

Dorset Meditators

invite you to share in a day on

Homeward Bound By the Way of Silence

Led by Alex Holmes, the day will draw on walking as a metaphor for the spiritual journey, as a way of being, drawing us ever closer to God.

Structured in three parts, Part 1 considers the different paths we can take; Part 2 takes us on a visual exploration of the Talking Wall in Fife, where a large carved stone reads **Solvitur Ambulando** ('it is solved by walking'); Part 3 considers finding our home in the world and in God.

Alex Holmes lives in Fife and works as a letter carver in stone. He is a long-term meditator, was the WCCM in the UK regional coordinator for Scotland for many years, and now leads retreats within the community. He currently integrates his work with travelling to Calais to support and accompanying refugees as they try to find a new home in the world.

Saturday October 14th, 2023, 10am to 4pm (reg 9.30am)

Brownsword Hall, Pummery Square, Poundbury, Dorchester DT1 3GW

- *Local free parking available in surrounding streets*
- *Refreshments on arrival and throughout the day*
 - *Bring a packed lunch*
 - *Suggested donation £14*
- *WCCM recommended books will be available*

For further information and to reserve your place, please contact

Roz Stockley on 07929 007808, rozstockley@copsewood.org.uk

BACS payment to Dorset Meditators, 20-26-62, 3326 1042, using your

name as a reference. Cheques, payable to Dorset Meditators, to:

11 Witchampton Mill, Wimborne, Dorset BH21 5DE



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