

maranatha

'Light out of Darkness'

Stepping out in Faith

Contemplative Retreats

An opportunity to learn how to experience
God's real presence in contemplative silence

Monday 6th to Friday 10th June 2011



Douai Abbey,
Woolhampton,
Nr Reading
RG7 5TQ

Monday 3rd to Friday 7th October 2011

Loreto Centre,
Llandudno
LL30 2EL



The retreats take place in contemplative silence with teaching and sharing sessions during the day. These events are arranged by the Maranatha Community - a growing movement of Christians in all the churches, who are committed to unity, renewal and healing.

LIGHT OUT OF DARKNESS (JUNE & OCTOBER)

Over many years the Lord has given great blessings through the Light out of Darkness courses that have been run within the Maranatha Community. Based on a book written by Sr Kathleen O'Sullivan, God has used this course to teach Christians about deepening spirituality and contemplative prayer.

It has been a desire for a while to make the retreat more available and yet to still retain the fullness of all it has to offer. We now believe it is right to split the material into two and so to take more time to draw on its richness and to include supplementary video talks given by Sr Kathleen. Even if you have already experienced 'Light out of Darkness' this is an opportunity to revisit at a slower and deeper level.

Each retreat will take place in contemplative silence, and whilst some find this difficult at the beginning of a retreat, most find it so valuable by the end.

One retreatant wrote :- *'I wasn't sure about the silence at first. It felt a little awkward e.g at meal times. But as the week went on it became a powerful revelation. I could see how our constant chit chat and trivia is such a distraction. In the silence the group connected at a deeper level. We did not know one another but we were connected very deeply by the Spirit. We were journeying together and God met each one of us where we were at. The silence was a gift.'*

During 2010 another retreatant said *"An experience that deepened my awareness of God's love for me and my love for others"*.

The first retreat will now be renamed **'Light out of Darkness - Stepping out in faith'** and it will cover the first two parts of the book: 'First Steps' and 'Prepare the Way'. This retreat stands as a complete retreat in itself and will be run from the **Monday evening till lunch on Friday** in June and October. **Cost £190**

In 2012 we will also offer **'Light out of Darkness - Building with the Spirit'**. This will cover the last part of the book: 'Building the Temple' and will be for those who have already enjoyed the first retreat.

BOOKING FORM

‘Light Out of Darkness – Stepping out in Faith’

**Monday 6th to Friday 10th June 2011
at Douai Abbey, Woolhampton, nr Reading**

Name

Address

.....

.....

Tel No

Email address

All accommodation is in single rooms

Please tick if you have any special dietary requirements. The Centre will then prepare specific meals for you to meet these requirements.

Vegetarian (no meat or fish)	
Vegetarian (will eat fish)	
Vegan	
Diabetic	
Other (please specify)	

Enclosed cheque (non-refundable deposit £40/total £190) £.....payable to Maranatha Community. *(A clear 5 days notice needs to be given if you are unable to attend in an attempt to find a replacement participant)*

Please return booking form to Mrs Sylvia Middlemist, 19 Bromley Avenue, Flixton, Manchester M41 6HZ Tel: 0161 755 3422 or 0161 747 5672
email: sylvia@maranathacommunity.org.uk

Douai Abbey

Situated on high ground in the Berkshire countryside overlooking the beautiful Kennet valley towards the distant Hampshire downs, the abbey is within easy reach of London, the South-West, & Midlands. All the accommodation has been completely refurbished and 11 guest rooms are en-suite with the rest partially en-suite.



BOOKING FORM

‘Light out of Darkness – Stepping out in Faith’

**Monday 3rd to Friday 7th October 2011
at The Loreto Centre, Llandudno**

Name

Address

.....

.....

Tel No

Email address

All accommodation is in single rooms

Please tick if you have any special dietary requirements. The Centre will then prepare specific meals for you to meet these requirements.

Vegetarian (no meat or fish)	
Vegetarian (will eat fish)	
Vegan	
Diabetic	
Other (please specify)	

Enclosed cheque (non-refundable deposit £40/total £190) £.....payable to Maranatha Community. *(A clear 5 days notice needs to be given if you are unable to attend in an attempt to find a replacement participant)*

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email: sylvia@maranathacommunity.org.uk

Loreto Centre, Abbey Road, Llandudno

The Loreto Centre nestles under the Great Orme, close to the West Shore with views across the sea to the Welsh mountains. With its quiet welcome and attractive gardens, it is an oasis of peace, giving opportunity for rest & refreshment.

