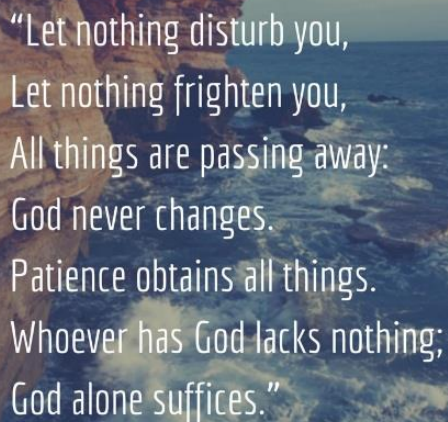


Northern Retreat October 14th-16th 2025

Let Nothing Disturb You – the spiritual wisdom of Teresa of Avila



"Let nothing disturb you,
Let nothing frighten you,
All things are passing away;
God never changes.
Patience obtains all things.
Whoever has God lacks nothing;
God alone suffices."

At Minster Acres, Consett, Co. Durham

**Led by the Revd Judith Jessop, Chair of
Reflect, and Methodist Minister in the
Sheffield District.**

Minsteracres Retreat Centre is a spiritual place providing hospitality. It is a Christian place of prayer with a resident community of Roman Catholic Passionist priests and lay people. The retreat centre is set in a beautiful 110 acre estate in the North East of England



**Cost £250 Contact Rev Sandie Exley-Watts
sandie@exleywatts.me.uk 07719 925019**