

# Quiet Waters News

October 2018



As the days become cooler the trees at Quiet Waters are beginning to shed their leaves with a glorious show of autumn colour. Our apple trees are bursting with fruit and we have grapes and quince as well. There is a deep sense of peace and tranquillity here as the season changes to misty mornings and autumnal sunshine.

Jeremiah 10:6  
*Lord there is no one like You;  
You are Mighty, and Your name is Great and Powerful.*



**It's harvest time** in the vegetable plot and we've gathered an amazing array of fresh produce – much of it picked just an hour or so before being served to guests at the dining table.

Successes include potatoes, courgettes and tomatoes, three types of bean, pak choi and sugar snap peas. We're putting the greenhouse to maximum effect with a range of winter vegetables that need frost protection and growing over 50 Cyclamen from seed to add winter colour to the new Woodland Walk. We're also trying to increase our tree stock by propagating Indian Bean Tree, Tulip trees, Locust tree and a Walnut sapling. Andy

*(Andy is our fruit and vegetable specialist and all round gardening wiz).*



Trustees have made a start at replacing broken sash chords in our beautiful Georgian windows.



Rosie, one of our faithful volunteers pressure washed and cleared the front terrace and it was transformed! Volunteers and trustees cleared borders and did some new planting around the doorways. These plants are settling in well.

*Jon here, is enjoying a well-earned break and appreciating the path!*



Jonathan got his chainsaw certificate and is now qualified to chop trees and branches safely!



### View from the top

If you make your way to the top floor of Quiet Waters this is the view, looking north over the gardens to the River Waveney and Norfolk. Just look at all of those trees! We spotted Acacia, Apple, Fig, Grape, Oak, Scots Pine, Black Poplar, Willow, Beech, Quince, Pear and Magnolia. Which made us ponder...how many of these trees are mentioned in the Bible? Seven! But can you find all seven?



We're delighted to announce that Andy & Vanessa Chidwick (pictured) will be joining the Quiet Waters team; their planned start date is 1<sup>st</sup> December. Please pray for them as they make arrangements to move to Bungay.



Andy, our bee keeper, who has been on the team part time since last December is now at Quiet Waters full time, having now officially 'retired' from his work in Cambridge as an estate agent.



We said our farewells to Liz and Mike and our housekeeper Madi in July as they moved on to pastures new. We bless them in their new ventures.



**We welcome our new house keeper Kelly**, who is doing a great job cleaning, preparing rooms and dealing with the laundry. Many guests have met her already but she would love to introduce herself to you should you visit us.



**We also welcome Phil & Chris Edwards** to our team as our **new chaplains** and they will be providing on going pastoral care and support for the staff at Quiet Waters. They have two grown up children, seven grandchildren and one great grandchild. Though they are retired they volunteer as lay ministers in the Church of England and 'pastoral helpers' at Lee Abbey. Chris is also a day chaplain at Norwich Cathedral and Phil an official prison visitor. They love being retired and like travelling, walking, watching films and reading books. Chris attends her daughter's yoga classes and Phil plays his son-in-law at table tennis.

## Prayer Requests

We really appreciate all those who faithfully hold Quiet waters up in prayer. Thank you.

- **Please thank the Lord for his continued blessing** on all who visit us - that they may find refreshment, rest and healing whilst they stay at Quiet Waters.
- **Thank the Lord for the Quiet Waters team**, that they may have the wisdom and ability that they need to minister effectively to the guests.
- **For unity and community amongst team members.**
- **For abundant financial provision** for the large and small maintenance work required in the coming year and the ability to complete it. For the release of finances for new initiatives and projects.
- **For the provision of volunteers.**
- **For God's leading in all aspects of our ministry.**

## House News

**Chapel times have changed** - From September the optional chapel times of our daily rhythm of prayer have changed slightly.

10:00 - Worship and prayer: A time of worship and blessing with some reflection on Scripture.

14:00 - Liturgy: A shorter, more structured Scripture reflection and prayer.

19:30 - Close of the day prayer and reflection: This varies day to day but can include meditating on Scripture, daily Scripture reflection and 'Soaking' (listening to Christian worship music and allowing the Holy Spirit to speak through it),

We are now taking bookings for 2019.

## Other News

**Roger Tyrell**, a longstanding friend of Quiet Waters has done a fine job rebuilding and restoring the entrance walls. He included a brick with a cross in each pillar either side of the driveway. A beautiful entrance way and the result of several days of skilled hard work. Thank you Roger!



# RETREATS COMING UP

## Meeting Up With Jesus

A series of Day Retreats

Retreat leader: David Males  
Elder of the Order of Jacob's Well

**November 14th, December 12th 2018**  
**10am start**



**A retreat about deepening our relationship with Jesus and receiving and proclaiming healing in the Kingdom of God on earth. This is based on the teachings of Mike Endicott Revd. Prior of the Order of Jacob's Well.**

During this gentle retreat, David will draw on his experience through his work as an Elder of the order of Jacob's Well (an Anglican Healing ministry), to show and teach us about God's Healing and how to deepen our walk with Jesus.

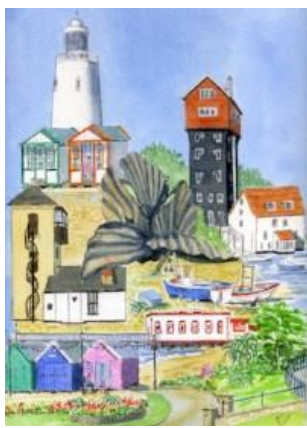
The morning will start with a time of praise and prayer, followed by a Bible talk and discussion looking at how we might focus on Jesus so that he can "manifest" Himself to us.

The retreat will provide the opportunity to explore the art of meditation and to receive healing and learn how to enable God's Kingdom healing to be released in this world.

Suggested Donation: £25 including lunch & refreshments.

Please arrive in time for coffee at 10am.

Printed notes will be provided.



## Watercolour Retreat

Retreat leader: Ann Faiers

**Monday 29th October to Wednesday 31st October 2018**

**A gentle art retreat to enjoy & experience working with watercolours using various techniques.**

For beginners and those wishing to build their confidence in this media, working from photos, real and still life. Come and enjoy the fun!

Arriving early afternoon on Monday and departing in the afternoon on Wednesday.

Suggested Donation: For the full retreat £135

Day visitors are welcome each day, suggested donation £12 for Monday and £25 per day for Tuesday and Wednesday including Lunch.

Please bring your own art materials although some will be available for those who require them.

Ann Faiers is an experienced watercolour artist. Her work includes still life, flowers & landscapes.

# Christmas House Party

24th to 27th December 2018

We are hosting our usual Christmas Houseparty this coming December.

Guests can book for either 3 or 4 days arriving the afternoon of Sunday December 23rd or Monday 24th and leaving after breakfast and reflections on Thursday December 27th.

Prices for full board accommodation including extras: 3 days £330 (1 person) or £305 each for two people sharing a twin or double room, 4 days £400 (1 person) or £360 each for two people sharing a twin or double room.

We are fully booked for this very popular retreat at present but we sometimes have cancellations. Please give us a ring if you are interested.



## CARM Creativity & Prayer Retreat

Retreat leaders: Anna Smith and Mildred Butterworth

8th to 12th April 2019

Details to follow

A CARM retreat:

### 'Consider The Lilies'

April 26th 2019

10 - 4pm

Leader: Sue Ives

Details to follow.

## Coming Up...

Exploring Contemporary Worship Weekend for song writers, singers and musicians.

Jon and Ness will be running a weekend retreat exploring aspects of contemporary praise and worship.

15th to 17th March 2019

*Watch this space!*



Psalm 32 vs 7 *You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.*



## Follow us on Facebook

We try to keep our Facebook page up to date with new information about what is planned and what is happening here at Quiet Waters. Do have a look at our page using the link below and "Like" our page so that you will get the latest updates.

