

LORETO SPIRITUALITY CENTRE NEWSLETTER

July 2023



WELCOME to our Summer/Autumn edition of the
Loreto Spirituality Centre News.

The summer season is here again, and Llandudno is alive with people enjoying their holidays.

Set aside a little, on the Great Orme, Loreto Centre provides a quiet space for those coming on retreat, away from the hustle and bustle of daily life, to pause and rest awhile with God.



Over the last six months, we have hosted a number of groups, some for our programmed events, others using our facilities for their own event. Some groups have been coming for years. Others are new, as communities 'regroup' following the lockdown period, and look for a venue to meet.

We began the year with an international group of IBVM sisters making the full Spiritual Exercises of St Ignatius. This is part of a programme called Tertianship, which completes the time of formation in our congregation. As this retreat ended, our minds turned to the Lenten Season. Fr Nicholas King came to give a Triduum on 'Praying Lent in the year of St Matthew'. This was followed shortly by our Holy Week retreat – always a very special time for us here.

A new venture for us at the start of 2023 were our monthly Days of Prayer, which we have called Loreto Days. They take place on one Saturday every month, and we provide the participants with some material for reflection, plenty of quiet time and an opportunity for sharing for those who wish. Please see Page 3 for more information and the dates for the rest of the year.

We have recently had some changes on the staff, saying goodbye to Vaughan, who retired after many years of work as a handyman and gardener. We will miss his gentle presence on our staff, and his generosity in responding to every need. We welcome Kevin Talbot, who has just replaced him and is slowly settling in!

We have also said goodbye to Lisa, who has moved on to pastures new, and we wish her well.

Coming up, in the next half of the year, we continue with our Preached and Individually Guided Retreats, and we also have a variety of weekend and mid-week retreats to offer throughout the autumn. Please have a look at Page 3 for a summary of these.

On the back page, as before, we share a little about the story of Loreto/IBVM. If you have missed the previous copies of this newsletter, and are interested in reading a little about our Foundress and why the name 'Loreto', please see the Archive section on our Website.

The holiday makers around us here represent every race and creed. It sometimes feels like the whole world is here, which can remind a silent retreatant among them of the reality in which we are living. We become prayerfully aware that God is in the complexities and suffering of so many around us, and that we are called to be people of hope, for the future belongs to God who is present in every moment of our lives.

*For more information,
and other events,
please see our website
or contact the Centre
for a programme.*

The Staff - We would like to introduce you to another member of our staff



Liudmyla

My name is Liudmyla, short name is Liuda. I came to the UK from Ukraine. Together with my son we fled the war. My husband stayed in Ukraine. I enjoy working at Loreto Spirituality Centre. The whole staff and all our guests are very friendly. I love serving food, cleaning and doing laundry here, because I do it for wonderful people with an open mind and a pure heart.

Gardening Tips from Chris at Loreto Centre

This is an excellent tip for small gardens, and is something that Chris, our chef, has used here at the Centre.



Using a 4 litre empty milk container, turn onto its side, with the handle at the top and locate the centre seam. Cut approx.1cm above this seam. You can either brush or spray paint the larger, bottom container, this will attract maximum sunlight and so growth.

In the top part of the container, fill with compost, water well, using the handle as a watering channel, and leave the cap on for now to retain moisture. Now plant 2 lettuces per container, remove cap and place inside your painted bottom half of the container.



Chris has screwed his containers to a wall, freeing up floor space and utilising extra space for growing.



What participants have said about the Loreto Days . . .

“The Loreto Days for me are about nourishing my soul - they gladden my heart and I always feel so happy to be there.” Julie

“The Loreto days are an oasis of peaceful prayer; a priceless gift in a busy world where there is often scant time to nourish my faith. The Loreto team offer a thoughtful programme for the day, with plenty of time and space for private prayer. These days have fostered a reflective, supportive community where old friendships are deepened and new friendships blossom.” Michael

“Guided into quietness to reflect away from the busyness of life, enabling God to open up avenues of prayer from within.” Janet

In the coming months . . .

Preached Retreats

7 - 14 August

Glimpses of God

Fr Pater Verity (Diocese of Lancaster)

Individually Guided Retreats

6 Day Retreat	17 - 24 July
8 Day Retreats	25 July - 3 August
	16 - 25 August
	11 - 20 September
	7 - 16 November

Themed Retreats

- 8 - 10 September** *'I shall live and recount your wondrous deeds'* Praying with the Hebrew Scriptures, discovering their interconnection with your own life's story. **Teresa Brittain nds**
Weekend Retreat
- 22 - 24 September** *Finding life in an era of Change* At a time of rapid change and increasing threat to life on many levels, this weekend offers time and space for quiet reflection and gentle, mindful body movement for recharging, healing and finding joy in everyday life. **Anne Harrison**
Weekend Retreat
- 25 - 29 September** *Cinema Retreat:* Community Church. A retreat using film to help reflection on our idea of 'community' in our society and church. **Una Coogan IBVM**
Mid-week Retreat
- 16 - 20 October** *Visio Divina* – a Photography retreat. Discover the power of your camera or smartphone to see God within the ordinary. This retreat will help you discover the art of contemplative photography, using image as modern icons. **Steve Radley**
Mid-week Retreat
- 17 - 19 November** *Space to Grieve* – for those who have recently been bereaved. Individual accompaniment will be available. **Rev Kate le Sueur and Ewa Bem IBVM**
Weekend Retreat
- 27 Nov - 1 Dec** *Preparing for Advent, using the Writings of Julian of Norwich.* A silent retreat with daily talks, and an opportunity to share in groups for those who wish. Opportunity for daily Mass. **Gemma Simmonds CJ**
Mid-week Retreat

LORETO DAYS

These days were an initiative we tried out at the beginning of 2023.

One Saturday of every month, with the exception of July and August, we hold a quiet day of prayer. These days are an opportunity to come away for a few hours for some reflective time with God.

The day begins with coffee from 10am, for a 10.30 start. After some input or a reflection led by one of the Loreto Centre team, you are free to spend some quiet time alone in prayer. This is followed by a sharing group for those who wish. Otherwise you can simply take more time for yourself. After lunch (please bring your own packed lunch), there is a little more input, more quiet time and a final prayer. The day ends at 3.30, with tea for those who wish.

The days are free, but you are asked to make a donation of between £5 or £10 or whatever you feel you can afford. As always, please do not allow financial difficulties to keep you from coming to any of our events.

The dates of the Loreto Days for the rest of 2023 are:

Saturdays: 16 September, 21 October (see below), 11 November, 9 December.

Please note that the 21st October will take a different format.

It will be led by Steve Radley, who leads workshops on Visio Divina. We will be using our smartphone or camera as a window to encounter the divine within the ordinary.

If you would like to attend this day, please bring your mobile phone or camera.

'A GLORIOUS MISSION'

If you have been reading the last page of the previous newsletters, you will have been introduced to our Foundress, Mary Ward, and to Teresa Ball, who joined the sisters in York in the 19th Century and founded the first Loreto School in Dublin. Following this, other schools were founded in Ireland, all with the same name, and in time, the Loreto branch of the Congregation spread abroad.

How did it come to England?

In the mid-19th Century, Manchester was full of Irish immigrants, living in poverty and hardship, and no education available for the children. This was a great concern to a Parish priest of the diocese of Salford, Canon Laurence Toole, who made contact with Mother Teresa Ball, to request her to send some of her nuns to found a school in his parish.

Sr Anne Hickey was appointed superior of a small group of sisters, who came to Manchester in October 1851. They were full of joy as they began this new mission. In her first letter to Teresa Ball, Anne described their first impressions, saying 'This is a Glorious Mission, all ours in greatest glee . . .'

Not all was glorious, however, as the nuns faced the hostility of the anti-Catholic neighbourhood. Initially, they had lodgings at the Presbytery, and had to face humiliation from the locals on their daily walk to the school. Their eccentric dress drew attention to them, and they were jeered and laughed at, and worse . . . Thankfully, the nuns had a sense of humour, and continued to work with joy, but the beginnings of this mission were far from easy.

After two years, the sisters moved to lodgings on the site of the school. In 1856, a new Superior, Mother Alphonsa Ellis was appointed and continued the work with energy and determination, expanding the school, which grew to provide an excellent education for the Catholic children in the area.



Loreto College continued as a school until the 1970s, when reorganisation of education in Manchester necessitated it to become a Sixth Form College, thriving to this day.



Following the Irish trend, more Loreto Schools were founded in England, and in 1919 some of the sisters moved to Wales, to make a foundation in Llandudno.

But that's for a future newsletter!

We need your help . . .

These are difficult times for many and all of us have been badly affected by Covid and the financial crisis. We would like to welcome everyone to Loreto Centre including those who cannot afford the full cost of an event. We have a small bursary fund and would like to add to this so that those who need can avail of it. Any donation towards this fund, however small, will be gratefully received. You can do this by cheque or bank transfer and if you are a tax payer you can gift aid your donation. If you would like to make a donation towards the upkeep of the Centre that would also be very welcome.

Cheques should be made payable to **Loreto Centre** and the details for a bank transfer are as follows:

Cooperative Bank, PO Box 101, 1 Balloon Street, Manchester M60 4EP
Account Name: Loreto Sisters-Loreto Centre
Account No. 65498136
Sort Code: 08 90 00

International Bank a/c number
GB34 CPBK 0890 0065 4981 36
Bank Identification Code
CPBK GB22