

Christian Meditation in Cumbria

Mandalas, Mindfulness, Images of God and Self

Jeff Thomas

4 - 6 March 2016

Monastery of Our Lady of Hynning, Nr. Carnforth, LA5 9SE

A Retreat for all who practise Christian meditation or other forms of contemplative prayer

Movement and change is intrinsic to the spiritual life – or it ought to be. People on the spiritual journey know that it is always about deepening and transformation, and as a journey of faith often means leaving the familiar behind. So our images of God will change during our spiritual development. The great monastic traditions would not let their members become so rooted to the institution or too comfortable within it and 'built in' a challenge to change and grow. Praying with mandalas (perhaps a lesser known way of prayer) helps us with our awareness of and relationship to Jesus. It is all about 'where we are now'. I trust our weekend together may open doors and windows into our spiritual life and deeply enrich our personal journey.

Jeff Thomas is a Spiritual Director with a passion for spiritual development and the personal transformation that God offers us all.

Hynning Hall is situated on the Lancashire / Cumbria border, in the north west of England. It is an area renowned for its natural beauty. It is the home of the Bernardines of Esquermes, an order of Cistercian nuns.

Cost: £130 (Concession rate £100)

Please contact:

Richard Broughton,

Wythedale House,

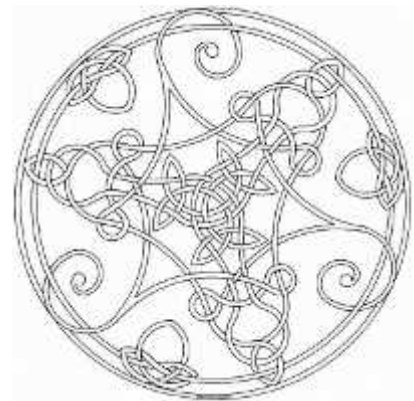
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Workington,

Cumbria CA14 4TJ

01946 862990

cmcwccm@fastmail.fm



Christian Meditation in Cumbria is part of the World Community for Christian Meditation.