

Spaceforsoul

www.spaceforsoul.org.uk



Newsletter May 2023

Dear Friends,

We hope that this newsletter finds you well. We hope that we will be some warm and sunny weather eventually! But meanwhile the dawn chorus, if you are lucky enough to hear it where you live, is wonderful. If that's too early for you or you live where there are few birds, see if you can take a walk at around 6 pm somewhere where there are some trees as the evening chorus is also wonderful, and somewhat less frenetic than the dawn chorus. What I love most of all is blackbird song: it always seems to go straight to my heart and soul. I would hate to live anywhere where I could not hear it everyday of the spring months.

Anne

In this issue:

- 1. Pilgrimages**
- 2. Focusing**
- 3. Upcoming programme**

Pilgrimages

The Zoom Soul Space gathering on Wednesday April 19th, was based on sharing our experiences of journeying or spending time with other people, who were maybe from different faiths or non. The journey did not necessarily have to be a pilgrimage but could have included an experience of a retreat for example.

Some of us had been following the BBC celebs pilgrimage series. "Pilgrimage, The Road through Portugal": Episode 3: www.bbc.co.uk/iplayer/episode/p0dz073d via @bbciplayer

I (Nirma) personally thought the celebs pilgrimage very much reflected the ups and downs of every day life all be it, for the celebs a condensed period of time spent together and in the constant presence of a filming crew.

For example some individuals found the terrain physically hard going, other times some were moved emotionally to tears by the spectacular views or by just being in nature. Relationships were formed, or others became more tolerant and were drawn to be self reflective.

The celebs consisted of individuals from different faiths: Christians of different denominations, a lapsed Christian, Jewish, Muslim, Sikh, agnostic, non-Conforming Pagan or others of non faith.

What impressed me most was the respect and acceptance of each others' faith or non faith. However, they were on a show so I asked myself how realistic were their experiences?

Also I felt that each celeb walking in the steps of well known Saints concentrated their minds to become more self questioning of their own beliefs and in doing so becoming more self aware and exposed to learning of each others faiths.

We concluded that every day life, regardless of whether we were living or just travelling in a house boat or a motor home each one of us were on a pilgrimage or a spiritual journey of becoming.

Nirma

Focusing: Soul Space Sunday 14th May at the Old Library
An introduction by Vicki Thomas:

"Focusing is a way of tuning into the innate wisdom of the body. It is a process that has brought a whole new dimension of experience and healing into my life.

It is a place where our inner life can be heard, seen and witnessed in the presence of another - a Companion. Where we can be in touch with the whole 'felt-sense' of something that arises, rather than purely thinking about it.

I'll be quoting from a wonderful book called Bio-Spirituality : Focusing as a way to grow. We'll have a demonstration of Focusing and in the second half we can have questions, discussion and a short Focusing oriented meditation".

Upcoming programme

Soul Space Sunday 14th May 2023 11.00 am at the Old library. **"Focusing"** facilitated by Vicki

Soul Space Zoom Wednesday 17th May 7.00 pm **Quantum theology**

Soul Space Sunday 4th June 11.00 am at the Old Library **Clowning**

Sunday July 2nd at the Old Library, Muller Road **AGM** Annual report /elections
Please note the time as due to another booking at the Old Library this will now start at **10.30 am**.

The AGM business won't take long but we would be really pleased to see you as it has been a challenging year for the Co-ordinating Group in some ways but we feel we have really turned things around and we'd love to hear your feedback and opinions. We also need to elect a new Chair and Secretary. All members have a chance to vote at the AGM. We will then be **sharing food** so please bring something simple to share if you would like to.

We will be sending out our Annual report and finance report soon. We will also be circulating our revised constitution.

Vicki has asked us to send out information about events at the Well:

The Well, Centre for Spirituality is having an Open Afternoon with Cream Teas in the garden next Saturday 13th from 11-3.30 as part of Westbury Community Fayre - an opportunity to enjoy some tea and cake in the lovely garden and perhaps look round this ancient 15th Century spiritual house ecumenical House of prayer and retreat.

There will be a Spring Retreat Day for Well-being on Sat 20th May and all the details are attached on the leaflet here.

SPRING RETREAT DAY FOR WELL-BEING

Saturday 20th May 10-4



come and enjoy a calm, quiet, relaxing, restorative day in The Well house and lovely Spring garden.

Vicki will lead us in times of guided relaxing visualisation, gentle movement, self-kindness practice, silent sitting and walking meditation.

Please bring a plate of food to share for lunch.

***At: The Well, 38 Church Road, Westbury-on-Trym, BS9 3EQ.
(a beautiful, peaceful ancient space)***

***Led by by qualified, experienced Practitioner, Vicki Thomas
(FFI – please contact Vicki to book and if you have any questions at all:
07985 075295 or vickithomas@blueyonder.co.uk)***

Cost £25 (Concessions available on request)

We hope that you enjoy this newsletter. Feedback always welcome.