



Saturday 24th April: Finding Silence 3 – the journey of meditation & silent prayer (online retreat) - led by Fr Peter Williams OSB

The third instalment in a series of day retreats looking at the journey of silent prayer.

The sessions:

1. A Way of Humility
2. A Way of the Heart
3. A Way of the Spirit

Suitable for those who are experienced meditators but would also be accessible for someone beginning their meditation journey.

Saturday 8th May: The Wisdom of the Desert Fathers and Mothers – The thoughts cont.... (online retreat) – led by Fr Peter Williams OSB

During the recent Lent retreat we looked at several of the 8 thoughts – gluttony, anger and vainglory and saw how relevant John Cassian's observations were about these vices for us today. In this retreat we will look at all the 8 thoughts and how they work together in combination.

To quote Cassian, "Once you can understand the problem, you become very near to finding the solution".

The sessions:

1. Thoughts of the World – gluttony, lust and avarice
2. Thoughts of the Heart – anger, acedia and sadness
3. Thoughts of the Mind – vainglory and pride

**Book your place online at www.worth.co.uk/retreats/online-retreats
For all enquiries, email: toc@worth.org.uk**