

**The Spirit of Life**  
**A Christian Mind, Body, Spirit Fair**  
**Manchester Cathedral**  
**2 May 2011 , 11am-5pm**  
**[www.thespiritoflife.org.uk](http://www.thespiritoflife.org.uk)**

Welcome to Manchester Cathedral to our first Christian Mind, Body, Spirit fair. In this place of Christian worship we are offering opportunities for you to engage with the Spirit of Life through meditation and mysticism, prophecy and Jesus-Deck Reading, massage and therapies, creative arts, prayer and conversation.

Drawing on ancient forms of Christian spirituality, there are workshops, stalls, meditations and performances throughout the day. Plan your day using this programme and feel free to come and go for as much of the day as you please.

**The following stalls are available throughout the day**

Nave	Labyrinth	An ancient spiritual tool that represents a journey to our own centre and back again out into the world.
1	Small Chapel	Sit, reflect, light a candle and a symbol of prayer.
2	Spirit Walk	Spiritual meditation around the cathedral on headphones.
3	As in Eden	We offer personality profiling and point you to appropriate follow-up literature.
4	Yarn Crafts	Knitting, crochet and sewing as a route to Christian meditation. Building a relationship with God, one stitch at a time. Bring a work in progress or create using our resources.
5	Soul Clinics	Drawing together ancient Christian tradition and contemporary spiritual practice in different ways to hear and encounter the divine.
6	C3 Creative Arts	Creating something unique and beautiful can be a mystical experience where we commune with the spirit of God. It is also great fun! Come and express yourself. Suitable for all ages and abilities.
7	Two Church Mice	Cards, gemstones, saints, and healing.
8	LLI Consultancy	Talk to us about issues of fulfillment and personality type and healing. We have information about MBTI workshops in the area.
9	Penny Horseman	Jesus Deck readings.
10	Celtic Springs	Christian travellers in the New Age. Jesus Deck and Christian creation cards.
11	Spirit of Life	We offer hand and foot massage to revive

		you, prayer bead making, Jesus Deck reading and prayer for healing.
12	Franciscan Third Order	Explore spirituality which originated with St Francis and evolved within the Franciscan order.
14	Acorn Christian Healing Foundation	A “listening space” for you to come and tell your story, reflect on your life experience and beliefs. Explore issues without judgment, interruption or prejudice.
15	Eden People	Join us in the big dome for massage, dream interpretation, reflective sites, insight objects, healing and blessing prayer, Jesus Deck Reading and Ruach cards.
16	Still Point	A stall and space for engagement and prayer around Cave Refectory Road themes.
17	Andy Varley	Dream interpretation and prophetic art
18	Sally Coleman	Journey into wholeness

## Programme of events

### Performances

Each performance lasts about 30 minutes.

12.30pm	Be still and know – Musical meditation by Wellspring	Nave
1.30pm	Poetry read by Revd Rachel Mann, Poet in Residence, Manchester Cathedral	Nave
2.30pm	Fire Breathing vicar!	Outside!
2.30pm	Taize chant – a space to enjoy sacred music, to pray and release yourself from the pressures of time	Nave
3.30pm	Creating the Body of Christ – using multimedia to engage with and challenge our understanding of God – Sanctus 1	Nave
4.30pm	Evensong with the Voluntary Choir of Manchester Cathedral	Quire

### Meditations and Workshops

Each lasts about 45 minutes

12.30am	Listening to God Andrew Bradley	‘Be still and know that I am God’. Explore stillness and spirituality to counteract the business of the world and help you connect with God.	Chapter House
12.30pm	Inclusive love David Gray	When we nurture each other and the world that God made	Refectory

		and saw was good, it is more than able and willing – by God’s will – to nurture us in return.	
1.30pm	Art workshop – trace the Spirit of Life Deirdre McConnell	Gentle physical relaxation, a short visualisation and the opportunity to make a trace of the spirit using art materials – however it comes to you.	Refectory
1.30pm	Healing Serpent Pauline Warner	Looking for inspiration in the Old Testament bible stories about Moses and Aaron in Egypt, we find that the God of Moses was the Great Serpent, the Protector and Deliverer.	Library
1.30pm	Meditating on Icons Steve Hollinghurst	Meditating on icons as doors into the mystic realm	Chapter House
2.30pm	Angelic Encounters John and Olive Drane	Angels are all around us, if only we are open to their presence.	Refectory
2.30pm	Movement and Meditation Karen Wellman	Speak and listen to the divine through movement and meditation, including simple circle dances. No experience necessary but please wear flat shoes or be prepared to move in socks or bare feet	Jesus Chapel
2.30pm	Cave Refectory Road Ian Adams	Rediscover Christian spirituality as a tradition rooted in stillness, finding shape in earthly practice.	Chapter House
3.30pm	Christianity and the Goddess Steve Hollinghurst	Exploring the relationship between the Goddess and Christian tradition to uncover the divine feminine in Christianity.	Refectory
3.30pm	Personality profiling Les Ireland	If you know yourself and your own gift of personality, you can make judgements about things that are personality-driven, and tap into resources that will support your spiritual journey.	Library
3.30pm	Musical Meditation and Blessings	Using music, we create opportunities to ‘be still and	Jesus Chapel

	Sally Thornton	know' in the presence of God. We may invite the classical musicians to move around the audience and play 'over' people to bless them.	
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