



Friends of Launde

Charity No: 519042

Autumn Newsletter 2023



A message from our Chairman



I hope we will all grow in the only things in the end that really matter: faith, hope and love. 'And the greatest of the three is love'.

Brian

Dear Friends,

This year our Friends Retreat will be different as we are having a whole weekend. As I am leading the Retreat, I decided to take the theme of prayer. I think we all agree that prayer is vital for growth in our faith. But if we're honest we find it hard work, and often neglect our prayer times.

At St Dionysius Church, in Market Harborough, we have Peace Seekers - a meditation/mindfulness session every Friday from 12.00 to 12.30pm. and we have found it very moving, meaningful and helpful. I think it has helped a lot of us to find a new way of praying. We have been running it for about 18 months. So I want to share my experience with Peace Seekers with those who come to our Retreat.

I want to emphasise this is a weekend for anyone who wants to find inner strength for living and loving. It's for those who have been on Retreats, and for those who have never been on one before. It will be a gentle, relaxing weekend. Perhaps we could have a sort of social on the Saturday evening, before we go to the chapel for the service of Compline.

LAUNDE ABBEY FRIENDS RETREAT

Seeking Peace, and Finding Inner Strength for Living and Loving

8th – 10th December

COST: -

Whole week-end from Friday Dinner until Sunday tea: £198.60

For couples: £168.60 per person.

(For one of the larger rooms in the House – add £15)

For those who would like to join us just for Saturday (9.30am to 4.30pm - includes morning coffee and home made biscuits, lunch and tea with cake) £34

Please send your cheques to Jan Zientek

Places to Sit, Rest and Reflect Awhile

Around the grounds a number of the benches have been resited plus there are also a few new ones.





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Introducing the Launde Abbey Companions

Some of you will know that at the Abbey we have been working on how we can reinforce the sense of community and companionship amongst the many people to whom Launde Abbey is such a precious place. We are very grateful for the contributions made over many years by all our supporters, whether prayer, friendship, money, fundraising and other skills, or volunteer time. You, the Friends of Launde, are very much amongst them. So, we'd like you to be some of the first to hear about the Launde Abbey Companions.

The Companions will make it possible to gather under one umbrella all of those outside the immediate staff and resident communities who want to stay connected with the life of Launde Abbey, though in a range of different ways.

We are planning that Launde Abbey Companions will receive regular communication direct from us and be offered benefits such as priority booking for some retreats, a special event or two, and access to the chapel for private prayer (the chapel is not generally open to non-residents beyond services). This is in return for a donation which will cover the cost of running the network and its benefits. Any excess will be invested in the ministry and work of the Abbey.

We will start to accept applications for membership to the Companions later in the autumn.

Alison

The Walled Garden

O LORD, how manifold are thy works!
in wisdom hast thou made them all: the
earth is full of thy riches.' Ps104:24



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All donations are gratefully received:

The Friends of Launde

Sort code: 40 28 06 Account: 21302132