

## FRIENDS OF MOUNT ATHOS RETREAT

6-8 MARCH 2020

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Following the FoMA conference in 2019 at Madingley about the life of prayer on Mount Athos, which was very well received, we are planning to run an ecumenical residential retreat on the same broad theme at the Anglican Diocesan Retreat House at Pleshey over the weekend **6-8 March 2020**.

This place has strong associations with Evelyn Underhill, who pioneered ecumenical retreats in the Church of England before the Second World War, and who herself had close links with Orthodox Christians. It is a lovely house, steeped in prayer, and recently refurbished to a high standard. The retreat will be conducted by the Revd Douglas Dales.

You can find out more about Pleshey and its history on their excellent website ([www.retreathousepleshey.com](http://www.retreathousepleshey.com)), which will also give directions: it is near Chelmsford. There is some ground-floor accommodation available.

Pleshey is about 45 minutes away by car from the Orthodox Monastery at Tolleshunt Knights, and part of the retreat will take place there under the guidance of Sister Magdalen. This will give people a chance to enter into the life and worship of this remarkable community, which was founded by Fr. Sophrony. The retreat will fall in Lent for both Orthodox and Western Christians and this will be reflected in the proposed addresses and in the menus. The programme of the retreat is attached.





We need at least 24 people to make this viable and we can take up to 30. **We need firm bookings by the end of September with a deposit of £50.** The total cost will be £180, the balance to be paid by 1 March 2020.

Please send an application form with a cheque in favour of *The Friends of Mount Athos* to the **Revd Douglas Dales, The Glebe House, 3 Drakes Farm, Peasemore, Newbury, Berkshire, RG20 7DF [01635 247404]**. He may be contacted by e-mail at [douglas.dales@outlook.com](mailto:douglas.dales@outlook.com).

Or you may make a PayPal payment via the FoMA website ([www.athosfriends.org](http://www.athosfriends.org)), or send a bank transfer. **If you do so, please send a copy of your application form to the Revd Douglas Dales as well.**

**FoMA Bank Details:**

Sort code: 30-96-64

Account number: 01154911

IBAN: GB43LOYD30966401154911 (for International Payments Only)

BIC: LOYDGB21085 (for International Payments Only)

# BOOKING FORM

**I would like to come to the FoMA retreat at Pleshey on 6-8 March and enclose a deposit of £50.**

Name:

Address:

Email address / telephone number:

Any dietary or mobility requirements:

**FoMA RETREAT IN LENT AT PLESHEY: 6-8 MARCH 2020**

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*Friday 6 March*

- 18.00 Arrival & Welcome
- 19.00 Supper - talking
- 20.00 First Address - *The Name of Jesus in the Western Church*
- 21.30 Compline

*Saturday 7 March*

- 8.30 Breakfast - silent
- 9.00 Morning Prayer
- 10.00 Second Address - *The Meaning of 'Kyrie Eleison'*
- 11.00 Coffee Break - silent
- 12.15 Mid-day Prayers
- 12.30 Lunch - talking
- 13.30 Depart for the Orthodox Monastery at Tolleshunt Knights
- 14.30 Arrive at the Orthodox Monastery
- 15.00 Address by Sister Magdalen - *The Meaning of Metanoia - Repentance*
- 15.45 Tour of the Monastery
- 16.30 Tea
- 17.30 Orthodox Vespers in the Chapel
- 19.15 Supper in the Refectory
- 20.30 Depart for Pleshey
- 22.00 Compline

*Sunday 8 March - Lent 2*

- 8.30 Breakfast - silent
- 9.30 Holy Communion with Address - *Resurrection in the Gospels*
- 11.00 Coffee Break - silent
- 12.00 Mid-day Prayers
- 12.30 Lunch - talking
- 14.00 Depart