



# Yorkshire Plus Regional Retreat For Presbyters, Deacons and Lay Employees

'All Shall be Well?  
Life, Suffering and the  
Love of God with  
Julian of Norwich'  
Online retreat led by  
Nick Helm

The day will draw on the wisdom of Julian of Norwich, a 14th Century mystic who lived through a time of upheaval and plague. She provides much food for reflection and prayer on the loving presence of God that is relevant to Lent and a world living with Covid 19.



**When:** 10 March 2021

**Cost:** free, but booking in advance is essential

**Booking deadline:** Friday 5 March 2021

**To register a place:**

[https://us02web.zoom.us/meeting/register/tZckc-GrpzloEtUas\\_ZfmNg5EwJLHTDOHES7](https://us02web.zoom.us/meeting/register/tZckc-GrpzloEtUas_ZfmNg5EwJLHTDOHES7)

**For more information:** Katrin Hackett, [admin@sheffieldmethodist.org](mailto:admin@sheffieldmethodist.org),

0114 2709990 or 0114 4300255

Nick Helm is the Advisor in Spirituality in Hereford Diocese, having previously worked in the Sheffield Diocese. He is Chair of the Spiritual Exercises Network.



- 0930-1000 Welcome & Prayer
- 1000-1045 Session 1: Julian and the experience of God in times of turmoil
- 1045-1145 Quiet Time
- 1145-1215 Reflection Groups
- 1215-1300 Session 2: Julian and prayer: asking, being, questioning, listening
- 1300-1400 Lunch
- 1400-1430 Session 3: All shall be well?
- 1430-1530 Quiet Time
- 1530-1600 Reflection Groups
- 1600-1630 Session 4: Julian: seeing through God's eyes (including concluding prayer)



1930-2030 Optional drinks

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