

A day of refreshment and encouragement

Janet Soden reports on the Quiet Day held at the Community of St Mary the Virgin, Wantage on 31 October 2009

Our Quiet Day, which was held in the Visitor's Wing of the Community, went really well. After joining the sisters at their 10.00am Eucharist, Sister Barbara Clare joined us and led each of three short sessions, in a lovely sunny room. She told us about the lives of St Francis de Sales and St Jane de Chantal, both saints of the 16th century, who tried to lead simple lives following Jesus' example. She explained how relevant they are to our own lives; we too could follow their example by living each event with patience and forbearing always remembering Jesus and how he lived his short life here on earth.

We had plenty of space to be quiet and were free to walk in the garden and orchards. We also had the use of two very comfortable, warm sitting rooms and a well stocked art room. We came away refreshed and encouraged in our own attempts to live the Christian way of life.

