



"spirituality"

SOMETHING FOR HUMANISTS?

**A NON-RELIGIOUS
RETREAT PROVIDED
BY HUMANISTS UK**

5-7 April 2019

ONLY 15 SPOTS AVAILABLE

**THE NIGHTINGALE CENTRE,
GREAT HUCKLOW, BUXTON,
DERBYSHIRE, SK17 8RH**

£180 PP (FULL BOARD)

THE WORLD'S FIRST

humanist

RETREAT EXPERIENCE



Humanists UK is pleased to announce its very first non-religious residential weekend retreat

This is a chance for humanists, or those interested in learning about the humanist worldview, to convene at a beautiful countryside location for a weekend of relaxation and contemplation, reflecting of some key ideas in humanist thought.

Led by experienced and knowledgeable retreat facilitators, our carefully considered programme will centre around group reading and discussion sessions as well as time for reflection, meditation, walking, and smaller group activities. There'll also be free time as well as

group meals where you'll have the chance to get to know your fellow retreatants and share thoughts and ideas on the weekend's topics.

The aim of this retreat is for you to leave on Sunday feeling refreshed, rejuvenated, and more knowledgeable. You'll meet new people who share your worldview and share in inspiration, learning about new ideas and ways of thinking in a serene and supportive environment, specially tailored to ensure you get the very most out of the weekend's activities.

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OUR THEME

Spiritual is a word with a long and complicated history. From the 14th century onwards and until recently, to be 'spiritual' largely meant to be connected to the church.

Today, for many, it means something distinctly less religious – closer resembling its medieval origin as a term concerned with something at once earthly, profound, and widely shared: the common human experience of simply breathing.

When people today say they are 'spiritual', they appear to point to something else. A feeling, an idea. A state of mind at peace and at ease, attuned to the inner life and filled with appreciation for the wider world.

In today's pluralistic society, can the non-religious appreciate a form of spirituality? Is a scientific, evidence-based view of the world be compatible with a fulfilling sense of 'spirituality', and if so, what can such a mindset or attitude teach us about the complexities of the human condition?

During this three-day retreat, these are some of the questions that you will explore and discuss. Through a variety of different activities and sessions, you'll be introduced to the key ideas that underpin a humanist view of spirituality and guided through some of the concept's critiques and strengths.

To help you navigate these questions, you'll focus on a set text for the weekend, Robert C. Solomon's *Spirituality for the Skeptic: The Thoughtful Love of Life*. Solomon's notion of 'naturalised' spirituality establishes as its cornerstone the 'thoughtful love of life' – a passionate concern for the here and now.

Spirituality demands involvement and emotional engagement with others in the struggle to find meaning in our lives, argues Solomon.

As such, a modern-day spirituality encompasses a passionate enthusiasm for the world, rationality, coming to terms with fate, and viewing life as a gift.

To supplement this key text, you'll also have the opportunity to reflect on questions of spirituality through some creative writing, namely the poetry of Don Paterson.

More details of the programme, the texts, and the nature of the sessions will be available on booking your place on this weekend.



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OUR VENUE

Set amongst the calm and picturesque Derbyshire countryside, the Nightingale Centre is the perfect space for reflection, contemplation, and relaxation.

The centre has wide views across the beautiful surrounding fields, attractive outdoor space and seating, as well as multiple small break out rooms and quiet spots dotted throughout the house.

Experienced catering staff are on hand to provide excellent food across a variety of cuisines and meals can be tailored to almost all dietary requirements.

BOOKING

To book your place or find out more information please email our Chief Executive,

Andrew Copson
chiefexec@humanists.uk

Join us for the UK's first humanist retreat – a weekend of serenity, contemplation, and rejuvenation, exploring ideas for the one life we have.

