

## What are Peace and Quiet Days?

While organised retreats are wonderful experiences, we may rarely be able to join them, so this is an opportunity to create your own personal day retreat.

The Bible is full of examples of people taking time away from everyday life to become closer to God.

Peace and Quiet Days are a wonderful opportunity to enjoy beautiful surroundings, rest, reflect, pray, walk and grow spiritually. For those dealing with conflict it is a place and space to seek peace within.

Each Peace and Quiet Day begins with a short optional gathering reflection. Resources are available for you to create a personal retreat, for you.



Tea, coffee, biscuits and cake available throughout the day.

### Day Cost:

**£30 including lunch**

**£20 concession for  
retired/unwaged**

**There is a £10 subsidy available  
from the YBA for serving Baptist  
ministers in Yorkshire.**

## Add to your day from the following options:

### Opening Led Reflection

A great way to begin at 10.15am with a time of reflection, prayer and meditation, which can provide a thoughtful structure for the rest of your day.

### The Blackley Pilgrimage

A guided walk from the Centre through the valley with lovely views, for about an hour, (reasonably gentle with some uphill sections) with places to stop, pray and reflect, finding peace in creation.

### A Conflict Management Coaching Session

Explore ways to manage yourself and your anxiety, helping to build your resilience, and enabling you to cope with conflict. This is particularly helpful for Church leaders, ministers, their spouses or family members, who are often deeply affected by the stresses of church conflict. Booking is essential. **One-to-one coaching Session (1 hour): £20**

### 'Understanding your Style' using the Gilmore Fraleigh Style Profile

An individual session using the Gilmore Fraleigh Style Profile to help you in your understanding of yourself in calm or storm situations. The questionnaire must be completed and paid for prior to the retreat day. **Gilmore Fraleigh individual coaching session (1 hour): £30** (to include G-F Questionnaire and Printed Interpretation booklet)

### Closing Reflection Time

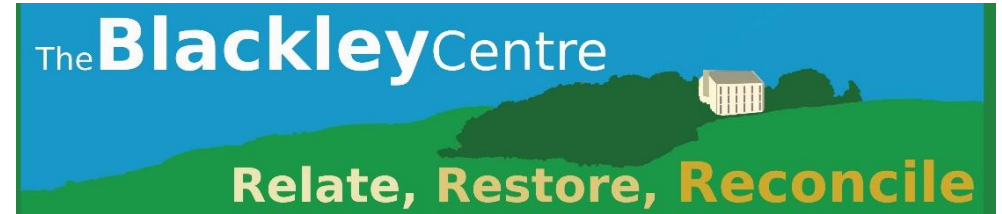
Gather with others to share brief thoughts and reflections, closing with prayer and blessing 3.45 – 4.00pm

Visit the website  
[www.blackleycentre.co.uk](http://www.blackleycentre.co.uk)  
for more photos of the Centre and grounds

Blackley Centre Postcode: HX5 0TD

To book a place please complete and return a booking form  
available from:  
[office@blackleycentre.co.uk](mailto:office@blackleycentre.co.uk)

Or Tel: 01422 646803



## *Peace & Quiet Days 2026*

**The Blackley Centre:**  
*Relate, Restore, Reconcile*

Friday 27<sup>th</sup> February

Friday 27<sup>th</sup> March

Saturday 25<sup>th</sup> April

Friday 29<sup>th</sup> May

10.00 am to 4.00 pm

Use the spaces, resources, and beautiful grounds of the Blackley Centre and Chapel, for quiet, reflection, prayer, meditation, reading, painting and creativity. These days are particularly helpful for those who need to find peace.