

THE ROSE WINDOW

HERMITAGE



The monthly retreat days will be held at the Rose Window Hermitage, in a beautiful converted Gothic church in North London. Individual retreats are also available – for silence, prayer/meditation, rest, relaxation and spiritual direction.

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*Silent Prayer gatherings every Thursday at 6.30pm*

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For more information on all retreats and courses, booking and directions to venue, phone Julienne on 0208451 5255, Viv on 01483 771757 or Judy on 07816 155483 or contact info@contemplativespirituality.org

www.contemplativespirituality.org

Francisco de Osuna on RECOLLECTION

“.. the purpose of this exercise is to gather together and collect that which is dispersed . The devotion is called recollection because it gathers together those who practice it and, by erasing all dissension and discord, makes them of one heart and love.”

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## St Teresa of Avila on PRAYER OF QUIET

*“.. in the prayer of quiet, when the water flows from the spring itself and not through the conduits, the mind ceases to act; it is forced to do so, although it does not understand what is happening....let the spirit ignore these distractions and abandon itself in the arms of divine love.”*

*(Interior Castle, Fourth Mansion)*

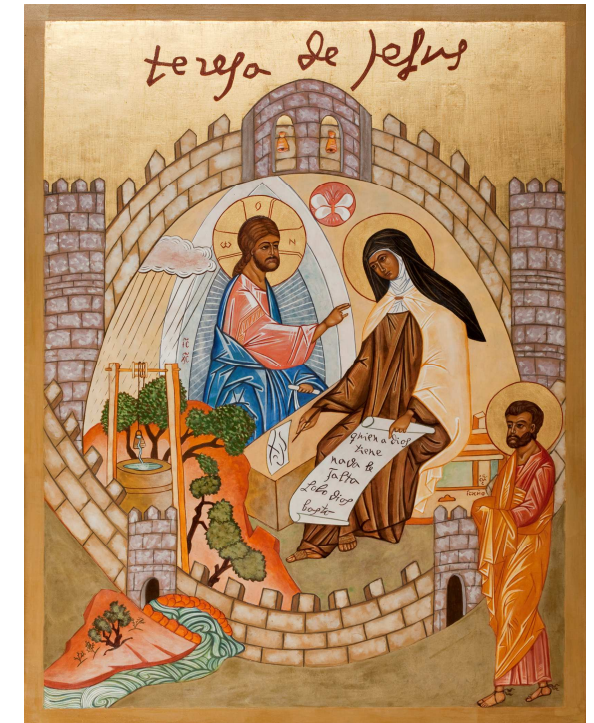
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St John of the Cross THE SPIRITUAL CANTICLE

“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”

(Stanza 37)

CONTEMPLATIVE SCHOOL OF THE HEART



2015 programme

at

**The Rose Window Hermitage,
Kilburn,
North London**

Abiding in the Diamond Heart
at the Centre for World Peace and Health
Holy Island, Scotland

August 6th – 13th, 2015

This seven day retreat is being offered in response to the quickening of desire in many people who feel drawn to live as contemplatives in the world and long for a deeper understanding of Christian contemplative wisdom to support this call. On this ancient, beautiful and sacred island, the daily rhythm will include silent prayer/meditation, liturgy, study/reflection on Christian mystical texts, chanting and conscious work in the garden.

Julienne McLean, Viv Stacey, Judy Barber and Rev'd Michael Gartland

www.holyisle.org

Booking at info@contemplativespirituality.org

Saturday Retreats
at the Hermitage in 2015

These monthly day retreats follow a threefold movement around experience of spiritual community, contemplative practice and receiving the transmission of Christian contemplative wisdom, particularly from the Spanish Mystics, Francisco de Osuna, St Teresa of Avila and St John of the Cross. Please bring lunch to share. Donations welcome.

**Saturday January 17th, February 7th,
May 9nd, June 6th, July 4th
September 12th, October 3rd,
November 7th, December 5th**

from 10.30am to 4pm

Booking at info@contemplativespirituality.org

Imagination and Creative Vision
Drawing and Painting courses

Three courses (four day workshops each course) from 10.30am – 4.30pm

**Friday Jan 16th, Feb 6th, Feb 27th,
March 27th, 2015**

Friday April 24th, May 15th, June 5th, July 3rd, 2015

Sept, October, November, December

Clare Barton-Harvey, Julienne McLean, Judy Barber

Prior Booking for painting courses is required

Focusing for Contemplatives
workshops at the Hermitage in 2015

In focusing, we learn the art of inner knowing in practical, experiential and supportive ways. We are focusing when we bring both compassion and detachment to inner experience – and learn to tune into the wisdom of intuitive body knowing.

**Tuesday January 27th, February 24th
March 24th, June 30th, July 28th,
August 25th, Sept 28th/29th
November 23rd**

For Information and Booking, contact

Viv at viviens1@googlemail.com

or

info@contemplativespirituality.org

Caverns of the Heart Retreat

With the poetry of St John of the Cross

Thurs March 5th to Sunday March 8th

And

The Wisdom of Spiritual Recollection in
the Spanish Mystical Tradition
Workshops

**Saturday February 21st, June 13th, July 18th,
September 26th, November 21st, 2015**

*at the House of Prayer, 35 Seymour Road
East Molesey, Surrey KT8 0PB*

info@christian-retreat.org

Viv Stacey, Julienne McLean, Judy Barber

Christian Mindfulness
(Insight/Vipassana) Meditation
Retreats

**2015 Weekend workshops on Sat/Sun
May 2nd/3rd and October 10th/11th**

During these two day retreats, there will be teaching on the practice of Christian Insight Meditation, 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 St Teresa of Avila. Booking at info@contemplativespirituality.org