



# Silence. Stillness.

# Simplicity.

Friday 6 - Sunday 8 May

Led by Brijji Waterfield

Meditation is a Way which incorporates these three essential qualities leading us into the Being of God which itself is essentially silent, still and simple. This will be a silent retreat particularly suitable for those who have established a contemplative practice but have never been on a silent retreat. There will be some input, contemplative practices and space for personal reflection. Spiritual Direction will also be offered.

Arrive in time for supper at 7pm on Friday and leave by 4pm on Sunday.

Cost: £180

*Brijji is a spiritual director, leads retreats and has had a life-long interest in meditation and the Christian mystical tradition. Semi-retired, she is currently Director of Meditatio for the World Community for Christian Meditation (WCCM) which is its outreach initiative. She is also a Trustee of the Sisters of the Christian Retreat.*

For more information or to book,  
contact the Administrator by e-mail

at [admin@christian-retreat.org](mailto:admin@christian-retreat.org)

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