

CAVERNS OF THE HEART RETREAT

Thurs 1st – Sun 4th March

2012



A three day immersion in the healing wisdom of one of the greatest mystical poems in the Christian tradition –

*The Spiritual Canticle by
John of the Cross.*

THE RETREAT

The retreat experience is an extension of the ‘Healing Eros’ course based on the Spiritual Canticle offered by the Contemplative Spirituality Network.

The aim is to offer the beauty and insights of this spiritual love song as a resource for contemporary seekers in a place set aside for healing and prayer.

Participants will be gently guided through a process of contemplative listening exercises – on their own, and with a supportive companion.

Learning the art of bringing loving attention to our unique experience of powerful spiritual symbols is a core aspect of the retreat. The symbols will be presented through poetry, icons and music.

Periods of silent meditation will enfold and undergird the whole process.

PROGRAMME

Thursday 1st March

4-6pm	Arrivals
6pm	Supper Evening reflection.

Friday 2nd and Saturday 3rd March

7.30am	Silent meditation
8 am	Silent breakfast
9am – 12pm	Morning Reflection
12.30pm	Lunch Free time
4-6pm	Afternoon reflection
6pm	Silent supper
7.30 pm	Evening liturgy Night silence

Sunday 4th March

8 am	Silent meditation
8.30	Silent Breakfast
9am - 12 pm	Morning reflection
12.30pm	Lunch
2-3.30pm	Closing reflection and liturgy.
4.00 pm	Departures.

RETREAT LEADERS

Julienne McLean is a psychologist, Jungian analyst and spiritual director practicing in north London. She teaches at Sarum College, Salisbury as well as being on the team at the St Marylebone Healing and Counselling Centre. For many years, she has been teaching and writing on Jungian psychology and Carmelite spirituality, as well as co-leading study retreats to Spain. She is the author of 'Towards Mystical Union' (2003, St Paul's), a modern commentary on St Teresa of Avila's classic text on prayer, The Interior Castle.

Viv Stacey is a spiritual director with a background of experience and training as a hospital chaplain. She currently works with others to offer courses and retreats introducing resources from the Christian contemplative tradition. She has a special interest in creative process, and uses poetry and art in her work in the U.K. and South Africa. She is a member of the pastoral team at St Columba's Retreat House in Surrey.

VENUE

THE HOUSE OF PRAYER

In the House of Prayer we aim to maintain a space of silence and solitude which will support and deepen the desire for a developing life of prayer and relationship with God.'

35 Seymour Road
East Molesey
Surrey KT8 0PB

info@christian-retreat.org

THE POEM

The Spiritual Canticle gives us powerful symbols that open up the depth and breadth of John of the Cross vision of humanity - the wound of love, the beloved, the sacred marriage and the cave of the heart.

'And then we will go on to the high caverns in the rock which are so well concealed; there we shall enter and taste the fresh juice of the pomegranates'

BOOKING

The cost for the retreat is **£160** for residents and **£75** for non-residents (which includes lunch each day). The residential accommodation is limited so please book early to secure a room.

To join the retreat please contact the House of Prayer on 020 8 941 2313 or email info@christian-retreat.org. To confirm your booking, please send a non-refundable deposit of 25% or full payment for the retreat to the

House of Prayer, 35 Seymour Rd, East Molesey, Surrey. KT8 0PB

For all enquiries and further information please contact

Julienne on 020 8 451 5255 or

Viv on 01483 771757 or email info@contemplativespirituality.org

www.contemplativespirituality.org