

Cafe Spiritual

The Carthouse @ The Fold, Bransford, Worcester WR6 5JB

First Wednesday of each month 11.00 am - 12.30

Followed by Lunch in The Fold Café

The Cafe Spiritual is a local network coordinated by Tessa Maskell.

We offer opportunities for spiritual companionship, support and enquiry during challenging and changing times.
All are welcome.

Please join us for talks, informed discussions and refreshments on:

April 5th 2017

Hesther Bate

'THE PERENNIAL SPRING OF AGEING'

From Candlemas to Easter each year the Earth struggles through her nurturing of roots and seeds until they flourish through Summer. In our own growth, whether each day, year or decade, we reflect this cycle of retreat and renewal.

During this morning's session we shall use the tools of story, discussion and art materials to explore the treasures still waiting to grow from our own rich depths as we continue our own development.

About Hesther Bate:

For many years Hester has lead experiential personal development workshops combining her Post-graduate training in Counselling and Psychotherapy with her life-long love of Myths and Folktale and her original training in Art teaching and Costume Design. The old tales from our heritage of myth and folktale contain many images and themes which resonate within our own psyches. And most of them are centred around the Journey, or Quest .. to find the True Self.

May 3rd 2017

Tim Willcocks

DECIPHER THE SIGNPOSTS?

Transformation, growth, learning curvesWhat's life all about? Bury your head and remain grounded - or become a sky walker? Is it all bunkum, or a catalyst?

From the streams of engineering, teaching, Subud, Medicine Wheel, Waitaha and White Eagle, Tim will have you chanting, dialoguing, laughing and meditating. Are you up for it?

"She changes everything she touches, and everything she touches changes!"

June 7th 2017

Brian Holley

ME AND MY EGO

A time of conversation and contemplation on the ego. Who we think we are evolved out of our life experiences and our responses to them. But is this our reality or is it something which, though indispensable, can actually obscure the true self? How do we recognise what we call ego and is there anything we can do now?

For further information contact

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