

We are pleased to be sending you the 2026 Quiet Day Programme. Some days fill up quickly so early booking is advised. We now ask for a deposit of £10 or the full £30 when booking. For payment details, please see below.

### Tuesday 17 March

The Revd Rosemary Drew  
“Quiet Day for Lent”

We will have some reflections for Lent as we enjoy the Spring Garden.

*Rosemary is President of the Churches Fellowship for Psychical & Spiritual Studies [www.churchesfellowship.co.uk](http://www.churchesfellowship.co.uk).*

### Tuesday 14 April

Dr Diana Lowry  
“The Jewish Passover Tradition”

Diana will talk about her Jewish mother’s family history. Eva left Germany on the Kindertransport in July 1939. Whilst at University, Diana explored her Jewish roots. The day will finish with a discussion about Passover and how it was transformed into The Last Supper

*Diana worked as GP in Epping for 34 years and retired from this in 2016. She was licensed as a Reader in 2009 and serves as an LLM in the Epping District Team.*

### Wednesday 20 May

The Reverend Andy Colebrooke  
“Rivers of Grace”

Following Andy’s inspiring day in December, he returns to explore rivers as powerful metaphors for spiritual renewal and the on-going flow of God’s grace in our lives

*Andy is a retired Anglican priest now living in Saffron Walden. His current interest is in films and how they can encourage faith conversations.*

### Tuesday 14 July

The Revd Julia Mourant  
“Spiritual Direction”

Julia, always a popular conductor of our Quiet Days, will address aspects of her latest book, “The Spiritual Director”: An invitation to consider soul conversation, soul friendship and its continuing vitality.

*Julia is an Anglican Priest recently retired from Sarum College, Salisbury where she was Programme Leader for the Sarum Course in Spiritual Direction. Julia has been engaged in spiritual direction and supervision for many years. She is the author of Listening to Your Life (2016) and Listening to Your Soul (2022). Her latest book “The Spiritual Director” has just been published.*

### Wednesday 12 August

The Revd Rosemary Drew  
“St Patrick & Celtic Spirituality”

We will look at how this ancient wisdom can enrich our day to day lives.

*Rosemary has a life-long interest in Celtic Spirituality as a Celt herself.*

### Wednesday 21 October

The Revd Brigid Main  
“The Hidden Life of Trees”

Researchers see and hear trees communicating, helping and supporting each other via root systems and fungi. How can trees deepen our prayer life and our support systems? How can we experience some of the underlying connectedness of all things in God’s creation and be open to God’s wild hospitality.

*Brigid is an Anglican priest. For 6 years she was chaplain at the Saxon Chapel of St Peter on the Wall, Bradwell-on-Sea. She now leads retreats focused on Creation, Celtic and Indigenous spiritualities.*

Tuesday 01 December

The Venerable David Lowman

“Advent Quiet Day”

Using Scripture, Art & Music, we will contemplate the hope of Advent as we prepare for the Christmas season.

*David is a retired Archdeacon of Chelmsford and an always popular conductor of our Quiet Days.*

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Individuals or small groups are also welcome for whole or part days on Tuesdays, Wednesdays and Thursdays by arrangement. Tea and coffee can be made by visitors, but, if coming for the day, please bring your own packed lunch. Small groups of six or eight can be accommodated, for pre-booked, guided retreats. There is a small library of spiritual books available for guests to use. The ministry of healing is also available, as is training in meditation. A meditation group meets in the Chapel at The Bowling Green every Monday evening between 7 and 8pm.

Unless otherwise stated, all Quiet Days start at 09.45am with coffee and conclude with tea at 3.30pm, 4pm departure. A charge of £30 is made to cover the costs of the speaker, a sandwich and fruit lunch, coffee and tea. A deposit of £10 or the full £30 is required when booking. We would, however, not want this charge to prevent anyone from participating, so please pay what you can afford.

**By cheque:** Made out to **The Quiet Garden** and posted to The Bowling Green, 8 The Downs, Great Dunmow CM6 1DT.

**By internet banking:**

The Quiet Garden, Sort Code 20-19-97, Account 13908941

Further details and booking:

Canon Rosemary Drew tel: 01371 872662 [rose.drew@btinternet.com](mailto:rose.drew@btinternet.com)

2026

Quiet Day Programme

at



The Bowling Green

8 The Downs, Great Dunmow CM6 1DT

*Quiet days help to redress the balance in our busy lives. While the days are structured with talks in the morning and afternoon, there is plenty of space for stillness and silence to allow God to speak through his word and his creation.*

In addition to the programme of Quiet Days, we offer the hospitality of the Quiet Garden, a garden room and a small chapel for prayer and reflection, reading, or simply being in the presence of the Divine.