

Quiet Spaces at Cliff

Here at Cliff we are seeking to create opportunities for people to spend time in quiet reflection, to enable people to step aside for a while from the busyness of everyday responsibilities and reconnect with God in an environment of peaceful contemplation. This might take the form of an organised retreat – either individually guided or with a group – or simply time to spend alone to study, pray or be still. Those opportunities might also be found in other ways, for example spending time here as part of a sabbatical or, for those within easy travelling distance, as a place of gathering for staff “away days”.

On site we have a chaplain, Deacon Lynne Tonge, who joined the Cliff College community in September 2016. Since arriving at the college, she has been developing links with a number of people and organisations who bring a variety of gifts and skills – for instance through art, music, outdoor activities or in reflective practices such as spiritual accompaniment – with the intention of being able to match such folk with those seeking guidance or input when arranging a stay at Cliff.

She is happy to work with groups or individuals in planning retreats or quiet days, and these can be tailor-made both to suit people coming alone or those who come as part of a group who wish to follow a particular theme during their stay.

Quiet Spaces and Retreats can be created in a variety of ways. Some possibilities are:

- ✚ Individually guided retreats, with the minimum of input and maximum space for reflection
- ✚ Retreats using the creative arts
- ✚ Reflective gatherings considering particular issues such as Third Age spirituality or Mindfulness and mental wellbeing
- ✚ Family-centred retreats
- ✚ Men’s retreats
- ✚ “Quiet spaces in busy places”

If you would like to know more or would like to have a conversation with Deacon Lynne, please contact her on chaplain@cliffcollege.ac.uk and she will be glad to help you in planning your “quiet space”.

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