

Monastery of Our Lady of Hynning



Ecumenical Flute Retreats

26th – 30th August 2025 and

14th – 18th October 2025



Ecumenical Flute Retreats

Tues 26th (5.30 pm) to Sat 30th August (2 pm) 2025
or Tues 14th (5.30 p.m) to Sat 14th October (2 pm) 2025

The now established Hying Monastery Flute retreats combine elements of a classical spiritual retreat - conferences, time for personal and community prayer – with an opportunity to explore how music can be a path to God. There will be plenty of time to enjoy playing in a group, as a solo player and during the liturgy.

They are particularly suitable for those who use their flute within Christian worship or for flautists who would like to combine the spiritual and musical dimensions of a flute retreat. Each one can work out his or her own balance between the two dimensions.

All abilities of flute playing are welcome, though realistically, about a grade 4 minimum level will be helpful. The retreats are not suitable for complete beginners.

The Spiritual Dimension

Participants are very welcome to share in all or some of the daily prayer of the Bernardine Community at Hying and the Eucharist. The community is Roman Catholic but all Christian denominations are welcome and we hope all will feel at home with the largely scripture-based liturgy.

At some of the services there will be the opportunity to play during the liturgy. This year we hope to include a Taize style liturgy one evening

There will be a spiritual conference each day and participants are welcome to profit from the silent chapel and beautiful grounds for personal prayer.

The Musical Dimension

Every day the group will prepare a suitable ensemble piece to play after Vespers. Each participant is also encouraged to bring a piece to work on during the week. In addition, there will be time for playing duos and trios. We will also look at what sort of music is appropriate for use in Christian worship.

Whilst there will be plenty of music, the emphasis will not be on technical development.

A Relaxing Dimension

The Monastery of Our Lady of Hyning is in an area of outstanding natural beauty close to Morecambe Bay and not far from the Lake District. Beyond its own landscaped garden, there are many beautiful walks to be enjoyed during the free afternoons.

The Guest House has 12 very comfortable en-suite bedrooms and a further five rooms in an adjacent cottage. Much of the food is home grown and coffee and tea-making facilities are available. It is an ideal place to have a break from the busyness of ordinary life and to enjoy playing your flute and connecting with God.



Rehearsal sessions 2024, with teacher Liz Gilbert ...

Top right – free afternoon!



Practical Details

Cost : Suggested donation : 4 days' full board accommodation £280
retreat fee : £140 (total £420) Non-refundable deposit of £30

(Non-playing family and friends sharing a room are also welcome - £280)

The retreat starts at 5.30 pm on Tuesday (arrivals during the afternoon) and ends after lunch on Saturday.

The Retreat Organiser

Sr Mary Helen is a Bernardine Sister at the Monastery of Our Lady of Hying and a passionate amateur flautist. She holds the ARSM diploma and the ACertCM (Archbishops' Certificate of Church Music.) She also plays keyboard. She frequently uses her flute within the Christian liturgy .



She will be joined each day by **Liz Gilbert**, a local flute teacher who will conduct the ensemble practices. Liz has long experience of working with diverse music groups.

Further information and enrolment

For further details or any questions, please contact Sr Mary Helen at sistermaryhelen@hotmail.com or telephone 01524 732684.

Information about Hying can be found on the website www.hying.org

12 playing places are available. We look forward to welcoming you!!

Hying is 2 miles from Carnforth Station which has regular trains to the mainline stations of Lancaster, Preston and Manchester airport.



MONASTERY OF OUR LADY OF HYING
Warton, Carnforth, Lancashire, LA5 9SE