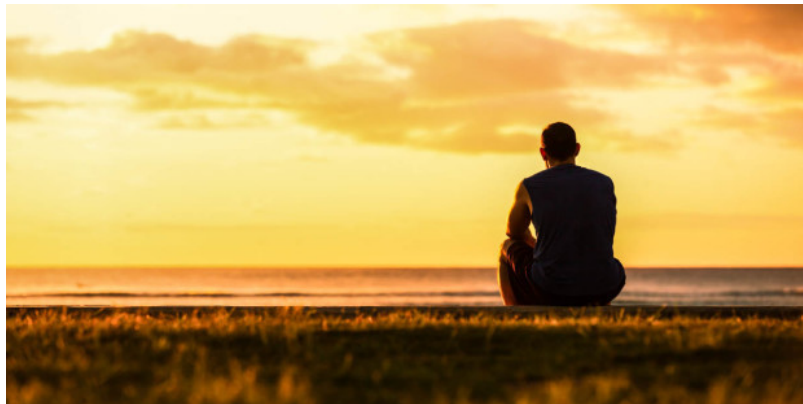


*“Be still and know that I am God”
Ps 46:10*

Towards stillness and silence - the prayer of quiet - Teresa for today

Quiet Day at Sclerder Abbey
Wednesday 5th February 2020



During this Quiet Day we would like to focus on silence and stillness and explore Teresa of Avila's idea of quiet prayer (contemplative prayer). Through images and metaphors which she uses to describe prayer we would like to reflect on the relevance of her spirituality for us today.



Timetable

9.00	RC Parish Mass
9.45	Welcome and Coffee
10.15	Introduction & teaching by Joanna Price
11.00	Personal Prayer/Guided Prayer
12.30	Light Lunch
2.00	Talk by Joanna Price
2.30	Personal Prayer
3.30	Review and prayer together
3.45	Tea

During the day it is possible to request spiritual accompaniment.

Donation towards the cost of food would be appreciated.

Drinks will be provided throughout the day as well as a simple lunch.

Registration: Call or email the Abbey

Telephone: 01503 272238

email: sclerder@chemin-neuf.org

www.chemin-neuf.org.uk