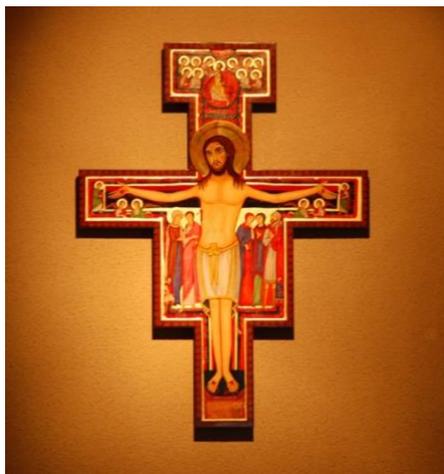


Look upon the Lord



Saturday March 30th 2019

10.00am –3.30pm

Sr Rachel Overton

(Part of The Annunciation Trust)

Psalm 34 verse 5 tells us to '*Look to the Lord*'. St Clare of Assisi tells us to '*Gaze upon the Lord*'. Using the image of the St Damiano Cross as a starting point for our reflections, we will consider what it might mean to cultivate an attitude in life of 'looking to the Lord'. In the middle of Lent, this day provides a way of preparing for the coming of Passiontide and Holy Week.

The day will include time to reflect on our own experiences of God, some reflections from Sr Rachel, as well as time to be quiet.

The day is open to all, and for those who have no previous experience of quiet days and silence, guidance will be given as how to spend times of quiet.

Places will be limited, so please book in good time.

Venue: Westgate New Church, 68b Westgate, Peterborough PE1 1RG

Cost: A suggested contribution of between £20 - £25 to the Annunciation Trust (see below).

Please bring packed lunch – hot drinks will be provided.

For more information please email: sister.rco@icloud.com

Sr Rachel Overton



My professional background is in medicine. After qualifying, I joined a religious community, living there for over twenty years. I still live under vows, now as a solitary religious and I am responsible to the Bishop of Peterborough for maintaining my vows and the life I live.

I have been involved in spiritual direction and leading retreats since 1989 and currently I am the Bishop's Advisor for Spirituality for the Diocese of Peterborough.

I work with people in a variety of ways, to encourage them to find new and deeper ways of connecting with God – or whatever name we might use for that presence that is beyond us and yet very close too, even within us. Increasing our awareness of that unchanging, loving presence forms the basis of who we become as well shaping the decisions that we make as we move through life.

You can find more out about me at: www.anchorhold.co.uk

The Annunciation Trust

I work as part of the Annunciation Trust, a small charitable trust (reg charity number 1017702) who helps to support my ministry. To cover the costs of this event, there is a suggested contribution of £20 - £25 per person. If it is possible for this to be gift-aided, it increases the value of the contribution to the Trust.

You can find out more about the work of the Annunciation Trust at: www.annunciationtrust.org.uk

Directions to venue: Westgate New Church is within walking distance of both the bus and rail station in Peterborough and is situated behind the Christian Book Shop.

<http://www.westgatechurch.org.uk/contact-us/how-to-find-us/>

Parking: Please use the city centre car parks, which are situated very near to Westgate.

To reserve a place, Please send your cheque made payable to 'The Annunciation Trust' together with the completed reservation slip to:

Sr Rachel Overton, 31 Kirkwood Close, Peterborough PE36BL

Look to the Lord.. March 30th 2019

Your Details:

Name:

Address:

Email:

Tel:

Donation:

I enclose a donation of £ made payable to 'The Annunciation Trust.'

Is your contribution able to be gift-aided? Yes / No

(If so, then you will receive a gift aid form to be completed.)

Data protection:

The information provided above will be used solely for the administration of this event.

Are you happy to receive news of future events by email? Yes/No

Signature:

Date:

