

Quiet Morning at Burnham Abbey

24 October 2015

update

One of our regular opportunities to use Burnham Abbey for a quiet morning took place on 24 October 2015.

The morning started by joining the Nuns for the 9.30am Eucharist. We chatted over coffee before enjoying the opportunity to listen to some Taize music and to explore 'listening'. We used some of the relaxation techniques of 'Mindfulness' to help us to be more aware of the here and now and to begin to help us to develop our listening to God's preferred plan for All Saints Boyne Hill.

