

QUIET DAYS AT TYMAWR 2026

THE UNBOUNDARIED HEART

Discipleship and Hospitality:

Living today in the spirit of the teaching of St. Benedict

**Saturday 2nd May with Abbot Brendan Thomas OSB,
Belmont Abbey**

The day will focus on St. Benedict's Rule on Hospitality. Abbot Brendan was elected Abbot of Belmont Abbey 2022. He has wide experience of monastic life, and for nearly 25 years, he was the Director of the Monastic Formators' Programme in Rome, a three month course to help train novice directors from around the world, men and women, Benedictine and Cistercian.

Saturday 4th July with the Rt. Revd. Dominic Walker OGS

The day will focus on St. Benedict's Rule on prayer and community relationships. Bishop Dominic has had a wide experience of pastoral care and the nurture of discipleship as Bishop of Reading and of Monmouth. He is a member of the Oratory of the Good Shepherd and served as Father Superior from 1990 to 1996 and subsequently as Fr Provincial of the European Province. He is Bishop Visitor to Tymawr Convent.

The 'Dream' of Martin Luther King:

Living today in the spirit of the teaching of Martin Luther King

Saturday 5th September with (tbc)

Saturday 3rd October with Revd. Canon Jarel Robinson-Brown

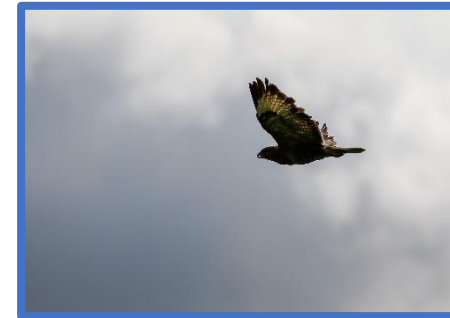
Revd. Canon Jarel is the Vicar of St. Germans CChurch, Adamsdown, Cardiff. His academic interests focus on Early Christian History. He is a visiting Scholar at Sarum College, Salisbury and co-chair of the Global LGBT and Christian Charity, OneBodyOneFaith. Author of 'Black, Gay, British, Christian, Queer: The Church and the Famine of Grace', SCM Press 2021,

Saturday 7th November with Professor Anthony G. Reddie

Professor of Black Theology and Director, the Centre of Black Theology, University of Oxford & Extraordinary Professor, Theological Ethics: University of South Africa. Author of Living Black Theology: Decolonizing Knowledge. (Oxford: Oxford University press, 2025); & Theologising Brexit: A Liberationist and Postcolonial Critique (London: Routledge, 2019.)

QUIET DAYS AT TYMAWR 2026

THE UNBOUNDARIED HEART



Each Quiet Day begins at 10.00am with coffee (Terce at 9.30am is optional), followed by our speaker for the day and time for rest and prayer before the midday Eucharist. After a 'bring your own' lunch, our speaker will lead the afternoon session, which will end with Vespers at 3.45pm. There is no charge for the day but donations are welcome.

Tymawr Convent - We are a small group of women committed to a simple life of contemplative prayer, living a few miles outside Monmouth, South Wales. The convent is situated in 65 acres of gardens, fields and woodlands, which are sustainably managed to produce most of the fruit and vegetables we use. We come from all walks of life and range in age from 30 years to 75 years. Our life is centred on a daily Eucharist and the monastic Offices. We offer hospitality to guests who come on Retreat.

The Society has a large group of Associates, Oblates and Companions who are committed to support the community through their life of prayer. We also welcome women who wish to explore a calling to a contemplative life of prayer or to deepen their prayer life, to live alongside for a period of discernment and formation. If you are drawn to discover more about any of these ways of participating in this life of prayer, please contact the Reverend Mother by letter or email to reverendmother@tymawrconvent.com

Please book your place for each Quiet Day by email to SSCchaplain@gmail.com or by post to The Chaplain, Tymawr Convent, Lydart. Monmouth NP25 4RN.

**Society of the Sacred Cross, Tymawr Convent, Lydart,
Monmouth NP25 4RN. Registered Charity no. 1135334**

**General enquiries: community@tymawrconvent.com
www.tymawrconvent.org**