

‘FINDING TIME FOR SILENCE’

Lay Community of St Benedict Retreat

Ampleforth Abbey

Friday 13th – Sunday 15th May 2022

Led by Fr Kevin Hayden OSB



All guests who present themselves are to be welcomed as Christ,
for He Himself will say:

I was a stranger and you welcomed me.

(Matt 25:35) Rule of St Benedict, Chapter 53.

All are most welcome to attend this retreat, including those who are interested in exploring Benedictine spirituality for the first time, as well as those who are more familiar with this way of life. Members of the Lay Community of St Benedict will be present on the retreat to add their welcome to that already being offered by the Monastic Community of Ampleforth Abbey.

The first thing to say is that this is not a fully silent retreat. The retreat will explore the ways in which silence forms our lives and spiritual journeys as individuals, and as communities; and will offer space and time for some periods of silence, prayer and reflection, in the context of a shared community life. However, we have all been through a couple of difficult years and we decided to include time for socialising, sharing food, refreshments, and relaxation. In other words, 'Finding time for Silence' is explored in the context of a 'Balanced Life'.

The retreat will be led by Fr Kevin Hayden OSB, including two sessions on the Saturday and one on Sunday.

During our stay, there will be an opportunity for quiet time in the church, crypt and grounds, and to join with the monastic community in the Daily Office.

We very much hope that you will find in this retreat a sense of home, community, and peace, though exploring the ways of silence in the context of Benedictine community life.

Richard and Christine Watts

Organisers of the retreat (Members of the Lay Community of St Benedict)

DRAFT PROGRAMME

THE GRANGE: Rievaulx Conference Room

Friday	Arrivals
	4.30 Tea in the Grange
	5.00 Welcome and Introduction
	6.00 Vespers in the Abbey Church
	6.30 Supper in the Newman Room
	8.15 Compline in the Abbey Church
Saturday	5.30 Matins
	7.30 Lauds
	8.00 Breakfast in the Newman Room
	8.45 Terce
	9.00 Conventual Mass in the Abbey Church
	10.00 An Introduction to Silence; Fr Kevin Hayden
	11.00 Coffee in the Grange
	11.30 Silence - Sharing our Experience and Wisdom
	1.00 Sext
	1.15 Lunch in the Newman Room
	1.50 None
	2.00 Free Time: Atmosphere of Silence in the Grange Optional: Walk/Outdoor Time – Mindfulness and Nature
	3.30 Self-service tea in the Grange
	4.30 Lectio Divina in the Crypt led by Fr Kevin
	5.00 Being Together in Silence: Shared Silence in the Crypt
	6.00 Vespers in the Abbey Church
	6.30 Supper in the Newman Room
	7.30 Short talk on the Lay Community of St Benedict
	8.00 SOCIAL TIME
	10.00 Compline in the Rievaulx Room
	Quiet from 10.30pm until breakfast
Sunday	7.30 Lauds
	8.00 Breakfast in the Newman Room
	9.15 Terce
	9.30 Conventual Mass in the Abbey Church - followed by coffee in the Newman Room
	11.45 Session 3 - A Life Shaped by Silence: Fr Kevin
	1.00 Sext
	1.15 Lunch in the Newman Room
	1.50 None
	Departures

Reflection & Quiet time

Guests may use any of the following areas for quiet time:

The Abbey Church

The Crypt in the Abbey Church

The Grange Library or Chapel

Matins (Office of Readings)

‘O Lord, open our lips’ is the first prayer of the day, as the silence of the night is broken first of all by praise of God and the summoning of the monks to begin the Work of God. This Office consists of a number of psalms and two readings, followed by general intercessions. At the end of Matins there is a period for quiet prayer.

Lauds (Morning Prayer)

As the name suggests, the Office of Lauds is devoted to praise of God in Morning Prayer. It consists mainly of a series of psalms and canticles, with antiphons and a hymn. The Benedictus canticle – ‘Blessed be the Lord, the God of Israel’ – is sung and the Office ends with the singing of the Lord’s Prayer and the Concluding Prayer.

Terce (Mid-Morning Prayer); Sext (Midday); None (Mid-Afternoon)

There is a long monastic tradition of interrupting the working day between Lauds and Vespers with three short offices (little offices) at the third, sixth and ninth hours of the ancient day (mid-morning, noon and mid-afternoon). These serve to remind us that, even in the midst of our busy-ness, our search for God in prayer is the focus of our monastic life, and they also help us to consecrate the work (and ourselves) consciously to God. After a short opening and hymn, psalms are sung with an antiphon, and there is a short reading from scripture and a concluding prayer.

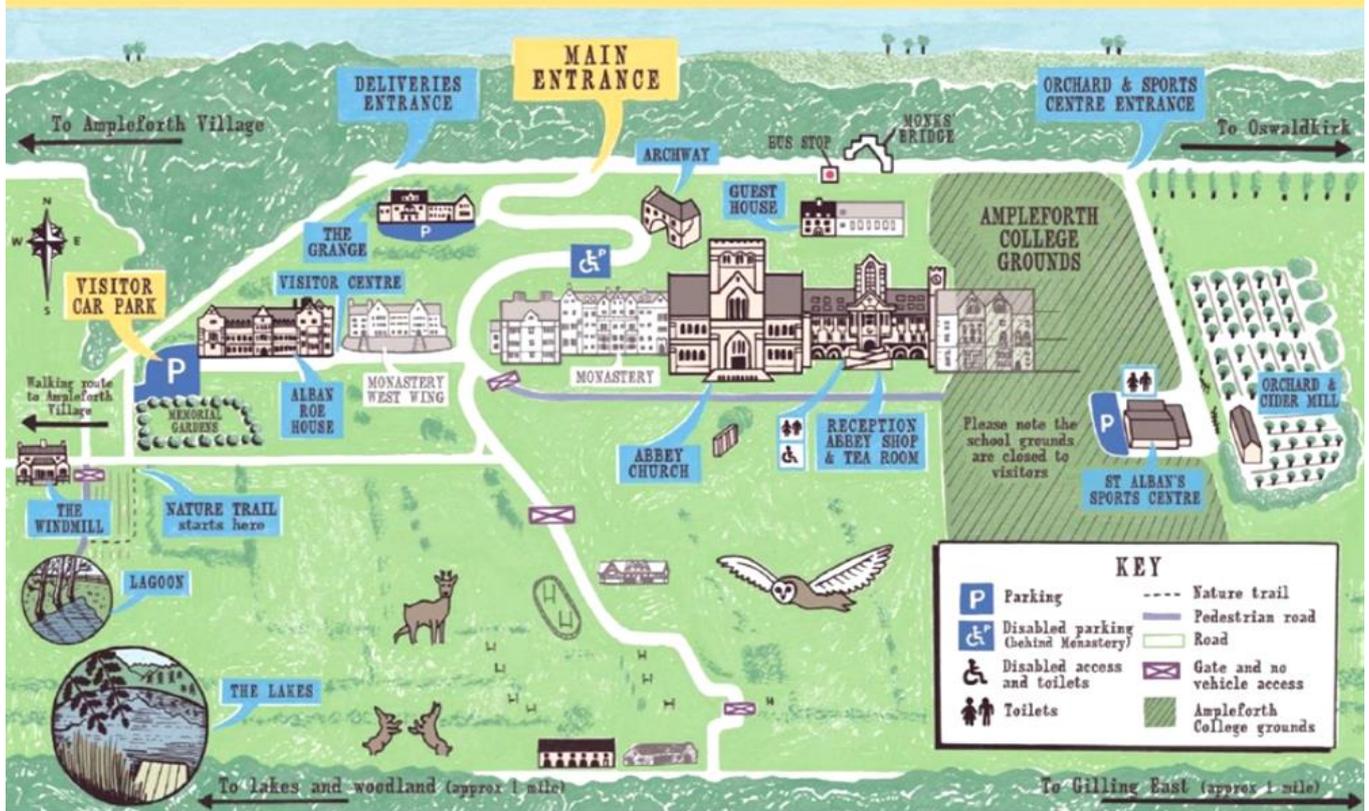
Vespers (Evening Prayer)

This Office is sung in Latin, with psalms followed by a short reading, a response, hymn and antiphon. The Magnificat canticle – ‘My soul glorifies the Lord’ – is sung before the Concluding Prayer. In May and October there is an additional anthem to Mary, mother of Christ.

Compline (Night Prayer)

The Work of God is brought to an end by invoking God’s protection during the hours of darkness. The Office includes a short reading from the Rule of St Benedict.

Visiting Ampleforth Abbey and Grounds



Please note the school grounds are private.
 Guests are not permitted to pass beyond the boundaries marked.
 Please see the site map and the signage on site for your guidance.

You must wear your visitor badge at all times on site.
 Please read and follow the safeguarding instructions in your room and displayed on
 noticeboards in the retreat houses.