

The AMICA Centre is also available for 'private' bookings for team leaders to plan and lead a group day. For this we can put you in touch with a local caterer who will provide a lunch buffet at very reasonable rates or guests can bring packed lunches.

For further details of this please email [admin@amica.org.uk](mailto:admin@amica.org.uk)

He said to them,

"Come away to a deserted place all by yourselves and rest a while." Mark 6: 31



### **Quiet Days at The AMICA Centre, Ightfield**

*Generally the 1<sup>st</sup> Thursday of the month*

**Enjoy a day of quiet contemplation and worship in the peaceful setting of Ightfield.**

***Suggested donation of £10 includes:***

***Morning coffee, light lunch and afternoon tea.***

For further details and bookings contact:

**[admin@amica.org.uk](mailto:admin@amica.org.uk)**

**01948 890610 (answer phone)**

Church St, Ightfield, Whitchurch SY13 4NU

The AMICA Centre is in the former Ightfield Rectory and the former bedrooms provide private space if guests want to pray, meditate, read or listen to music alone. As well as books and CDs we have some art/craft resources for guests to use. On fine days the garden is available for relaxation and when weather permits there is the option to eat lunch outdoors. Unlimited hot and cold drinks are available throughout the day.

The church is next to the Centre and will be open for guests to use the prayer labyrinth or simply sit in quiet contemplation. A service of worship can be included in the day by prior arrangement.

A member of the AMICA team will be available if anyone would like individual prayer ministry.

Guests might wish to bring walking shoes as there is a short circular walk starting from the churchyard; details are available on the day.

### Usual Outline for Quiet Days

9.30 - 10.00: Welcome, selection of beverages and pastries

10.00 – 10.30: Led Meditation

10.30 – noon: Unstructured time for individual activity

Noon – 13.00: Lunch

(Typically ploughman's lunch, or filled jacket potatoes followed by fresh fruit and yoghurt)

13.00 – 13.30: Led meditation

13.30 – 15.30 Unstructured time for individual activity

15.30 – 16.00 Afternoon tea

16.00 Depart

Where possible we will be flexible in meeting our guests' needs; please let us know when booking if you have any dietary or mobility needs. The ground floor is suitable for wheelchair users.