

Tea and coffee making facilities are available. The retreat floor kitchen also has a fridge, microwave and cooker which are available for use.

The FCJ Spirituality Centre is supported by the donations given by those who follow the sessions or use the facilities in other ways. And it is our intention that no-one should be prevented from coming to the Centre because of financial circumstances. Please make the donation you are able to give. This will enable us to continue the programme and the welcome that we offer. Donations can be given by cash, cheque or bank transfer. Thank you.

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Applications for sessions can be made by phone: **0750 866 1767**

By email: **bookings.fcjcentre@fcjhouse-somerstown.co.uk**

By tear-off slip if these are included in individual fliers

By post: FCJ House, 32 Phoenix Road, Somers Town, London NW1 1TA

General enquiries by phone or email:

enquiries.fcjcentre@fcjhouse-somerstown.co.uk

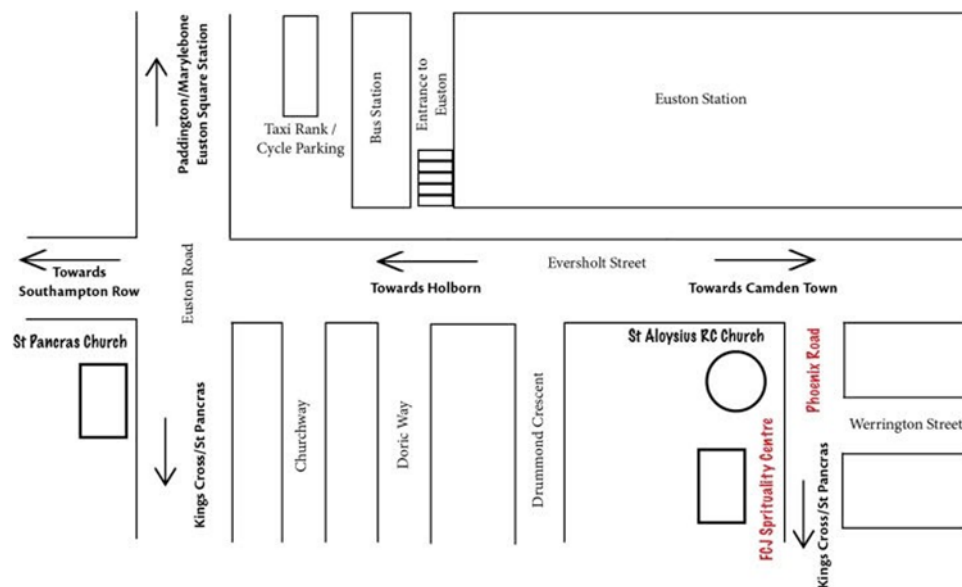
Find us on Facebook: **FCJ Spirituality Centre London**

TRAVEL

Buses along Euston Road and into Euston Bus Station: 18, 30, 59, 68, 73, 91, 168, 205, 390, N5, N20
Nos 168 and 253 run along Eversholt Street

Underground into Euston: Northern Line and Victoria Line.
Also Mainline trains and London Overground trains

Underground into Euston Square: Circle, Hammersmith and City and Metropolitan



FCJ SPIRITUALITY CENTRE

Faithful Companions of Jesus

PROGRAMME

2023



The FCJ Spirituality Centre
is a place of
warm welcome,
hospitality
and spiritual nourishment.

It honours inclusivity
and diversity
and promotes hope, calm
and beauty in the midst
of a busy city



The purpose of the FCJ Centre, is to make available

- ◇ an environment in which to search for meaning in life
- ◇ opportunities to look at life's journey so as to deepen a personal relationship with God or further a commitment to one's highest values
- ◇ one-to-one spiritual accompaniment
- ◇ tools for making good life decisions
- ◇ opportunities to deepen and nourish the Christian faith
- ◇ the search for justice, inclusion, reconciliation and compassion in local and wider contexts
- ◇ concern for the sustainability of the Earth and the development of a deep eco-spirituality
- ◇ an engagement in the pursuit of Beauty



We have several rooms available for groups to use for their own meetings. If you are interested, please **email: enquiries.fcjcentre@fcjhouse-somerstown.co.uk**. Our largest room holds a maximum of 25 –30 people and has overhead projection.

Chairs and tables (round and rectangular) can be arranged according to need.

We can offer specific sessions in the Centre for parish groups or other faith groups, on topics that are of interest to them.

We are available to visit parishes to offer sessions in their own premises, e.g. a day or evening retreat, retreat in daily life.

If you would like to request personal spiritual accompaniment, please email 'enquiries' or request it directly from one of the sisters on the team.



PROGRAMME 2023

The themes of our Retreats, of whatever length or medium, are usually taken from the liturgical year, from Scripture, from the elements of our faith or from situations in our world and in our lives. They are sometimes included in our yearly programme but often they are determined closer to the event.

JANUARY

Fri 6 th	Evening Retreat on Zoom <i>See Facebook for details each month</i>	7.30 – 9.00
Tue 10 th	Using Film as a Way to Reflect on Life	7.15 – 9.30
Mon 16 th	The Infancy Narratives - The full Christmas Story Part I The Gospel of Matthew	7.15 – 9.00
Thu 19 th	Let's Talk: FCJ Young Adult Network Evening New Beginnings: Hopes and Dreams <i>As we live into this new year, what are your hopes and dreams and how does the Church help us make the most of our opportunities? Join Sr. Anouska for a time of prayer and the opportunity to share together on chosen topics for each month. **</i>	7.00 – 8.30
Mon 23 rd	The Infancy Narratives - The full Christmas Story Part II The Gospel of Luke	7.15 – 9.00
Wed 25 th	Monthly Drop-in accompanied by a Cuppa and Cake and plenty of Chat	2.30 – 4.30

These afternoons are an opportunity for older adults to come together in a comfortable setting to enjoy a brief presentation on a relevant theme together with refreshments and good conversation.

Sat 28 th	Exploring David Richo's Thoughts on Self-Care Part I <i>This session will include working with our emotions and embracing the realities of our life.</i>	2.00 – 5.00
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FEBRUARY

Sat 4 th	Afternoon Retreat Reflecting on the Eucharist <i>We will take time to reflect on how elements of a creation/eco-spirituality can enrich our understanding of the Eucharist in our lives.</i>	2.00 – 4.30
Thu 9 th	Evening Retreat on Zoom	7.30 – 9.00
Tue 14 th	Using Film to Reflect on Life	7.15 – 9.30
Wed 15 th	Monthly Drop-in accompanied by a Cuppa and Cake and plenty of chat.	2.30 – 4.30
Thu 16 th	Let's Talk: FCJ Young Adult Network Evening Renewal: What's the Point of Lent? <i>Each year we live the Lenten season and try to turn our hearts and minds to God by focused acts of prayer, fasting and good works. But what's the point? Why does the Church give us this time of renewal?</i>	7.00 – 8.30

Tue 21st **Neighbours in Faith:** 7.15 – 9.00

A time to further discover the beauty and richness of the various faiths of people living in our city. We will welcome to our gathering a member of another faith in the locality of Somers Town to share on their faith and to respond to us in conversation.

Details to follow later.

MARCH

Sat 4 th	Card Making	Led by Sr. Gloria FCJ**	2.30 – 5.00
Mon 6 th	Beginning of Retreat in Daily Life	(in person)	7.15 – 8.30
Tue 7 th	Beginning of Retreat in Daily Life	(on Zoom)	7.15 – 8.30

A Retreat in Daily Life (RDL) is a special time of prayer and reflection which takes place in the midst of the ordinary round of life. It consists of an opening session in which helps for prayer are given and each one is offered a prayer guide whom they will meet each week at a mutually agreed time. This meeting can take place 'face-to-face'/'in person' or on Zoom, as we are offering both possibilities. At this meeting you can share whatever you wish about your prayer in the previous week and your prayer guide will make suggestions for moving forwards. At the end of the retreat there will be a closing gathering to reflect on the experience and to thank God for the gifts and graces received.

Sat 11 th	Lent Retreat for Young Adults	10.30 – 2.00
Tue 14 th	Using Film as a way to Reflect on Life	7.15 – 9.30
Thu 16 th	A Lent journey: Walking with the Suffering Servant in the Book of the Prophet Isaiah Part I	7.15 – 9.00
Fri 17 th	Evening Retreat on Zoom	7.30 – 9.00
Thu 23 rd	A Lent journey: Walking with the Suffering Servant in the Book of the Prophet Isaiah Part II	7.15 – 9.00
Sun 26 th	Day Retreat: Praying with Four Pathways to God in Creation Spirituality	11.30 – 4.00

This day will explore Meister Eckhart's development of the four classical pathways of spirituality – Via Positiva, Via Negativa, Via Creativa and Via Transformativa. These are 4 paths or insights into living in a more wholesome way.



Wed 22nd **Let's Talk: FCJ Young Adult Network Evening Ritual and Remembering: A Time for You** 7.00 – 8.30

Take time this month to come together and reflect on why rituals and acts of remembrance are important to you individually and to communities. How do Church liturgies help us express what our words can't always say?

Sat 25 th	Afternoon Retreat	Preparing for Advent	2.00 – 5.00
Wed 29 th	Monthly Drop-in accompanied by a Cuppa and Cake and plenty of Chat		2.30 – 4.30

DECEMBER

Sun 3 rd	Day Retreat: Praying the 'O Antiphons' in Anticipation of Jesus' Birth	11.30 – 4.00
Wed 6 th	Let's Talk: FCJ Young Adult Network Evening Light in the Darkness: Advent Hope and Joy	7.00 – 8.30

Come and explore the gift of this Advent season and the symbolism that can draw us ever deeper into this time of the Church's year.

Fri 8 th	Evening Retreat on Zoom	7.30 – 9.00	
Sat 9 th	Afternoon Retreat	Enjoying Advent Stillness	2.00 – 5.00
Tue 12 th	Using Film as a Way to Reflect on Life	7.15 – 9.30	
Sat 16 th	Advent Retreat for Young Adults	10.30 – 2.00	
Wed 20 th	Christmas Drop-in accompanied by a Cuppa and Cake and plenty of Cheer	2.30 – 4.30	

All the Centre sessions are delivered by the FCJ Team: Sr. Margarita Byron (Director), Sr. Ellen McCarthy and Sr. Rita McLoughlin, unless otherwise noted.

*** Sr. Anouska is an FCJ sister living in East London. She is Senior Catholic Chaplain for Higher Education in the Archdiocese of Southwark with experience of working with young adults in a variety of settings. She is part of the Chaplaincy Teams at Goldsmiths, University of London and LSBU - Southwark Campus.*

Sr. Katherine is an FCJ Sister with a background in psychotherapy.

Sr. Gloria is an FCJ Sister gifted with creative skills



OCTOBER

Tue	3 rd	Using Film as a Way to Reflect on Life	7.15 – 9.30
Fri	6 th	Evening Retreat on Zoom	7.30 – 9.00
Mon	9 th	Four Weeks of Retreat in Daily Life /Prayer with Accompaniment 1st Session (in person)	7.15 – 8.30
Tue	10 th	Four Weeks of Retreat in Daily Life / Prayer with Accompaniment 1st Session (on Zoom)	7.15 – 8.30

A Retreat in Daily Life – Prayer with the accompaniment of a prayer guide - offers a special time of prayer and reflection taking place in the midst of the ordinary round of life. At the opening session helps for prayer are given and each one is offered a prayer guide to accompany them and whom they will meet weekly at a mutually agreed time. This meeting can take place 'face-to-face'/'in person' or on Zoom, as we are offering both possibilities. At this meeting you can share whatever you wish about your prayer in the previous week and your prayer guide will make suggestions for moving forwards. At the end of the retreat there will be a closing gathering to reflect on the experience and to thank God for the gifts and graces received. This retreat is adapted for everyone joining it, so those who have already made a Retreat in Daily life might also find it helpful as they continue their journey in prayer.

Wed	11 th	Let's Talk: FCJ Young Adult Network Evening Letting Go: Freedom From, Freedom For... <i>With Autumn upon us the seasons are showing us the importance of letting go so that new life can come. What can this teach us about the importance of letting go in our lives to enable us to welcome in new opportunities/realities?</i>	7.00 – 8.30
Sat	14 th	Afternoon retreat: Encountering Jesus	2.00 – 5.00
Thu	19 th	Praying the Rosary: The Mysteries of Light	7.15 – 9.00
Wed	25 th	Monthly Drop-in accompanied by a Cuppa and Cake and plenty of Chat	2.30 – 4.30
Mon	30 th	Final Meeting of Retreat in Daily Life (in person)	7.15 – 8.30
Tues	31 st	Final Meeting of Retreat in Daily Life (Zoom)	7.15 – 8.30

NOVEMBER

Mon	6 th	Exploring David Richo's Thoughts on Self-Care Part II	7.15 – 9.00
Thu	9 th	Evening Retreat on Zoom	7.30 – 9.00
Sat	11 th	Afternoon Retreat Praying with the Women in the Scriptures	2.00 – 5.00
Tue	14 th	Using Film as a Way to Reflect on Life	7.15 – 9.30
Fri	17 th	Praying with Colour Led by Sr. Gloria FCJ** <i>Colour can help us get in touch with our deeper thoughts, feelings and creativity, leading us into various forms of prayer.</i>	7.15 – 9.00
Sat	18 th	Card-Making Led by Sr. Gloria FCJ	2.30 – 5.00

Mon	27 th	Final gathering for the Retreat in Daily Life (in person)	7.15 – 8.30
Tue	28 th	Final gathering for the Retreat in Daily Life (on Zoom)	7.15 – 8.30
Wed	29 th	Monthly Drop-in accompanied by a Cuppa and Cake and plenty of Chat	2.30 – 4.30
Thu	30 th	A Lent journey: Walking with the Suffering Servant in the Book of the Prophet Isaiah Part III	7.15 – 9.00

APRIL

Sat	1 st	Afternoon Retreat	2.00 – 5.00
Fri	7 th	Children's Liturgy for Good Friday	11.00 am
Tue	11 th	Using Film as a Way to Reflect on Life	7.15 – 9.30
Thu	20 th	Evening Retreat on Zoom	7.30 – 9.00
Thu	20 th	Let's Talk: FCJ Young Adult Network Evening Called by Name: Nurturing our personal Relationship with God	7.00 – 8.30

All friendships grow and develop by spending time with each other and learning more about the other person. The same is true with God. Come along and be led through different ways of praying and learn about lots more.

Sun	23 rd	Day Retreat How Do You Pray? <i>Taking time to explore different ways of Praying</i>	11.30 – 4.00
Wed	26 th	Monthly Drop-in accompanied by a Cuppa and Cake and plenty of Chat	2.30 – 4.30
Sat	29 th	Living Creation Spirituality Part I <i>As we grow in our understanding of God and our created universe we seek ways to live that rich reality in our daily lives.</i>	10.30 – 4.00



MAY

Wed 3 rd	Emotional Health and Wellbeing	7.15 – 9.30
.	<i>During this session, we will look at the important role emotions play in our lives. As we do this, we will look for ways of staying emotionally healthy. Led by Sr. Katherine FCJ **</i>	
Tue 9 th	Using Film as a Way to Reflect on Life	7.15 – 9.30
Sat 13 th	Choosing Wisely	10.30 – 4.00
	<i>This session will lead us in praying and reflecting about some helpful ways for making good decisions in our lives.</i>	
Thu 18 th	Let's Talk: FCJ Young Adult Network Evening	7.00 – 8.30
	Living my Best Life: Discovering my Vocation in the Church	
	<i>Our vocation is God's gift to us for the Church, but how can you discover it in a world of infinite choices?</i>	
Fri 19 th	Evening Retreat on Zoom	7.30 – 9.00
Sat 20 th	Day Retreat The Name of God is Mercy	11.30 – 4.00
Thu 25 th	An Evening with Etty Hillesum	7.15 – 9.00
	<i>Reflecting on the incredible spiritual journey of this young Jewish Woman who reached out to the persecuted Jews in Amsterdam and her fellow prisoners in Auschwitz.</i>	
Sat 27 th	Afternoon Retreat: Revisiting Pope Francis' Ecumenical Letter, 'Laudato Si'	2.00 – 5.00
	<i>Laudato Si talks about care for our planet - our natural environment - and all its people, as well as broader questions of the relationship between God, human beings and the Earth. The encyclical's subtitle is, "Care for Our Common Home,"</i>	
Wed 31 st	Monthly Drop-in accompanied by a Cuppa and Cake and plenty of Chat	2.30 – 4.30

JUNE

Sat 3 rd	Living Creation Spirituality Part II	10.30 – 4.00
Tues 13 th	Using Film as a Way to Reflect on Life	7.15 – 9.30
Tue 20 th	Scripture: Reflecting on some of the letters of St. Paul in the New Testament Part I	7.15 – 9.00
Thu 22 nd	Let's Talk: FCJ Young Adult Network Evening	7.00 – 8.30
	It's Your Church Too: The Synodal Journey's Next Steps	
	<i>It may seem a long time since we heard of the opening of the Synod in October 2021, but the listening journey continues. Come and discover the next steps and your role in it.</i>	
Fri 23 rd	Evening Retreat on Zoom	7.30 – 9.00
Sat 24 th	Afternoon Retreat Dwelling in the Heart of God	2.00 – 5.00
Tue 27 th	Scripture: Reflecting on some of the letters of St. Paul in the New Testament Part II	7.15 – 9.00
Wed 28 th	Monthly Drop-in accompanied by a Cuppa and Cake and plenty of Chat	2.30 – 4.30

JULY

Wed 5 th	Praying the Cantic of St. Francis	7.15 – 9.00
Tue 11 th	Using Film as a Way to Reflect on Life	7.15 – 9.30
Sat 15 th	Afternoon Retreat: 'Beauty will save the World' Fyodor Dostoevsky	2.00 – 5.00
	<i>Recalling how we name God as 'Beauty, Truth and Goodness, we will reflect on this intriguing quote from Dostoevsky in 'The Idiot'.</i>	
Thu 20 th	Let's Talk: FCJ Young Adult Network Evening	7.00 – 8.30
	Sabbath: The Joy of Rest	
	<i>In a city that never sleeps it can be hard to see the importance of the Sabbath. In our last session before the summer break, come and share on your lived experience, it's joys and its challenges. Find ways to build Sabbath moments into each day.</i>	
Fri 21 st	Evening Retreat on Zoom	7.30 – 9.00
Wed 26 th	Monthly Drop-in accompanied by a Cuppa and Cake and plenty of Chat	2.30 – 4.30

AUGUST



THE CENTRE IS CLOSED

SEPTEMBER

Sun 3 rd	Day Retreat Living the Season of Creation	11.30 – 4.00
Fri 8 th	Evening Retreat on Zoom	7.30 – 9.00
Tue 12 th	Using Film as a Way to Reflect on Life	7.15 – 9.30
Thu 14 th	Scripture: The Book of Revelation Part I	7.15 – 9.00
Sat 16 th	Afternoon retreat Each Day is a New Beginning	2.00 – 5.00
Wed 20 th	Let's Talk: FCJ Young Adult Network Evening	7.00 – 8.30
	Ways of Praying: Giving Thanks to God	
	<i>So often we ask for things but are not always so quick to say thank you. Explore a way of praying that is focused on thanksgiving.</i>	
Thu 21 st	Scripture: The Book of Revelation Part II	7.15 – 9.00
Wed 27 th	Monthly Drop-in accompanied by a Cuppa and Cake and plenty of Chat	2.30 – 4.30

These afternoons are an opportunity for older adults to come together in a comfortable setting to enjoy a brief presentation on a relevant theme together with refreshments and good conversation.

Thu 28 th	Scripture: The Book of Revelation Part III	7.15 – 9.00
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