



Real & Colourful, Fruitful & whole

An Autumn path to wholeness

(including labyrinth)

guided by Brian Draper

www.briandraper.org

at **THE WIGWAM RETREAT CENTRE, BOTHY 5
RIDDLESWORTH, NORFOLK IP22 2SZ**

Thursday 12 October 2023

10.00am to 4.00pm, Cost: £40



Autumn is such an evocative season – “a time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves”, as Winnie the Pooh puts it!

On this mellow and fruitful day retreat, we'll leap into the leaf-pile of autumnal riches with Brian Draper, who'll offer his trademark gentle prompts and inspiring reflections to help you reconnect with the season and its Creator, as well as with your own stirring soul.

Brian says: “Autumn is the perfect context in which to reflect on the light and shade of life in its fullness – on ripe fruit and leaf-fall, on endings and beginnings ... We'll walk the wonderful labyrinth here at the Wigwam as a way of exploring and expressing our path through the season we're in, and we'll make space for quiet, contemplative Christian prayer and practice.

“My own prayer,” **he says**, “is that you experience how real and colourful, fruitful and whole you are – a vibrant part of the beauty of this most beautiful season.”

Brian Draper is co-author (with Howard Green) of *Soulful Nature: A Spiritual Field Guide* – as well as *Soulfulness: Deepening the Mindful Life*, *Less is More: Spirituality for Busy Lives* and *Labyrinth: Illuminating the Inner Path*.

He is a writer, speaker and experienced retreat guide, and often appears on BBC Radio 4's Thought for the Day.

**TO MAKE
A BOOKING**
please complete
the booking form
overleaf and
return it with
your payment.

Wigwam Retreat Centre,
Riddlesworth,
Norfolk IP22 2SZ
Tel 01953 681 741

Personal
Wholeness Trust
10 Crescent Road
South Woodford
London E18 1JB

Tel. (020) 8504 1228
Email: pwtf1@aol.com
www.wigwamretreats.co.uk

Providing professional counselling
services and spiritual direction

Director: Rev DJ Blackledge
Charity registered in England
No. 1000837

Helping to promote
wholeness within
the community

www.wigwamretreats.co.uk



BOOKING FORM

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(including labyrinth) with Brian Draper

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RIDDLESWORTH, NORFOLK IP22 2SZ

Tel 01953 681 741

(FOR USE ON RETREAT DAY ONLY)

Thursday 12 October 2023, 10.00am to 4.00pm

Cost £40

includes teas, coffees, light lunch



NAME

ADDRESS

HOME PHONE NO.

MOBILE PHONE NO.

EMAIL

Please state any special dietary needs here:

- I enclose my contribution of £40.00 for the day
Please make cheques payable to the Personal Wholeness Trust
and send with your booking form to

Keren Payne
10 Crescent Road
South Woodford
London E18 1JB

- To pay online please pay to

Account name Personal Wholeness Trust
Sort code 20-52-74
Account No 90714100

PLEASE USE REFERENCE: Retreat + Your Name

For further information please email Keren at pwtcfl@aol.com
or call 020 8504 1228

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