our imagination place us in a scene from Scripture in order that we might more closely encounter God or Jesus and hear the message for our own life.

At other times, the leader might use art or music to support a time of reflection.

- **Times of personal prayer and reflection** where we are welcome to come into our own space as we listen to what God is saying to us and take time to respond. The leaders may provide activities or art & craft supplies which can be used during these times, and people often sit outside or go for a walk as they reflect. Participants are free to engage with as much or as little of what we offer as is right for each person.
- **Times of sharing** both in small groups where we might share and explore our experiences more deeply, and as a whole group where we have space to offer insights from our experiences.
- **Closing Sharing and Prayer** as we share the joys and blessings of our time together.
- **Lunch:** We continue our sharing over lunch.

There is no need to have any prior experience of such reflective days to engage with the material. Our days are structured so that the material is accessible to all and our team is used to guiding those who are new to this type of day.

Timings and Locations:

We run six or seven days each year, normally on the last Saturday of the Month from February to May and September to November. The days take place at various venues in Aberdeen and Aberdeenshire.

Each day begins at 10am with refreshments as we gather and take the opportunity to greet old friends and new, before the content begins at 10:30am. Our days usually finish between 12:30 and 1pm, when we enjoy more fellowship over lunch before we depart.

Who leads the days?

Each day is led by two members from our team of Epiphany Group Scotland members based in the Aberdeenshire area, alongside others who are experienced in Ignatian Spirituality.

What do I need to bring?

We normally ask that individuals bring:

- **A journal or notebook:** it may be helpful to you to be able to note your reflections.
- **A bible.** Our leaders provide copies of their chosen scripture passages but it will be useful if you have a preferred translation or if the Spirit leads you to other passages.
- **A packed lunch:** We ask that individuals bring their own lunch with them.

Can't join us but would like to reflect on our Material?

We send the materials that our leaders prepare, on request, to those who can't be with us in person – often this is because they have other diary commitments, but sometimes it is because travel to venues is challenging in the geographical area we serve in the North-East of Scotland.

Material is sent to those who have requested it the day before the event.

Cost of the Days:

We offer our days and our material freely, but donations are gratefully received to help towards the cost of running each day. We ask that people give only what they can afford, either by bank transfer or by cash in our donations tin.

Our bank details are provided to participants and are also available on request.

More information:

Do contact us and we will happily respond to any questions or comments, or if you have specific needs that we can help with to enable you to have a good experience on our days.

We hold a mailing list, with which information about these days, courses, retreats and other opportunities are shared. If you would like to be on our list, please let us know.

Our contact email is epiphanyescot@gmail.com.