All Welcome Every Sunday during Term Time at 5:30pm in Somerville Chapel

Welcome all! We hope you’ve had a relaxing Summer and can look to the Autumn term with renewed energy for all your journeys ahead. To help us sustain our energies for the coming Michaelmas term, we will be exploring the theme of ‘Rest and Restoration’ and draw inspiration from Tricia Hersey’s book ‘Rest as Resistance’ as well as voices who help us understand what it means to be regulated in our bodies and minds, and grounded in our relationships. We will also bring an ecological frame to our explorations of rest, to help us think about how we can find sanctuary in our natural surroundings, and to consider how our own healing is connected to the restoration of the earth. With a repertoire of uplifting and soothing choral music from our wonderful Somerville Choir, we will contemplate how daydreaming, real relaxation, closing our eyes, being in our bodies, taking a moment and breathing can further serve as practices for genuine self, community and environmental care. Our line-up of thoughtful speakers will draw on their lived experiences to explore examples of diverse bodies gathering in restful spaces and landscapes, how to be attuned to seasonal rhythms in our environments, the power of poetry by women of colour, as well as poetry as a form of resistance and vitality.

Artwork by: Arzhia Habibi
Michaelmas Term 2023 Term Card on ‘Rest and Restoration’

1st Week, Sunday 8th October
‘Framing Our Space: Bodies at Rest’
By Arzhia Habibi, Chapel Director and DPhil in Education Candidate
Choral works by Hagenberg, Beach and Weelkes

2nd Week, Sunday 15th October
Evening and Sleep
Choral works by Rheinberger, Marenzio, Beamish, Gurney, Whitacre, and Esenvalds

3rd Week, Sunday 22nd October
‘Breathe with every verse: Poetry by women of colour as sustenance’
By Georgia Lin, DPhil in Education Candidate & Uncomfortable Oxford Tour Guide
Choral works by Tallis, Brahms, and Mvula

4th Week, Sunday 29th October
Shadows and Light
Choral works by Bairstow, Greene, Medowall, Palestrina, and Stanford

5th Week, Sunday 5th November
‘The wisdom of Samhain and the Crone, in the Celtic Wheel of the Year’
By Ally Stott, Ecotherapist, Spiritual Accompaniment Practitioner, Retreat Leader
Choral works by Whitacre, Daley, and Barnwell

6th Week, Sunday 12th November
Remembrance Sunday and Reflections on Memory
Choral works by Schütz, Parry, Hensel, and Brahms

7th Week, Sunday 19th November
‘The poet is not dead, he is resting in poetry’
By Ko Ko Thett, Burma Born Poet, Poetry Translator and Writer
Choral works by Walker, Smith Moore, and Poston

8th Week, Sunday 26th November
Carols and Seasonal Readings,
Followed by Mulled Wine and Mince Pies in Flora Anderson Hall