

## Quiet 25 - A year of opportunities

The Quiet Garden Movement turns 25 this year and we have developed the Quiet25 banner under which to celebrate.

**Quiet25 Annual Gathering** - In May, we meet together in London to celebrate all we have achieved as a Movement and to say thank you to Founder, Philip Roderick, as he retires.

**Quiet25 Course** - Earlier this year we published the Quiet25 Course, to resource groups to explore together a journey of silence in natural surroundings. We hope the course will raise awareness of the value of taking time out in a Quiet Garden setting; invite those who have not entered one before; and enable you to run a course locally in Quiet Gardens, with both new and existing visitors.

**Quiet25 Fund** – The Quiet25 year provides a natural opportunity to look to the future and prepare the Movement for growth in the next 25 years. Therefore, we have also launched the Quiet25 Fund with the aim of stimulating creative contributions across the Movement, that will help us continue to nurture outdoor space for prayer and contemplation, rest and inspiration.

The fund will be used to:

- \* build on the Quiet25 Course, raising awareness and understanding of the benefits of stillness and contemplation in outdoor settings, particularly with younger generations;
- \* increase the number and range of Quiet Gardens, particularly in schools, including developing a new 'Quiet Garden in Schools Package';
- \* increase our chances of success when applying to trust funds, with the potential for fundraising to be matched;
- \* enable ongoing support and advice to all Quiet Gardens;
- \* support our ongoing core expenditure, such as office and staff costs, and secure the future of the Movement.

We welcome and invite you to join us in establishing a network of imaginative and creative local fundraising activities, as well as one-off gifts and donations, to raise money for the Fund (see opposite). Quiet Garden Trustees will also be working hard to increase funds through funding organisations, supporters and trusts.

Find out more about Quiet25, and how you can be involved as well as details of the course, events and local Quiet Gardens, on our website at [www.quietgarden.org/quiet25](http://www.quietgarden.org/quiet25)

**Could you be a Trustee?** - There are opportunities to become involved in guiding the charity into its next 25 years. See back page for details.



### Creative Quiet25 Fund-raising

We hope many of you will feel inspired to support the future of the Movement through creative fundraising for the Quiet25 Fund. It's not just about asking for money, but an opportunity to raise the profile of Quiet Gardens creatively with new people and networks.

For example, in rural Herefordshire a local community sewing, knitting and crafting group, *Homespun*, have hand-stitched a *Grandmother's Flower Garden patchwork quilt* in the traditional way as a group, whilst learning about Quiet Gardens! The quilt is to be raffled to raise money for the Fund.

It would be wonderful to see similar creative local fundraising initiatives – and we encourage you to think about your own community networks, skills and innovative ideas. Could you do something creative within these to raise money (photographic competitions, art exhibitions, selling/auctioning crafts etc)?

Visit the website for details and contact us with your ideas and suggestions.

**Quiet Gardens - sharing outdoor space for the inner journey.**  
**The Quiet Garden Movement nurtures low cost, accessible, outdoor space for prayer, contemplation, rest and inspiration in a variety of settings such as private homes, churches, schools and hospitals.**

## Heaven in Ordinary: A Sense of Presence

In a Quiet Garden, whether it's small or substantial and wherever it's located, we'll be able to settle into sights, sounds and scents, even tastes and touches. We're invited to be present, to "be here now". We know this at one level, but a way of extending that capacity is by focusing on one sense at a time. In this occasional series, we'll highlight some sensory pointers to, or parables of, God's presence in the garden.

Each of us is a pupil in the school of the Spirit. The hospitality of space and the operation of grace may well nudge us to be sensitive to the presence of the Presence. In the Quiet Garden, in any retreat or restful context, perhaps we are enabled to lay aside all the cares of our life for a short time. We can learn to celebrate "the sacrament of the present moment".

### Seeing

Jesus encouraged his disciples to "look at" in order to see. Be it birds in the air or flowers in the fields, be it someone fallen foul of robbers or a householder searching for a lost coin, he prompts us to be visually alert to the mysterious and often incognito presence of God.

Consecrating our looking and our seeing, we may realise that we experience the beauty of the garden, the challenge of loving the raw reality of neighbour and even of enemy, with a new-found simplicity and clarity. Our sense of sight is brought into play - in the meticulous detail of a petal, a grass frond, a bird swoop, a smile wrought from pain or delight, a reflection in a puddle or in a window-pane - we find ourselves perceiving - for the first time or for the twenty first time - what the poet George Herbert wonderfully named, "Heaven in Ordinary".

Philip Roderick  
Founder, The Quiet Garden Movement



## Exploring 'The Journey' at Fishbourne

Tanya Deavall shares her experience of visiting a Quiet Garden.

I would recommend the Quiet Garden to anyone who likes quiet contemplative prayer and stillness and as I discovered, our new Church Hall in its beautiful setting makes a perfect venue.

April's Quiet Garden event, 'The Journey' was led by Sue Riddell. Gentle background music created a restful atmosphere whilst everyone settled into place in the circle of chairs. In the middle of the circle Sue had created from fabrics, foliage and stones an astonishingly simple yet symbolically powerful image suggestive of a vibrantly blue rippling river flowing between warm brown banks with pebbles and greenery, amongst which were burning tiny candles along the way. She introduced the theme of journeying using poetry, quotes, music and visual imagery and I appreciated, the time and space given at intervals for shared stillness within the group.

Sue invited us to imagine the path of our lives to the present time and to rediscover times in our past when we had personally experienced real meaning and unshakeable love. We then had the gift of an hour to spend in silence, indoors or outside, to concentrate on this theme. Inside we could remain in contemplation, help ourselves to a drink and read the leaflets Sue had carefully prepared which included prompts and additional inspiring quotes. Outdoors in the glorious sunshine there was sufficient time to wander in the estuary and back or simply to walk meditatively or sit in the graveyard, fields or by the path.



The Quiet Garden at Fishbourne

A bell sounded to remind us to re-gather for the next section in which we were invited to be courageous enough to consider those times in our lives associated with sadness, loss or bitterness and then to 'rest in Love'.

As before, it was clear that we each had the freedom to explore this privately in our thoughts during a further 20 minute period of contemplation. I enjoyed wandering quietly in the tranquil area between the two yew trees in the graveyard which I normally pass by without noticing.

In our final period together Sue led us to face our journey ahead. As a sign of acknowledging and opening up to God's presence with us at all times on our journey, we had the opportunity if we wished, to place one of the glistening stones on to the beautiful central display, an action which I found very moving as a way of processing my inner journeying of the afternoon.

I liked the sense of the event being open to all in the community whether or not they were regular churchgoers and this was enhanced by the accessible and universal wording and imagery used. I left with a real sense of refreshment and inner nourishment.

Tanya Deavall  
The Quiet Garden at Fishbourne, W. Sussex, UK

## Welcoming New Quiet Gardens

### Canada

Kent Lodge, Nova Scotia

Primrose Meditation Garden, Ontario

### UK

All Saints Church, High Leigh, Staffs

Arboyne House, Herefordshire

Poole Methodist Chapel, Cheshire

St John's Churchyard Stamford, Lincs

Willowside, Essex

Windfalls, Wiltshire

Sea Change, County Down

Bearsden Baptist Church, E. Dunbar

St Columba's-By-The-Castle, Lothian

Bodlew Bach, Anglesey



## Seeking silence - following Jesus's example

Quiet Garden hosts will have received a copy of our new course 'Quiet 25 – a Group Journey into Silence,' which celebrates 25 years of Quiet Gardens. The material draws on both the wisdom of the past and the present and is commended by Archbishop Rowan. The introduction suggests some ways of using the course - perhaps a weekly gathering, whether during the day or in the evening - or two or three consecutive days. Do use the material. It is a great resource.



St Julian's Well QG, UK

As Quiet Gardeners we accept the invitation of Jesus in Mark 6:31 to come with him by ourselves to a quiet place and get some rest. Reading through Quiet 25, I began to reflect on the other times in Jesus life when he found solitude and rest.

The first clear example is his time in the wilderness. Mark 1:12 is the shortest account. The Spirit drove him into the wilderness where he was for forty days, tempted by Satan, with the wild beasts and waited on by angels. Forty days is biblical shorthand for a long time. Matthew and Luke elaborate – the temptations are listed: the lust for power, our human cravings for food and drink, and our need to test out God (Matthew 4:1-11 and Luke 4:1-13) We can all relate to wilderness experiences and the different temptations each of us face. It's interesting that after this experience Jesus begins his ministry, fortified by his time alone.

After that, times of quiet have to be snatched from busy days. These are often early in the morning and sometimes on mountains. After he has heard of his cousin John the Baptist's death, he withdraws in a boat to a deserted place by himself (Matthew 14:13). There he feeds the 5,000. Then Matthew describes Jesus in verse 23 dismissing the crowds and going up the mountain to pray.

Mark describes Jesus, after a particularly hectic day, getting up early the next morning to pray in a deserted place (Mark 1:35). It seems Jesus too, needed to withdraw before a particularly challenging event or to restore his energies. His example encourages us to do the same.

At the end of his ministry in the Garden of Gethsemane, a time of quiet with his Father gives him the resources to face the greatest test of all, crucifixion. Mark 14:32-42, Matthew 26:36-47 and Luke 22:39-46 all emphasize Jesus's need to be on his own, in silence. John's gospel focuses on Jesus's divinity rather than his humanity and omits these references.

So as we reflect on the nature of silence, using the new course Quiet 25, we know that Jesus journeys with us, glad that we have made time to be in his presence. Enjoy!

Revd Sue Nightingale  
Chair of Trustees, The Quiet Garden Trust

God of love, let me learn not to be my own  
but yours.

I offer you my senses, each sense  
a fine gift  
in the garden of my habitat.

May each sense be quickened  
by an inner and outer alertness  
to your essential presence.

I look, may I then see  
and celebrate the graced contours  
of leaf and blossom, shrub and tree,  
friend and foe;  
the quiet energy of agape - on earth as it is  
in heaven.

Philip Roderick

**St Seraphim's Quiet Garden**

This year marks the 50th Anniversary of St Seraphim's and the Quiet Garden is the newest feature to open to the public. The garden depends on widespread support - materials have been financed by community grants and the labour provided by the Payback unpaid workers who have done sterling work over the last four years. The Garden Welcomers are all volunteers from the village.

With this bedrock of support we are then free to experience the Glory of God reflected in the plants, trees, wildlife and insects. A student visiting the garden, whose subject was the use of nature in the 'Brothers Karamozov', by Doestoevsky, remarked 'it's all here!', a wonderful comment for a new Quiet Garden.

The journey through St Seraphim's garden is a pilgrimage journey in miniature. The garden has different features that will offer a variety of experiences and appeal to as wide a range of people as possible.



Starting at the Stationmaster's garden you go through into the main garden. A pergola leads through to an open seating area and the path winds up the slope, past raised flower beds and then a Celtic sedum cross, to the Abbey Lookout. This is a place with views over the village where people can sit and contemplate. Above the site on the eastern side is the old station platform giving views over the garden and surrounding countryside.

A sacred space is a place where the divide between the visible and invisible is very thin and many make pilgrimages to these places. It is worth reflecting on whether the sacred space is the place itself or the inner feeling we gain once that journey is made.

Brigid Harrison and Sylvia Batchelor  
St Seraphim's Quiet Garden, Little Walsingham, Norfolk, UK

**PATRONS OF THE QUIET GARDEN MOVEMENT**

- |                                       |                               |
|---------------------------------------|-------------------------------|
| Metropolitan Kallistos of Diokleia    | The Rt Revd John Pritchard    |
| Margaret Magdalen Evening             | Professor Sir Ghillean Prance |
| Richard Foster                        | Margaret Silf                 |
| Terry Hershey                         | The Revd Lucy Winkett         |
| His Eminence Cardinal Vincent Nichols |                               |

**FOUNDER DIRECTOR:** Revd Philip Roderick

**The Quiet Garden Trust seeks Trustees**

There are opportunities for people who are committed to the vision and values of Quiet Gardens to join the board of Trustees and become involved in guiding the charity into its next 25 years. In addition to the broader profile required of all our trustees, we are looking for people with skills and interest in any of the following: fundraising; nurturing Quiet Gardens outside UK; charity law and good practice.

Further details can be found on our website [www.quietgarden.org/2017/trustees/](http://www.quietgarden.org/2017/trustees/) or contact the Quiet Garden office.

**Being a Quiet Garden Trustee**

During August 1995 while attending a retreat at Old Alresford in Hampshire lead by Esther de Waal, I picked up a leaflet which Esther had placed on a table about The Quiet Garden Trust. It seemed a simple and practical ministry which matched my own mood at the time and I quickly made contact with the office, then at Stoke Poges. More than two decades on, the Quiet Garden continues to inspire and move me; I believe it is ever more necessary in a world where noise, anxiety and trivia seem to dominate.

Being a trustee involves ensuring that the 'business' side of things functions properly, in particular that we abide by the various requirements for Charities - which have increased over the years. Trustees also share in the setting of strategy and ensuring that this is carried out. Over the years the Movement has broadened its 'outreach' into schools and other organisations and its 'inreach' into the ecological dimension, garden design and the various contemplative arts. However, the experience of silent prayer and hospitality within the context of the garden, Philip's original simple yet profound vision, is still central. It is both a privilege and a joy to be part, albeit tiny, of the unfolding of the great, but often hidden, Christian contemplative tradition.

As trustees we meet formally twice a year with contact in between by telephone and email. I can honestly say that I look forward to our meetings.

Chris Holmes,  
Trustee and Treasurer

**The Quiet Garden Trust, Copse End, Copse Lane, Beaconsfield, Bucks, HP9 2TA, UK**  
Tel 01494 578909 Email: [info@quietgarden.org](mailto:info@quietgarden.org) Web: [www.quietgarden.org](http://www.quietgarden.org)  
**Registered Charity Number 1038528**