



PROGRAMME: 2022-23

WE ARE ALCHEMISTS

Science. Art. Magic. Faith. Amongst core elements the promise of transformation. Base metals gleam to gold. Flour and yeast rise. Pain, handled with care, pours out as compassion.

Over four continents and three millennia, alchemy has invited both the fizz of different opinion and united curious minds. Chemists and astrologers, poets and philosophers... all drawn to the magic of transmutation.

Our '22-23 Programme invites you to approach and explore as alchemists of the soul-body-mind. We heed an inner call to change that is less, not more; blurring and softening, not hardening to metal. Through connection and curiosity we become truer versions of ourselves. We awaken into mystery and celebration.

We invite you to be thinkers and feelers, lovers, believers and seekers.

We invite you to see what happens when you try something new.

We invite you to be alchemists.



PROGRAMME: AUTUMN–WINTER 2022–23

(UNLESS OTHERWISE NOTED, OUR PROGRAMME IS FOR EVERYONE. EVERYONE IS WELCOME.)

MONDAY

PILATES: 12:30–1:15pm

Deepen connections within your body and align your mind and movement, whilst having a good old core work-out. With an emphasis on focus, breath, and control, these sessions will leave you pilates-powered up from Monday lunchtime on.

L Wholeness Studio

B Booking essential, limited numbers.
Email wholeness@stpeters.org.uk

Staff/Students: FREE

Non-students: £5.00

YOGA FOR BEGINNERS: 2–3:00pm

Introducing some principles of yoga philosophy. We'll explore foundational postures at a gentle pace and practice different breathing exercises. Ideal for those dipping their toes into yogic waters, or hoping to gain back-to-basics confidence.

L Wholeness Studio

B Booking essential, limited numbers.
Email wholeness@stpeters.org.uk

Staff/Students: FREE

Non-students: £5.00

CAMPUS COMMUNION: 1–1:20pm

A simple service of formal eucharist, led by our Chaplains and Associate Chaplains. The table will be set, and we invite you to join us for bread and wine.

L One Love Quiet Room **B** Drop in

DIY DADS: 1:30–2:30pm

Know your Phillips from your flathead? Your screwdriver from your spanner? (Or do they all sound like cocktails and skin conditions to you...?) If hanging a picture needs a solid YouTube session, you need the DIY Dads to show you the basics! They'll try to hold back the Dad jokes as they show you how to DIY your way to adulting success. (Everyone welcome — we provide the 'Dads'.)

L Entrance Hall

B Booking essential, limited numbers.
Email diydads@stpeters.org.uk

TOO GAY FOR GOD: 5:15–6:30pm

Here's an ugly truth: Religion tells Queer people they are bad and wrong. Too Gay for God is a safe space for LGBTQ+ students and young people to explore and affirm their faith and sexuality through facilitated discussion and peer support.

L Milk & Honey

B Booking essential, limited numbers.
Email toogayforgod@stpeters.org.uk



TUESDAY

YOGA BREAKFAST: 8:30–9:30am

Imagine where your day could take you when it begins like this...Come and find out with us at this early-bird session, which incorporates a 30-minute yoga wake-up for your mind and body followed by breakfast in Milk & Honey. Suitable for all levels.

L Wholeness Studio

B Booking essential, limited numbers.
Email wholeness@stpeters.org.uk

Staff/Students: £4.00

Non-students: £7.50

(Note: Price includes session and breakfast).

SHARED SILENCE: 12–12:20pm

Throughout life's ups-and-downs many of us can feel trapped in flight-or-fight mode. This is a silent, meditative space to ground our awareness around the simplicity of breathing. The session will be fully unguided, creating time for re-connection and stillness. (Note: you are welcome to stay in the Studio beyond the 20 minute time-frame. We will return to end the session at 1pm.)

L Wholeness Studio **B** Drop in

WEDNESDAY

YOGA TO ENERGISE: 9–9:45am

Mid-week salutations to Sister Sun. Using breath-synchronised sequences, we'll help you get your glow on and heart pumping as we welcome warmth and longer days. Some experience helpful with this one...

L Wholeness Studio

B Booking essential, limited numbers.
Email wholeness@stpeters.org.uk

Staff/Students: FREE

Non-students: £5.00

BEE LOVE: 12:30–1:30pm (selected dates)

Bee-keeping for beginners. A five-week training course in Bee Keeping, followed by practical sessions later in the year caring for the Bees on the roof of SPH. Equipment and training provided.

B Email bees@stpeters.org.uk for more information.



ALL SESSIONS ARE FREE UNLESS OTHERWISE NOTED.

L Location **B** Booking Info

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YIN YOGA: 12.30-1.15pm

A slow-paced yoga style, with poses held for longer — often seated or lying down — Yin yoga has a meditative approach. A goal is inner silence as postures create an interconnection between body and mind. Increase flexibility and strength through poses that work with connective tissues whilst increasing circulation in the joints. No experience necessary.

L Wholeness Studio

B Booking essential, limited numbers.
Email wholeness@stpeters.org.uk

Staff/Students: FREE
Non-students: £5.00

SAFE SPACE YOGA: 1:30-2:15pm

We believe that yoga is for everyone... not just the stretchy-ones-in-fancy-poses, or the incense-burning chillers. We provide these private sessions for the Depaul Trust, an organisation that works with young people affected by homelessness. Gentle, fun and accessible yoga, for Depaul clients only.

B To book your own private sessions, email wholeness@stpeters.org.uk

'HELLO THERE!': MILK & HONEY VOLUNTEER INTRODUCTIONS: 2:30-3pm

Fancy joining Team Milk & Honey? Our non-profit café is run by a diverse but universally fabulous group of volunteers. The team serve, cook, welcome and generally grow our community — making Milk & Honey magic every day. If you'd like to get involved, this session will tell you how.

L Milk & Honey

B Booking essential, limited numbers.
Email volunteer@milkandhoneycafe.org to let us know you're coming along.

DROP IT LIKE A GIRL BOSS: 3:30-4:30pm

A space for sisterly solidarity, and working towards a future with no 'Girl' before Boss. An intentional time for all people who identify as women to listen, laugh, share and grow together. Star-speakers will share their stories-so-far, and we'll support each other to fight the good fight. Topics to cover include: toxic dieting culture, disability activism, sex positivity, setting up in business, abortion, burn-out...

L Milk & Honey

B Booking essential, limited numbers.
Email girlboss@stpeters.org.uk

THURSDAY

MENOPAUSE YOGA: A CHANGE GONNA COME...: 12-12:45pm

The hormonal highs-and-lows of peri, post and menopausal life affect over half of us (or will one day). And yet it all feels a bit... invisible. Our weekly session includes poses to help manage the realities of changing times — and bodies. You'll leave feeling just the age you are, and loving it.

L Wholeness Studio

B Booking essential, limited numbers.
Email wholeness@stpeters.org.uk

Staff/Students: FREE
(including 50% discount for Menopause Café)
Non-students: £6.00

MENOPAUSE CAFE: 12:45-1:30pm

Meet and share the menopause journey with others, over a delicious and nutritionally balanced lunch from Milk & Honey. A tasty 50% discount for all meno-yogi's who arrive glowing from our 'Change Gonna Come' Yoga session, with expert facilitation to hold the space.

L Milk & Honey

B Email hello@milkandhoneycafe.org
Booking preferred with menu selection available at sign-up. Drop-ins also welcome (however, your food order won't arrive with pre-booked guests meals.)



MINDFULNESS: WE'RE ALL NEW HERE: 1-1:30pm

Explore how mindfulness can soothe the nervous system, acknowledging what's real for us moment-by-moment. We all bring a beginner's mind to mindfulness, and this session will welcome newness and curiosity — perfect for those dipping a mindful toe.

L Wholeness Studio

B Booking essential, limited numbers.
Email wholeness@stpeters.org.uk

QUEER YOGA: 4:15-5pm

Show some love to your LGBTQ+ body-and-soul with this energising flow-style class in a safe and supportive environment. Whilst many studio and exercise-type spaces can feel exclusive and 'othering' to Queer folks, you'll find your tribe (and an up-beat playlist) here as Tamsin leads this session that connects movement and breath. Thursday night is the new Friday night, after all...

L Wholeness Studio

B Booking essential, limited numbers.
Email wholeness@stpeters.org.uk
Staff/Students: FREE
Non-students: £5.00

ALL SESSIONS ARE FREE
UNLESS OTHERWISE NOTED.

L Location **B** Booking Info



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CAMPUS COMMUNION:

1–1:20pm

L One Love Quiet Room

DIY DADS:

1:30–2:30pm

L Entrance Hall

YOGA FOR BEGINNERS:

2–3:00pm

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TOO GAY FOR GOD:

5:15–6:30pm

L Milk & Honey

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8:30–9:30am

L Wholeness Studio

SHARED SILENCE:

12–12:20pm

L Wholeness Studio

TRIPLE THREAT: [FORTNIGHTLY]

Tuesdays, 5:15–6:30pm

L Milk & Honey

WEDNESDAY

YOGA TO ENERGISE:

9–9:45am

L Wholeness Studio

BEE LOVE: (SELECTED DATES)

12:30–1:30pm

L Email bees@stpeters.org.uk

YIN YOGA:

12:30–1:15pm

L Wholeness Studio

'HELLO THERE!' MILK & HONEY VOLUNTEER INTRODUCTIONS:

2:30–3pm

L Milk & Honey

SAFE SPACE YOGA:

1:30–2:15pm

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DROP IT LIKE A GIRL BOSS:

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L Wholeness Studio

QUEER YOGA:

4:15–5pm

L Wholeness Studio

FRIDAY

YOGA TO UNWIND:

12:30–1:15pm

L Wholeness Studio

VERSATILE VEGETABLES: 2–3pm

L Entrance Hall

LET THEM EAT CAKE:

2–3:30pm

L Milk & Honey



For details about each of these sessions and events, and to book your spot, please visit our website: www.stpeters.org.uk or scan the QR code. You'll also find this programme available to download online.



CHAPLAINCY TO THE UNIVERSITIES OF MANCHESTER AND THE RNCM

0161 275 2894 OFFICE@STPETERS.ORG.UK W: STPETERS.ORG.UK REGISTERED CHARITY NO.1166935

PROGRAMME: AUTUMN-WINTER 2022-23

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FRIDAY

YOGA TO UNWIND: 12:30-1:15pm

This breath-led, mindful yoga session will relax your body and mind, and bring some peace to the end of your week. Slow-moving and gentle, these sessions will be suitable for beginners and people of all levels of ability and fitness.

L Wholeness Studio

B Booking essential, limited numbers.
Email wholeness@stpeters.org.uk

Staff/Students: FREE
Non-students: £5.00

VERSATILE VEGETABLES: 2-3pm

Be cost-of-living-crisis ready with our weekly frugal-cooking workshops. We'll look at how to cook creatively and sustainably using what you have, minimising fuel and waste and maximising taste. Plant-powered and with a few extra pounds in your pocket, these sessions will teach you home-cook skills — with tasters and recipes to take home.

L Entrance Hall

B Booking essential, limited numbers.
Email versatileveg@stpeters.org.uk

LET THEM EAT CAKE: 2-3:30pm

Wind-down the week with cake (and more cake...) Each week we celebrate our Friday Feeling with the jolliest happy-hour(ish) of the dawning weekend. Coffee-and-cake deals a-plenty.. Drop-in and grab a deal.

L Milk & Honey **B** Drop in

FORTNIGHTLY

TRIPLE THREAT: Tuesdays, 5:15-6:30pm

Black, Faithful, Queer? You've got the Big 3, but how do you begin to reconcile these wonderful identities? In this fortnightly session, we will create a space for shared knowledge, experience and reconciliation through conversation and guided discussion. All Black University staff and students are welcome.

L Milk & Honey

B Booking essential.
Email triplethreat@stpeters.org.uk

MONTHLY

BAKE IT 'TIL YOU MAKE IT: Thursday, 2:30-4pm, (referral only).

A baking master-class to pick up some sweet skills alongside our Milk & Honey chefs. New recipes every month to help you build your baking repertoire, and a small-group, confidence-boosting session to where we can work side-by-side and offer support.

L Milk & Honey

B Referral only.
Email office@stpeters.org.uk
for more information.

QUAKER WORSHIP MEETING: Third Thursday, 12:30-1:00pm

In Quaker worship there are no ministers or creeds. We first gather together in silence to quiet our minds — we don't have set hymns, prayers or sermons.

In the stillness we open our hearts and lives to new insights and guidance. Sometimes we are moved to share what we discover with those present. We call this 'ministry'. We listen to what everyone has to say to find its meaning for us. Anyone can give ministry, including visitors.

L One Love Quiet Room **B** Drop in



SPECIAL EVENTS

DEATH CAFÉ

November 10th,
5-6:30pm

Death café is a place for anyone who wants to talk about death. We're all going to die — and so this is a place to wonder, to forget taboos and to talk about anything to do with death and dying.

L Milk & Honey

B Booking essential.
Email deathcafe@stpeters.org.uk
for more information.



ST PETER'S HOUSE: CHRISTMAS PRESENCE

December 16th, 1pm

A beautiful way to wrap up the year. Join the team as we lead a special, sparkly and festive Christmas service, followed by end-of-year treats and drinks for everyone in Milk & Honey café.

L St Peter's House

B Booking not required, just Jingle-bell-rock up... (Tinsel encouraged.)



L Location **B** Booking Info



EARLY-BIRDY BRUNCH'

50% OFF

Get your brain cells buzzing with brunch at Milk & Honey!

Early-birds do it better... with 50% off any item on our brunch menu between 9-10am and free refills on tea and filter coffee.

SPECIAL EVENTS



ALCHEMY Milk & Honey Supper Clubs

October 6th, November 3rd,
December 1st, 7:30pm

We believe that when good things come together, anything is possible. Our 'ALCHEMY' Supper Clubs offer a beautiful bowlful of something-new-from-nothing (much), as members of 'The Well' community join with Milk & Honey to prepare innovative, zero-waste feasts.

Taking what others may see as kitchen waste — tops and tails, peels and pips — we invite you for an evening of delicious and sustainable food. Served with candle light, organic wine and the Milk & Honey glow of knowing you are part of something good.

L Milk & Honey **B** Booking essential.

Email hello@milkhoneycafe.org to book a place

REMEMBRANCE SERVICE FOR STUDENTS WHO HAVE DIED

November 3rd, 2-3pm

A gentle and reflective service to remember Manchester students who have died. Our team will guide a multi-faith service that honours individual loss whilst holding collective space for the shared experience of those attending. A memorial book will be available, and attendance is by invitation only.

L St Peter's House auditorium

B For an invitation or to talk to the team about attendance, please email remembrance@stpeters.org.uk



TDOR: TRANSGENDER DAY OF REMEMBRANCE

November 21st, 5:30-7pm

This important act of remembrance unites colleagues and friends from diverse LGBTQ+ communities as we come together to reflect and raise trans visibility. We will share stories, light candles and remember and honour lives lost to transphobic violence.

L Milk & Honey

B Please email tdor@stpeters.org.uk to let us know that you'll be joining us.

PICTURE HOUSE

October 18th & December 6th
Doors open 7:30pm

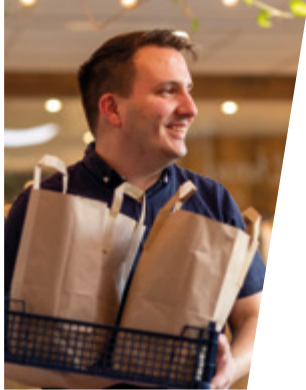
Our very own community cinema... and you get to choose the films! Cast your vote - online or in the café - for your winner on our short-list of movies. Then roll up, get loaded with snacks... and wait for the show to begin.

L St Peter's House **B** Booking essential

Email picturehouse@stpeters.org.uk or scan QR code to vote or buy tickets.



"The Well welcomed me with open arms and gave me the comfort of a family when I was in difficult times."



LIVING WELL THROUGH THE COST-OF-LIVING CRISIS...

In books of old, 'the well' was often at the heart of things. It was literally and symbolically the centre of the community, representing everything that the people needed to endure and thrive. A place to share resources and look after each other in tough times.

Our project - **The Well** - is the same, and help is available if you need it. If you are struggling with food and finances, you can refer yourself today. We accept referrals of staff, students and their families from any of the Manchester Universities or our local community.

"The Well is a safe space for me. I have started eating more healthy food... it is a place where you can just be 'Human'."

HOW CAN THE WELL HELP ME?

No one should have to choose between rent, heat, eating and feeding their family well. As living costs rise, we have responded with cooking workshops aimed at strengthening resilience in tough times. Versatile vegetables and adaptable recipes in each weekly food pack show how simple, economic and tasty meals can be created from scratch using what you have — with minimal fuel and zero fuss. Most importantly, we see and value each member of The Well as individuals and involve them in our community life.



To refer yourself or someone else to The Well, please scan QR.

For details about each of these sessions and events, and to book your spot, please visit our website: www.stpeters.org.uk or scan the QR code. You'll also find this programme available to download online.

