

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 in hospital chaplaincy. She leads quiet days, retreats and formation programmes offering creative readings of mystical writings and wisdom literature. She teaches and enables daily practices of compassionate and creative listening. Most of her work is offered through the Christian Contemplative Spirituality Network, and in association with the British Focusing Teachers Association.

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'

CAVERNS

OF THE HEART RETREAT

Thurs 7th – Sun 10th March

2013



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, chanting and creative ritual..

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

PROGRAMME

Thursday 7th March

4-6pm Arrivals
6pm Supper
Evening reflection.

Friday 8th and Saturday 9th 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 10th 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.

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