

Thursday 12th May – Sunday 15th May 2011.



**'An introduction to finding
God through silent
contemplative prayer'
with
Ros Powell**

Jesus says "Come with me by yourselves to a quiet place and get some rest" (Mark 6: 31).

Would you like to spend some time apart to be with God, to hear Him, with plenty of peace and quiet, and reconnect (as Pope John Paul II says) to the 'mystical tradition of the Church' Then this weekend is for you.

Ros Powell will lay a foundation on 'going deeper in your walk with Jesus' which will include some of the teachings of Teresa of Avila, and spiritual direction for each participant.

Beginning with "soaking" prayer, where you will learn to relax and listen to God without a personal agenda, you will continue to explore contemplative prayer in the tradition of the Church.

Discover a new and deeper relationship with God as you quieten yourself and draw close to Him in silent contemplation.

Your journey into contemplation will be guided through shared sessions and feedback, with personal spiritual direction available each day. You will be invited to spend time alone in silence, coming back to a group session each day to share your experiences, if you wish, of contemplation.

Part of the weekend will be spent in silence.

Bring a bible, a cushion and blanket.

Franciscan Retreat Centre, Pantasaph, Holywell, Flintshire CH8 8PE.

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£25 deposit: £130 full offering (three nights)