



### **Autumn Soulfulness:**

A Quiet Day with Brian Draper; incorporating an optional walk with guided reflections.

Autumn is such a rich season, and we've so much to rediscover about the rhythms, seasons and cycles of God's Creation from within it! Brian will lead us into an evocatively soulful space, in which he'll help us to appreciate the season, deepen our relationship with God, and recover some of our own 'hidden wholeness' - which includes the falling leaves of our life, as well as the ripening fruit and vivid colours!

It'll be an opportunity to press pause, to be present to God's presence, and to step with wonder into the coming season together. We'll incorporate a session outdoors, including a short walk, in order to find ourselves truly 'within' God's Creation (and part of its beauty!) and to practice some contemplative Christian spirituality in the great outdoors.

Sharon Seal