



# Quiet Days

19<sup>th</sup> or 21<sup>st</sup>  
October 2010

**Alex & Liz  
Parsons**

10.00am to 4.00pm  
(Coffee served from 9.30am)

**Be still and  
know that I  
am God**

Dalesdown, Honeybridge Lane, Dial Post,  
Nr Horsham, West Sussex, RH13 8NX

Tel 01403 710712

## Dalesdown Quiet Days

Quiet Days have been a regular and valued part of the ministry of Dalesdown for many years. They are open to both men and women.

We are very pleased to welcome Alex and Liz Parsons to lead our Quiet Days. They are looking forward to returning to Dalesdown, where they worked as Managers for 11 years, during which time they started the programme of Dalesdown Quiet Days. However, retirement and a move to Somerset have not yet been as stress-free as they hoped! Care for aged parents absorbs most of their time, but involvement with their six grandchildren helps redress the balance. At Yeovil Community Church, they are part of the pastoral care and prayer ministry teams.

Why have a Quiet Day? With the pressured lives we know today - so much to do, so many demands - it is all too easy for the time or space to listen to God to be squeezed out. A day away from your usual routine can give you the space and opportunity you need to change that.

These Quiet Days at Dalesdown are planned especially for busy people, who have chosen to set aside time to spend with God and to respond to Him.

At Dalesdown, as well as finding peace, tranquillity and beautiful countryside, you will find a place dedicated to God and used by Him.

To fit in everyone who wants to come and so avoid disappointment we offer TWO Quiet Days. The programme will be similar for each and you are asked to select your choice of day on your booking form.

Please book me a place on the Quiet Day:-

Tuesday 19<sup>th</sup> October 2010

Thursday 21<sup>st</sup> October 2010

*Please tick your choice clearly*

NAME.....

ADDRESS.....

POSTCODE.....

TEL NO.....

CHURCH.....

FEE ENCLOSED.....

Please make cheques payable to:-

Family Foundations Trust Ltd  
The fee for the day is £18.00

Please tell us of any dietary requirement:-

**Would you prefer a large print copy of the  
Quiet Day Booklet?**

Being still is a learned skill and some may find the prospect of a whole day of quietness rather daunting. The day, therefore, will have a framework, with led sessions at the beginning of both the morning and afternoon, but there will also be times for personal quietness. These will be times of silence that we ask all participants to respect. On arrival, you will be given a booklet, should you wish to use it, to guide your thoughts through the day.

The building offers you personal space to pray and meditate alone, or with others. It's YOUR day and you can choose how you spend it - but please remember it IS a QUIET day, and many will want to spend the entire day in silence.

You may wish to sketch or draw - some materials will be available, but please do feel free to bring your own, for this or any other creative activity. The choice is yours. The accommodation is flexible enough to meet your personal preferences.

Outside there are wonderful views to enjoy in quietness and (weather permitting) country walks if you choose.

If it would be helpful, there will be people available to pray with you - in complete confidence, of course. *This obviously cannot be in-depth, nor ongoing counselling, which is more appropriately offered through your own church, but is a brief opportunity for sharing and prayer.*

The day provides the opportunity and privilege of a day apart in God's presence, enabling you, we trust, to return to your busy, noisy world better-equipped to serve Him.

To avoid overcrowding, places are limited to 40 people on each day and **must** be booked in advance.

A simple lunch, with coffee and tea available through the day, is included in the charge of £18.00.

A map to guide you to Dalesdown will be sent with the acknowledgment of your booking.

You will need your Bible and it will be helpful to bring a notebook with you so that you can record what God is saying to you.

Large print copies of the Booklet to be produced for the Quiet Day can be provided on request. Please indicate on your booking form if this would be helpful for you.

If you would like to know more about the day, please phone the office at Dalesdown:-

Tel 01403 710712

Or send an email to:

[bookings@dalesdown.org.uk](mailto:bookings@dalesdown.org.uk)

Please book as soon as possible to be sure of a place, by returning the slip overleaf with the fee to:

**Family Foundations Trust Ltd**

Dalesdown

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Dial Post

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West Sussex

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