

Hilfield FRIARY 2026 PROGRAMME SUMMARY

Br John, our Guardian writes: We are delighted to offer a rich and varied programme at Hilfield for the coming year. It's a mixture of old favourites and new opportunities, particularly in an artistic vein or to improve your sense of well-being. No experience or expertise necessary. Come and enjoy something life-enhancing in beautiful surroundings and good company!



RESIDENTIAL COURSES

Capacitar Training throughout 2026

Module 1 16th - 18th January at Hilfield Friary

Module 2 7th – 8th March, online

Module 3 15th - 17th May at Hilfield Friary

Module 4 11th - 12th July, Online

Concluding Day 18th - 19th September at Hilfield Friary

Capacitar is an international movement of empowerment and solidarity whose mission is 'Healing Ourselves, Healing Our World.' Capacitar teaches a variety of wellness practices which are

designed to promote holistic wellbeing, equipping participants with practical tools and techniques to manage stress, foster resilience, and support both personal and community healing. Those taking part in the training are encouraged to share what they have learned with the populations they serve.

The course is for anyone who's professional or volunteer work is in service to those affected by stress, poverty, physical or mental illness, abuse, trauma or violence. It's aimed at those working in areas such as the healing professions, education, ministry, chaplaincy, psychology, counselling, social work, spirituality, refugee accompaniment, community development and activism. The course will also benefit anyone who works in a demanding and stressful environment and who may be at risk of burnout.

We realise Capacitar is much better known in the north of England (notably through courses at St Anthony's Priory in Durham and St Bede's Pastoral Centre in York) and in Scotland where Capacitar has been working with the Queens Nursing Institute Scotland for many years. For those who aren't familiar with Capacitar, there's a very good short film about the work of Capacitar International that can be accessed on YouTube.

The Story of Capacitar:

<https://www.youtube.com/watch?v=8czUAIUFERM>

You can find further details of the course content, dates, training team etc. in the flyer attached. Dr Pat Cane, who founded Capacitar, will be joining us at Hilfield for the 3rd Module in May.

Please contact Nickie Fidgin by 6th December if you have any queries or would like an application form. nickiefidgin@gmail.com

Friday 13th to Sunday 15th March: **Etty Hillesum - Forging a Spirituality of Hope in Dark Times** with Reverend Canon Patrick Woodhouse. Exploring the remarkable story of Etty Hillesum, and what can the spirituality that she forged in that very darkest of times say to us in the midst of the anxieties and the fears and the multiple overwhelms of our times? Suggested donation £160.

Tuesday 31st March to Sunday 5th April: **'Holy Week and Easter at the Friary'** Join us as we celebrate Holy Week and Easter at Hilfield, experiencing the depth of loss, mourning and joy together. Suggested donation £320.

Friday 24th to Sunday 26th April: **Reconnecting to the Sacred in Nature 1** with Mike Mullins. A retreat geared at those of different spiritual traditions and none enquiring into the sacredness of nature in the midst of ecological crisis. Cost on application for three days, two nights and all meals. To book a place on the retreat please contact Mike Mullins at Email: mikemullins@soulrewilding.co.uk Mobile: 07973 642875 Website: <https://www.soulrewilding.co.uk>

Friday 8th to Sunday 10th May: **Julian of Norwich - Spiritual Guide and Theologian** with Br Malcolm. There can be little doubt that Julian of Norwich continues to have a lasting and profound influence on many who are seeking to live faithful Christian lives. During the weekend we will have many discussions on the reasons for this and explore her insights, Suggested donation £160.

Friday 26th to Sunday 28th June: **Drawing in Nature** with Anna Milgrom. Suggested donation £160. Welcome to a relaxing and creative day connecting with the beauty of nature through drawing

and painting. No experience is needed - if you can scribble then you can do this workshop! All materials provided. Suggested donation £160.

Friday 26th to Sunday 28th June: **Reconnecting to the Sacred in Nature 2** with Mike Mullins. Details as for the weekend of 24th to 26th April. Please contact Mike Mullins directly mikemullins@soulrewilding.co.uk

Wednesday 1st to Sunday 5th July: **Craft Week 1** with Suzi. Come along and enjoy the week with like-minded crafters. Suggested donation £260. If you would like to arrive on Tuesday 20th May to relax before you start crafting, please contact Suzi. There would be a suggested extra donation of £60.

Friday 10th to Sunday 12th July: **St Francis at 800 for Today** with Br Sam SSF. Suggested donation £160. 'Commemorating the 800th anniversary of the death of St Francis on 3rd October 1226 this weekend with Br Samuel SSF will examine the significance of Francis for the world today - exploding some myths and exploring some new ideas. Come and be excited!'

Friday 17th to Sunday 19th July: **Poetry Weekend** with Dr Elizabeth Cook. We shall be looking at the work of English-language poets of the 20th and 21st centuries who write from within or in relation to a Christian faith. We will think about how, if at all, faith informs the work of a poet. Suggested donation £160.

Saturday 25th July to Sunday 2nd August: **Hilfield Families Camp.** Every summer, we host The Hilfield Families Camp (usually late July / early August). The Camp involves a week of sharing the life of the friary with adults and children (new young families are

always most welcome) with Worship, Work and Fun! Please contact: stuarthutton@me.com

Saturday 8th to Sunday 16th August: **Hilfield Youth Camp** Every August we host the Hilfield Youth Camp. Organised by experienced volunteers, HYC offers up to 50 young people aged 13 to 17 years the chance of a of low cost, fun holiday in stunning surroundings over a week while exploring a Christian theme. The Youth camp is built on friendship, community and faith. Please visit their website: <https://www.hilfieldyouthcamp.co.uk/>

Thursday 20th to Sunday 23rd August: **Stone Carving Experience** with Lindy. Join her on a practical stone carving experience. Learn to carve or increase your skills while exploring with others how ancient stone and spirituality might work alongside each other in a relaxed environment where all are welcome. Numbers limited to 7. Suggested donation £200.

Friday 2nd to Sunday 4th October: **Franciscan Weekend** led by the Hilfield Brothers and Community. Join us as we focus on the life of St Francis and his Brothers and how he still inspires people centuries after his death. Suggested donation £160.

Friday 23rd to Sunday 25th October: **Trees of Life** with Dr Romela Parish. A creative workshop exploring the symbolism of trees in the Bible and what it means to be rooted in Christ. Do not be put off if you don't consider yourself to be a 'creative' person! Suggested donation £160.

Friday 30th October to Sunday 1st November: **Folk Weekend** with Gill and Alan McIntosh. Songs about occupations and or ways of

life. Bring your instruments, your enthusiasm and your voices to join this ever-popular weekend. Suggested donation £160.

Wednesday 25th to Sunday 29th November: **Craft Week 2 with Suzi.** Come along and enjoy the week with like-minded crafters. Suggested donation £260. If you would like to arrive on Tuesday 20th May to relax before you start crafting, please contact Suzi. There would be a suggested extra donation of £60.

Tuesday 22nd to Sunday 27th December: **‘Celebrate Christmas at the Friary’.** Join our Friary Family where we await the Birth of the Christ Child. Suggested donation £320.

Quiet Days/Day Courses

Saturday 21st February: **Lent Quiet Day** with Br John SSF. Suggested donation of £25 to include soup and a roll.

Saturday 21st November: **Advent Quiet Day** led by Reverend Hilary Bond. Suggested donation of £25 to include soup and a roll.

Capacitar Days on Wednesdays, from 2pm to 4.30pm, £10, with Nickie Fidgin:

How can we become people who are peaceful, grounded and resilient amidst the challenges and turmoil of our times? Together we will discover simple tools we can use in the moment to help us manage the stresses and anxieties of daily life. 14th January, 11th February, 11th March, 15th April, 13th May, 24th June, 8th July, 5th August, 9th September, 7th October, 11th November and 9th December.

Play with Words on Thursdays from 10am to 4.30, to include a simple lunch, donation of your choice, with Penny Johnson: Join Penny (MBACP) and Br John for a day retreat for Women survivors of trauma and abuse. Dates are:

12th February, 14th May, 27th August and 3rd December

FOR FULL DETAILS OF OUR EVENTS VISIT OUR WEBSITE. IF YOU WOULD LIKE INDIVIDUAL EVENT LEAFLETS, BOOK OR WANT FURTHER INFORMATION PLEASE CONTACT SUZI IN THE FRIARY OFFICE (DETAILS BELOW).

Suggested donations for residential retreats include all food and accommodation. Please let Suzi know if you have any dietary requirements. **Don't forget to contact Suzi to check availability and avoid disappointment before registering for the events.** There are no fixed charges but for each event we recommend an appropriate donation to cover the cost of your visit. If you are unable to afford these suggested donations – please contact Suzi who will try to help.



Email: hilfieldssf@franciscans.org.uk Phone: 01300 341741

The Friary, Hilfield, Dorchester, Dorset, DT2 7BE

For information about the Friary: www.hilfieldfriary.org.uk

