

# Reflect

Methodist Spirituality and Retreats

## REFLECT QUIET MORNING *(via Zoom)*

On Friday 26<sup>th</sup> January or Saturday 27<sup>th</sup> January 2024



## EXPLORING LIFE WITH BRIGID OF KILDARE *(FEAST DAY: 1<sup>st</sup> FEBRUARY)*

In 2023 St Brigid's Day became a national holiday in the Republic of Ireland.

Who was this 5<sup>th</sup> Century Saint?

And what might her life and spirituality have to say to us?

9.30am - Welcome, Prayer & Introduction to Brigid

10.00am – Session 1: Healing

11.00am – Session 2: Life & Hope

12 noon – Conclusion & Closing Prayer

To end by 12.15pm

**This online Quiet morning will be led by Judith Jessop  
– Methodist minister and Chair of Reflect**

If you would like to attend please email Lynne Tonge [2tonges317@gmail.com](mailto:2tonges317@gmail.com)  
stating which date you would like to book

There is no charge for this event but donations (suggestion £10)  
may be made by bank transfer to support the work of REFLECT

(Reflect Bank Details: Lloyds Bank, Sort Code 30 96 18, Account no. 02833113  
please quote 'Quiet Day' as a reference for your payment – Thank you!)