



## **Praying with Icons**

**Sister Esther Pollak**

**Saturday 5<sup>th</sup> May 2012**

**10am – 3pm**

*This workshop will be a quiet day of guided lectio divina with the use of icons. During this day we shall be exploring, and reflecting on, the symbolic aspects and spirituality of icons to enable us to use them in our prayer, as well as working with an icon.*

Sister Esther Pollak is a member of the Benedictine Community at Turvey Abbey and also belongs to a Greek Catholic Melkite parish. She runs many retreat-workshops at the Abbey and elsewhere. The icon courses are based on the spirituality of the art of icons, as well as enabling others to try their hand at painting them. Sister Esther also paints them and receives commissions. Some of her icons have also been exhibited. For more information about her courses in 2012, [click here](#). She is involved in ecumenical work, especially between Eastern and Western Christian traditions, which has its origin in Orthodoxy from which icons originate. ([www.turveyabbey.org.uk](http://www.turveyabbey.org.uk))

*For more information and booking, please email [info@contemplativespirituality.org](mailto:info@contemplativespirituality.org) or telephone 020 8 451 5255. Please bring your own lunch.*

**[www.contemplativespirituality.org](http://www.contemplativespirituality.org)**