

THE END IS WHERE WE START FROM

– time, change and self



a silent meditation retreat

***Monastery of Christ Our Saviour, Turvey, Nr Bedford
22nd – 24th May, 2026***

We live in a world of numberless events, choices, accidents, departures and arrivals. To make sense of it all we shape them into stories with beginnings and endings: about ourselves, about others, about 'reality', about body, about spirit. We need these narratives to find a way through the world. But do we truly understand beginnings and endings? Do they imprison us, or lead us towards a welcoming freedom? What lies beyond all the stories we habitually tell ourselves?

In the context of such fundamental questions we will sit together in several sessions of meditation every day of this retreat. Eating, washing up, practising simple bodywork and walking meditation, together we will deepen into the silence of our shared life. There will be a few short talks offered by the facilitators, taking as a starting point the words of T. S. Eliot that give our retreat its theme.

3pm FRIDAY, 22nd May to 3pm Sunday, 24th May
Residential plus all meals £195, Non-residential plus lunch £75

Turvey, Bedfordshire MK43 8DH

FACILITATORS: Jim Green and Edmund Giszter

For more information about the retreat, contact:
silentretreat@greenjim.co.uk or Edmund on 07977 533620