

Northern Retreat Tues 17th – Thurs 19th October 2023

Whalley Abbey



The Retreat House is set in the stunning grounds and ruins of a 14th Century Cistercian Abbey on the banks of the River Calder in the beautiful countryside of the Ribble Valley, but with easy access to motorway and rail networks

Praying Without Words

The Revd Joy Adams, Chaplain at Whirlow Grange Spirituality Centre, Sheffield

For many there is a strong desire to cultivate an inner life of prayer, it has always formed an essential part of the Christian tradition. Many also long for silence and stillness. Where does this desire, this longing originate? How might it be fulfilled? A retreat provides a good opportunity to explore and experience 'praying without words', bearing in mind there are no experts, just explorers.

We shall explore the way of 'praying without words' as taught and practiced in the Hebrew Scriptures (OT), by Jesus and the early church (NT), through the early century mystics to present day. Whether this is your usual practice, or you are just venturing on this path of discovery, this retreat could be for you.

This is not a totally silent retreat; however, space and time will be offered to enter into, and experience prayer of silence, and we shall respect each other's space as appropriate.

Interested? Contact Revd Sandie Exley-Watts sandie@exleywatts.me.uk

01924 678431 mob: 07719 925019

Cost: £255

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