

LORETO SPIRITUALITY CENTRE NEWSLETTER

July 2026



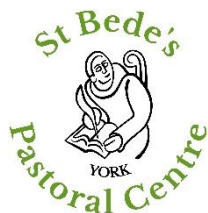
WELCOME to our Summer/Autumn edition of the
Loreto Spirituality Centre News.

In our last newsletter, we spoke of the joy of Becoming One Mary Ward Congregation. As the old IBVMs among us get used to writing CJ after our names, we are feeling our way into a more expansive future, with new opportunities for mission. One example of this is in the growing collaboration of Loreto Centre with St Bede's Pastoral Centre in York.

This edition of our newsletter will focus not so much on Loreto Centre but will introduce our readers to St Bede's. This Day Centre also offers retreats and courses within the Ignatian and Mary Ward tradition, although the shape of their work is very different to our own. While our events are mainly residential, they offer a variety of online retreats and courses, as well as day events in person.

Many of you will have met Marion who works at St Bede's and Gemma and Charlotte who are also from the York CJ Province. They have already been involved with retreats at Loreto Centre. Josette, on the other hand, has been to St Bede's to lead days there. This collaboration will hopefully grow in the coming years.

Paul Golightly, the Director of St Bede's, writes more about the history and current work of St Bede's. We hope you enjoy this account and support our common venture! More information about St Bede's is available on our website and of course their own.



You will also find a summary of our own retreats and courses at Loreto Centre for the rest of 2026 on the next page.

At Loreto Centre in the coming Months . . .

Individually Guided Retreats

21-30 September	8 Day Retreat
12-16 October	3 Day Retreat (self-catering)
3-10 November	Up to 6 Day Retreat
11-18 December	Up to 6 Day Retreat

Themed Retreats

- 11-13 September 'And God saw that it was Good': a Creative Retreat.
Barbara Martin and Ewa Bem CJ
- 16-18 October 'Pick up your mat and walk': Gospel stories of healing.
Jolette Zammit-Mangion CJ
- 13-15 November Space to Grieve: for those recently bereaved.
Ewa Bem CJ and Jane Critten
- 13-15 November 'Behold, I am coming soon.' Reading the Book of Revelation at the end of the liturgical year.
Jolette Zammit-Mangion CJ

Advent Retreats

- 27-29 November - Advent Weekend: God with us: Advent with Isaiah
Gemma Simmonds CJ
- 7-11 December - Lights in Advent *Fr Chris Thomas*

Loreto Days of Prayer 2026

These will take place on the following Saturdays:

5 September, 17 October, 7 November, 5 December

10am coffee for a 10.30 start, ending at 3.30pm.

Bring a packed lunch.

No need to book, just come along.

St Bede's Pastoral Centre, York



St Bede's began officially in 1987 in one of the historic buildings of the former Bar Convent Grammar School and until 1993 it was run by a small community of Benedictine Monks as an ecumenical Pastoral Centre for the people of York and beyond. When the monks were recalled back to Ampleforth, the CJ province took on the work. Sr Cecilia Goodman CJ was the much-loved director of St Bede's until her sudden death in 2017. Then Julia Ling-MacDonald became the first lay director of the Centre and continued in this role until 2023, when I was appointed.

St Bede's has always operated as a Day Centre and offers a great variety of long and short courses and one-off days.

The longer courses explore prayerful living and enable deeper spiritual reflection based on the great resources of the Spiritual Exercises of St Ignatius. Ignatian spirituality has been the bedrock of the work and remains so to this day. The transformative 'Personal and Spiritual Development Course' has been offered for over 20 years and in September this will be offered for the first time as a (mainly) online course ("Rooted and Rising") so it can be made accessible to a wider range of people.



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St Bede's also offers training in Spiritual Conversation and runs a two-year course training people in Ignatian Spiritual Accompaniment.

This also enables us to respond to requests for on-going spiritual accompaniment, as well as on-line retreats and the Exercises in Daily Life.

There is also a focus on the work and legacy of Mary Ward, days that explore her spirituality and we have of course links to the Heritage Centre at the Bar Convent, which attracts pilgrims, tourists and scholars.

Many user groups come to St Bede's on a weekly basis and some like the 'Recovery Café' have been with us every week for fifteen years for their drop in - the name on the door 'pastoral centre' has many outworkings.

Above and beyond the courses and the many different day events, individuals and groups who come to St Bede's often comment on the atmosphere of calm and quiet, as they step across the threshold from a very busy road (we are only a 5 mins walk from York station).



This is surely the legacy of the past, but also due to the current commitment of all who work at St Bede's – whether they are members of the Spirituality Team delivering the programme or the Centre Management Team who see to the smooth day-to-day running of the Centre with quiet efficiency. We are one team deeply committed to being a place of Christian hospitality where all can come as they are and explore as they wish the wonder and mystery of God in all of life and our own living and being.

Personally, I feel deeply privileged to be the current Centre Director of this very important and much needed ministry, particularly as a Methodist Minister leading an ecumenical team. Through all the changes, St Bede's has continued to flourish in different ways – and we look forward to a growing partnership with the Loreto Spirituality Centre.

*Paul Golightly – Director
St Bede's Pastoral Centre
www.stbedes.org.uk*