

What's On at Noggs Barn?

Noggs Barn, Little Melton, Norwich



Happiness and Meditation (Anne and Mark McDonnell) *We draw from the teaching of John Main, Laurence Freeman, Viktor Frankl and other sources addressing the pursuit of happiness in the 21st century*
Saturday, October 31st 11.00 am – 4.00 pm

Advent Stories Around the Fire *Bring any story; old favourites, or something new - maybe something you have written or would like to write - on an Advent theme. There will also be time for silence and meditation.*
Saturday, November 28th 2.00 pm – 5.00 pm

Writing and Publishing in Today's World (Rosamond Richardson/Ingrid Soren) *Suffolk-based writer Rosamond Richardson (nom-de-plume Ingrid Soren) is a prolific writer on a wide range of subjects. Her published titles include "Stalin's Family, The Long Shadow", "Natural Superwoman: a survival guide for women with too much to do", "Zen of Horse Riding", "Organic Home", "The Great Vegetarian Cookbook", "Hedgerow Cooking" and many more. A book on Dante and another on the history of the violin are about to be published. Rosamond will share her reflections on the writer's life and her thoughts on getting published in these difficult economic times.*
Saturday, December 5th 10.30 am – 12.30 pm followed by a shared lunch

The Upanishads and Hindu Spirituality (Liz Bosworth). *An introduction to Upanishad writings and yoga practice*
Saturday, January 9th 10.00 am – 12.30 pm followed by a shared vegetarian lunch.

Meditation and Ignatian Spirituality (Charlotte West) *An introduction to the teaching of St. Ignatius with an emphasis on his relevance for today.*
Saturday, February 6th 11.00 am – 4.00 pm

Sister Anne Kathleen McLaughlin GSIC from Pembroke, Ontario presents Julian of Norwich in a one woman drama.

Sat. March 13th 11am-4pm. More details of this programme will follow

An evening with Fr. Gregory Fruehwirth Order of Julian of Norwich, Wisconsin, USA. *Our normal Wednesday meditation session but with Fr Gregory as a special guest. Please join us in meditation and discussion.*

Wednesday, March 17th 7.00 pm – 9.00 pm

Being a Benedictine Oblate (Margaret Comerford, WCCM Oblate). *What is an Oblate? Where does the tradition of “oblation” originate? How does being an oblate help your spiritual practice and service to others?*

Saturday, April 10th 11.00 am – 4.00 pm

King Lear and the Depths of the Soul (John Evans). *What can Shakespeare’s tragedy tell us about human nature and the spiritual life?*

Saturday, May 1st 11am-4.00 pm

The Sufi Poets (Liz Day and Ann Reid) *An exploration of Sufi spirituality, looking at the writings of Rumi and Hafiz.*

Saturday, May 22nd 11.00 am – 4.00 pm

The Forgotten Sacrament; Meditation and the Body (Ann Reid with Mark McDonnell and Ali Whittle) *A look at the way history has often interpreted spirituality in opposition to the body. In what way does modern understanding bring integration to body, soul and mind? There will be some yoga practice.*

Saturday June 12th 11.00 am – 4.00 pm

A Summer Evening of Music at Noggs (Musicians to be announced) *It’s Summer again so time to enjoy good music, good friendship and good wine*

Saturday, July 10th 6.30pm – 9.30 pm

About Noggs Barn

You are warmly invited as our guests and friends. Events are free and non-profit making. Occasionally you might be asked for a donation to help out with a visiting speaker’s expenses. The spirit of events at Noggs is friendly, informal and inclusive. None of the speakers wishes to be seen as a great expert. They are simply people who have a special feeling or passion for what they are talking about and who welcome your participation and response. Noggs Barn is part of our home and we have dedicated it to the spiritual life in the broadest sense. There is a weekly Christian meditation group meeting regularly every Wednesday evening at 7.30 following the tradition of the World Community for Christian Meditation. Anne and Mark McDonnell.

For further information and directions please contact Anne McDonnell

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