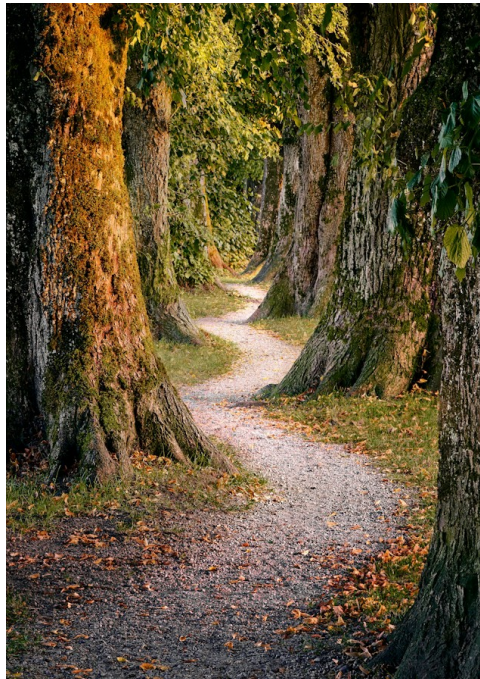**WCCM in the South West Silent Retreat : July 11th – 14ᵗʰ 2024**

Monastery of Our Lady and St. Bernard
Brownshill Road, Stroud, Glos. GL6 8AW

PREPARING THE WAY

Contemplative insights from the life of John the Baptist

This retreat is intended primarily for those who have been meditating for some time and wish to deepen their practice within a time of sustained silence.
The days will be structured, though all is optional.
The programme will be based on several periods of meditation together each day, with some walking meditation.

Mark Ball, WCCM School Director and Regional Coordinator in Kent, Lead Retail Chaplain with Canary Wharf Multifaith Chaplaincy, Associate Priest in Rochester & Borstal Church of England Parishes and an experienced retreat leader in our community will join us on this retreat and will offer several short talks.

The Monastery is the home of a community of six Bernardine Cistercian Nuns who follow the Rule of St. Benedict and are part of the Cistercian family. Situated in the hills of the south Cotswolds, in a designated area of Outstanding Natural Beauty, the Cotswold valleys and hills enhance the peace of the monastery and are conducive to a life of prayer.
The guest house reflects the simplicity of the Cistercian way of life and at the same time is warm and comfortable and it is well liked by those in our community who have stayed there before. It offers 14 bedrooms, 5 of which are twin. There is good provision of bathroom facilities close to each bedroom, two of which however are ensuite.

The retreat will begin on Thursday afternoon with meditation at 5.45 and supper at 6.30. The retreat will finish with lunch at 12.45 on Sunday.

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We want to welcome all who wish to come, irrespective of means.

The cost of the three-day retreat is £200
Beyond your budget?

If you wish to come but the cost is beyond your means, <u>please talk to Anita</u>, as we have our own bursary fund to help.

For more information or a booking form, contact Anita Finnigan
anitafinnigan@hotmail.co.uk 01305 259032