

Christian Meditation in Cumbria Events January – March 2016

Saturday 30th January 2016

Theme: Be still and know that I am Love

A reflective day with meditation, lectio divina and time to talk

Leader: Bob Morley

Venue: The Tithe Barn, Grasmere LA22 9SW

Time: 10.00 for 10.30 – 3.30

Cost: £10.00

Booking: Please contact Richard 01946 862990 cmcwccm@fastmail.fm

Tuesday 2nd February 2016

Living with the Mystics

Theme: Poetry of Rainer Maria Rilke

Leader: Margaret Ives

Venue: Friends Meeting House, Elliot Park, Keswick

Time: 10:00 for 10:30 – 3:30

Cost: £5.00

Catering: Drinks provided, please bring your own lunch

Booking: Please contact Bob Morley 016974 72644 rgm1@live.co.uk

Friday 4th March – Sunday 6th March 2016

The Hying Retreat

Theme: Mandalas, Mindfulness, Images of God and Self

Leader: Jeff Thomas

Venue: Monastery of Our Lady of Hying, LA5 9SE

Cost: £125.00 (residential)

Booking: Please contact Richard 01946 862990 cmcwccm@fastmail.fm

Richard Broughton 30/12/15