

Fulligrove House has joined the Quiet Garden Movement

This means that at certain times the garden is available for individuals or groups to come to enjoy a quiet space and sit in a varied garden - <https://quietgarden.org/gardens/fulligrove-house-garden/>. In our culture we tend to **do** things most of the time - how often do you sit in quiet just to be and enjoy the present moment? Come and try it!

There is a rich Christian tradition of just this and Jesus tells us to "Come to me you who are weary and burdened and I will give you rest" (Matt 11v28) and "Come with me by yourselves to a quiet place and get some rest" (Mark 6v31).

The garden is available on Sunday afternoons 2-6pm if you would like to find such a quiet place. We will also be hosting [Quiet Garden days](#) or afternoons at which people with experience will give us some ideas about how to quieten our minds and enjoy a time of silence. The first of these will be on Saturday 29th June, 2-4.30pm.



