

# Peace and quiet in a troubled world



Spending time in meditation or mindfulness is beneficial to our mental and spiritual health. A Quiet Garden Day is held at Runcton Manor on the third Wednesday of most months.

Dates for early 2026: 18 Feb, 18 Mar, 15 Apr, 20 May, 17 June & 15 July.  
No sessions in January, August or December.

Arrive any time after 10.40 for a prompt 11am start. Finish at 1.00pm. The day includes meditation, as well as the possibility to write, read, explore the grounds and use the labyrinth. Donations invited.  
We meet whatever the weather, indoors and/or outdoors.

Runcton is two miles south east of Chichester and on the 600 bus route between Chichester and Bognor Regis. See [www.runctonmanor.com](http://www.runctonmanor.com)  
<https://www.facebook.com/runctonmanor> or phone 01243 278307 or 07910130415 for details.

## **All welcome.**

Our roots are founded in the Christian tradition and we welcome people of all faiths and none.

Runcton Manor, Runcton Lane, Runcton, PO20 1PS.