

The Fintry Trust

The Medieval Book of Hours and The Sanctification of Time

Saturday 9th December 2017

10.15 – 15.30



The Book of Hours was the standard book of popular devotion during the late Middle Ages and Renaissance. It enabled the devout laity to follow inwardly the spiritual rhythm of the monasteries, thereby grounding the shifting moods of the soul in a greater sacred time-cycle.

At the core of this illustrated prayer book was a sequence of images known as 'The Hours of the Virgin'. The images focus on the relationship of the Virgin Mary to Christ, and include familiar episodes from both before and after the birth of Christ. These episodes are brought into relationship with the seven Hours of the day and the one Hour in the middle of the night dedicated to the inner life of prayer and meditation.

The two illustrated talks will aim to show that the long-neglected tradition of the Book of Hours still offers a deep and viable meditative path that can both give direction to, and strengthen, our inner life.

Speaker: Jeremy Naydler holds a PhD in Theology and Religious Studies and is author of a number of books on religious life in antiquity and the history of consciousness. He has a long-standing interest in medieval spiritual life and has previously spoken at Fintry on *The Seven Deadly Sins* and on Dante's *Divine Comedy*.

Programme:

10.15	Arrival and Coffee	10.30	Morning session	12.00	Lunch (please bring packed lunch – all drinks provided)
13.30	Afternoon session	15.00	Tea		

Venue: Fintry Retreat House, Church Lane, Brook, nr Godalming, Surrey GU8 5UQ

(off the A3/A286, south of Godalming, take the lane opposite "The Dog and Pheasant" pub, then the first turning left into Church Lane. Fintry is about 500 yards on the right.)

Fee: £20.00

Bookings and enquiries: Tel. 01428 682621 or email fintry.administrator@btconnect.com

www.thefintrytrust.org.uk