

**The Quiet Garden Movement** nurtures low cost, accessible, outdoor space for prayer, contemplation, rest and inspiration, in a variety of settings, such as private homes, churches, schools, hospitals. The first Quiet Garden opened in 1992 and today there are over 300 worldwide, including in the UK, Europe, Africa, Australasia and North America.



The Quiet Garden Movement flows from the example of Jesus's withdrawal to natural places to pray and his invitation, *'Come with me by yourselves to a quiet place and get some rest'* (St Mark's Gospel 6.31).

Those involved in the Quiet Garden Movement come from a variety of Christian traditions, and cultures and welcome the diversity of fellow travellers on the journey.

New Quiet Gardens are always welcome – please contact us if you would consider starting a Quiet Garden. More details at [www.quietgarden.org/join/hosting/](http://www.quietgarden.org/join/hosting/)

**Patrons:** Richard Foster, Margaret Magdalen Evening, Terry Hershey, Metropolitan Kallistos of Diokleia, Revd Lucy Winkett, Margaret Silf, His Eminence Cardinal Vincent Nichols, Professor Sir Ghilleen Prance, The Rt Revd John Pritchard

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**Quiet Garden Movement**  
Sharing outdoor space for the inner journey



**Slow down. Take time out. Breathe deeply.**

Quiet Gardens provide **hospitality** and a **safe, quiet space** for coming home to yourself, for spiritual contemplation and reflection - for individuals, churches and organisations such as schools and hospitals.

**All are welcome** to Quiet Gardens, to rest in the presence of God, whatever spiritual path you follow.

"We always come away from your 'Quiet Garden' feeling refreshed."

"Another day of calm and reflection. A truly welcome oasis."

Find a list of Quiet Gardens at [www.quietgarden.org/find-gardens](http://www.quietgarden.org/find-gardens) and contact your local Quiet Garden to arrange a visit.







Photo by Roy Hunt

**Quiet Gardens are a local initiative and resource for people from your area.**

They operate in a low-key way and are situated in both town and country.

They are accessible, friendly and adaptable to local needs, and aim to be places where people can find welcome, stillness and spiritual refreshment.



**The outdoor sanctuary space of a Quiet Garden acts as both a context and focus, in which to share:**

the inner search for wholeness;  
natural beauty and silence;  
wisdom from the Christian contemplative tradition.



**Quiet Gardens are enjoyed in solitude or with others.**

Some offer quiet days or retreats at which a speaker may introduce a thought or focus for reflection during the quiet time. Other gardens are available to individuals or groups by appointment.



**Quiet Gardens vary widely in their size and situation**, but at their core is the provision of outdoor space intentionally set aside for prayer and silence. This can be a permanent space, such as in the grounds of a church, retreat centre or school, or a provisional space set aside for a particular time, such as the use of gardens in private homes.

**In schools and hospitals Quiet Gardens offer an outdoor quiet space** for students, staff, patients and visitors to withdraw for a short while to be still and observe the natural world.

