



The Friends of Julian of Norwich present:
VISIONS OF SALVATION

A two-day in-person and online retreat
Facilitated by the Revd Dr Emma Pennington

Friday 29th & Saturday 30th October 2021
St Julian's Church, St Julian's Alley, Norwich, NR1 1QT

PROGRAMME

The in-person retreat will contain a mixture of presentation, plenary discussions for group questions and exploration of the themes raised, readings from *Revelations of Divine Love* by Julian of Norwich, one-to-one conversations over refreshments, led silence for reflection, simple liturgy written specially for the retreat, and time to read.

We very much hope to offer refreshments, but a decision will be made nearer the time in light of relevant COVID-19 guidance. The church and cell will be open early and late during the retreat for personal enjoyment of the space.

The online retreat will consist of each of the four talks professionally recorded from Canterbury, some additional live-streamed material from the in-person event, and some liturgical resources for personal use at home.

We suggest having a copy of *Julian's Revelations* to hand to become more familiar with during times of quiet.

FRIDAY AFTERNOON	SATURDAY
13:00 Julian Centre. Tea, coffee and biscuits available	09:00 Julian Centre. Tea, coffee and biscuits available
14:00 St Julian's Church. Welcomes and gathering silence	09:30 St Julian's Church. Welcomes and gathering silence
14:15 1st Address: the tenth revelation – The Wound of Christ. Followed by discussion and a reading to usher in a 10-15 minute period of silence	09:45 Reflection on yesterday and 3rd Address: the twelfth revelation – Christ our Saviour. Followed by discussion and a reading to usher in a 10-15 minute period of silence
15:30 Julian Centre. Coffee, tea and homemade refreshments	11:15 Julian Centre. Coffee, tea and homemade refreshments
16:15 St Julian's Church. 2nd Address: the eleventh revelation – At the foot of the cross with Mary followed by discussion and silence	12:00 St Julian's Church, churchyard, Shrine and garden. A time to read and reflect quietly
17:00 Eucharist	13:00 The Julian Centre. Bring your own lunch, or have something from the Butterfly Cafe at the bottom of St Julian's Alley. Refreshments at the Centre
17:45 Julian Centre. Wine, soft drinks and nibbles	14:15 4th Address: the thirteenth revelation – 'All shall be well'. Followed by discussion and reading
<p><i>“Our Lord gave me no revelation about any particular individual, except Our Lady Saint Mary; and he showed her three times: the first was as she conceived, the second was when she was in her sorrows at the foot of the cross, and the third was as she is now, in delight, honour, and joy..”</i></p> <p><i>Revelations, Chapter 25</i></p>	15:45 Office with Julian with a 10-15 minute period of silence
	16:00 Finish. Refreshments at the Julian Centre

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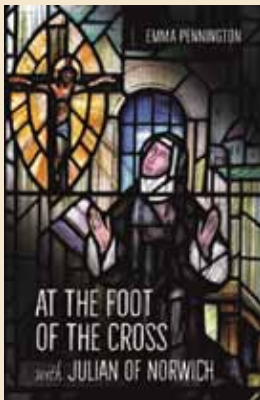
In Julian of Norwich's account of her ninth shewing in *Revelations of Divine Love* her tone changes.

Up to this point her visions and musings have focussed on the pain and suffering of Christ on the cross. At times the graphic, imaginative rendering of her visions of the Passion have been unbearable. Now, as she continues to gaze upon the cross, the darkness of suffering lightens and Julian begins to see how Christ's cross is a vision of salvation.

In this retreat we will delve deeply into Julian's text and focus on four of her shewings of divine love which have the Biblical narrative of the Passion as their basis. Together they reveal how the cross is the ultimate showing of divine love, within suffering. We will have time to ponder what Julian says, how she interprets and expresses her revelation, where her late fourteenth-century context enlightens our understanding and allow her words to lead us to that place of prayer and encounter of God for ourselves.

For a world beginning to comprehend the suffering and darkness of a global pandemic and its aftermath, Julian once again leads us to the light and hope of Christ through her visionary encounters of him on the cross.

Emma Pennington is Canon Missioner of Canterbury Cathedral and holds a doctorate from Oxford University on Julian of Norwich. Formerly a parish priest, area dean and spirituality adviser in the Oxford diocese, she has also been Chaplain to Worcester College, Oxford, and speaks widely on Julian of Norwich and Christian Spirituality.



At the Foot of the Cross with Julian of Norwich

was published last year. This book seeks to bring to a popular readership a devotional engagement with Julian's work. The introduction gives a general background to Julian, the nature of visions in the 14th century and the type of text Julian gives us, namely a meditative text which intends to lead the reader to 'beholding'.

The commentary incorporates reflection, the biblical narrative and Julian's subsequent teachings to create a meditation that enables the reader to linger on the wonder of the cross, ending with a prayer that leads to silence and a thought or verse to carry into daily life.

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The retreat will be taking place both in-person AND online at the same time. In-person will be at the Church of St Julian, with refreshments and toilets and opportunities to buy books at the Julian Centre 50 yards up the hill.



We will email all ticket holders for the in-person event at least 24 hours in advance to inform you of our COVID-19 guidance generally, and the availability of refreshments specifically.

Online will consist of each of the four talks professionally recorded from Canterbury, some additional live-streamed material from the in-person event, and some liturgical resources for personal use at home. The recordings of the four talks will be made available to the public on our YouTube channel from the beginning of Lent 2022.

Book your place for both the in-person and online retreat, find a map, and get more information:

julianvisionsofsalvation.eventbrite.co.uk



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Postal booking for the in-person retreat only:

Howard Green, 24 Golden Dog Lane, Norwich, NR3 1BP

Cheques payable to 'The Friends of Julian' (collect your ticket at the event)

I enclose £40 for the two-day in-person retreat.

NAME

ADDRESS

PHONE

EMAIL