

## THE ROSE WINDOW

### HERMITAGE



The weekend retreats will be held at the Rose Window Hermitage, which is in a beautiful converted Gothic church in North London.



For more information, booking and directions to venue, contact Deanna on

01953 860 391 or

[deannas@btopenworld.com](mailto:deannas@btopenworld.com)

or Julienne on 0208451 5255 or

[info@contemplativespirituality.org](mailto:info@contemplativespirituality.org)

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



For more information about Christian Insight Meditation and resources, see

[www.resecum.org](http://www.resecum.org)

For further reading, see 'Christian Insight Meditation: Following in the Footsteps of John of the Cross', by Mary Jo Meadow, Fr Kevin Culligan OCD and Fr. Daniel Chowning OCD.

*"The sixteenth century Spanish Carmelite friar John of the Cross meticulously described in The Ascent of Mount Carmel and The Dark Night the progressive interior purification necessary for union of the entire person with God. He gave counsel on how to systematically purify desires, thoughts, memories and emotions so that our hearts may be disposed to receive God's love in contemplation. Contemplation purifies, heals, and, ultimately, transforms all of the human personality, both sense and spirit, and unites it with God."*

Fr Daniel Chowning OCD

*"Insight meditation, derived from Theravada Buddhism, is essentially a spiritual practice available to all and does not require belief in any of Buddhism's religious tenets.*

*Christians can deepen their faith in and love of Jesus through this particular method of meditation practice. Insight meditation can offer a way into the self-emptying, purifying action of Christ's embrace of the cross, and serve as a doorway to a deeper experience of God's love".*

Fr. Thomas Ryan CSP

## CHRISTIAN MINDFULNESS (Insight/Vipassana) MEDITATION RETREATS



Four weekend workshops during

2014 at

**The Rose Window Hermitage,**

**Kilburn, North London**

## ***A Path to Follow in the Footsteps of St John of the Cross***

During this two day retreat Deanna will be teaching the practice of Christian Insight Meditation also known as Mindfulness. This form of meditation comes from the Theravada Buddhist tradition and the teaching is set within the framework of Christian contemplative prayer found in Carmelite spirituality, especially in the life and writings of St John of the Cross and, to a lesser degree, his Carmelite contemporary, St Teresa of Avila.

This is a purgative and healing form of meditation that helps greatly with problem emotions, troublesome thoughts and difficult habits. In doing so it brings us to the self-knowledge and self-emptying that St John of the Cross says is needed to know God.

This form of meditation teaches us to be more mindful in our everyday lives as well as taking us deeper into ourselves and our self-understanding during times of sitting practice. It helps us to become more present, more tolerant and more compassionate towards ourselves and others.

These retreat weekends are given as a way of offering Christians wishing to follow a deeper contemplative path a way of emptying out so that they may be more and more surrendered to the work of the Holy Spirit. Meditation practice and walking meditation will be included as well as time for questions. There will also be a short talk on the place of Mindfulness Meditation in the Christian Spiritual Tradition.

*The weekend retreats during 2014 are being offered on Saturday and Sunday -*

- **May 31st and June 1<sup>st</sup>**
- **July 26th and 27<sup>th</sup>**
- **October 11th and 12th**
- **December 13th and 14<sup>th</sup>**

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### ***Cost: Generosity/Dana***

For the venue £40 – please send payment direct to Julienne McLean.

Teaching: No charge is made by Deanna for the teachings as, traditionally, they are considered priceless. However, at the end of the retreat you will have the opportunity to make an entirely voluntary donation of any amount you may choose. A suggested sum for the two days would be £50 - the actual amount is for the retreatant to decide.

There will be periods of silence during the weekend. Please bring a packed lunch on each day. Times are Saturday: 9 a.m. to 5 p.m. and Sunday 10.00 a.m. to 5 p.m.

### ***Retreat Leader***

**Deanna Skittrall** is a psychotherapist, spiritual director and international retreat leader. In the past, she has served as a lay chaplain, a teacher and supervised and trained psychotherapists. She has been leading retreats and practising and teaching different forms of Christian meditation for thirty years. She presently leads Christian insight or Mindfulness retreats in the UK, USA and Europe.

## ***Future Retreats***

### ***Christian Insight Meditation Retreat***

*Sweden 26th – 31st August 2014*

Residential retreat at Christian Convent near Lund in southern Sweden.

Retreat leader: Deanna Skittrall.

Contact Deanna for further information and details of the organisers in Sweden.

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### ***Silence and Awareness Retreat***

Holy Isle, Isle of Arran, Scotland:

*22nd – 31st May 2015*

with teachers Mary Jo Meadow and Deanna Skittrall.

For more information or to reserve a place contact Deanna on 01953 860391 or [deannas@btopenworld.com](mailto:deannas@btopenworld.com)

This retreat has been running for many years and was first initiated by the Carmelite Sisters in Scotland. Formal booking begins in March but some places have already been reserved.

## ***Future Teaching***

### ***St Luke's Church Norwich***

A six week course meeting from 7 – 9 p.m. on Wednesday evenings from Wednesday 17<sup>th</sup> September until 22nd October 2014.