



Online Retreat

10th and 11th February 2023

‘Silence in Celtic Spirituality’

Thank you to those who have already booked. In the original advertising the retreat was going to take place over Saturday and Sunday but several people have asked that it should be Friday and Saturday. I am happy to agree therefore I shall be leading an online retreat Friday 10th to Saturday 11th February as below.

The theme is ‘Silence in Celtic Spirituality’. As with previous online retreats I will make all the materials, including talks available for ten days. Those who sign up will receive a link on Monday 6th February and this will remain open until 17th February. There will be three talks looking at the lives of the Celtic saints from the 5th to 8th century and the place of silent prayer in their distinctive spirituality. There will also be four times of meeting together online for those who wish to share in silent prayer together. The cost is a request for a £5 donation, and to book a place please email Cameron.butland@carlisle-diocese.org.uk

Programme

Below is the suggested schedule, the times when we can meet online and the Zoom invitations.

Friday 10th February

6.00pm Introductions and Meditation

Dinner break

Listen to the first talk, reflect upon what is said, use the notes & keep silence.

8.45pm Closing Prayer

Long Silence

Saturday 11th February

8.00am Morning Prayer and Meditation

Breakfast break

Listen to the second and third talks, reflect upon what is said, use the notes & keep silence.

12noon Midday Meditation

Lunch and afternoon silence

4.00pm Conversation, Final Meditation and Closing Prayer

Quiet Inner Light

John O’Donohue in his marvellous book, ‘Benedictus’ reminds us of the insight from Celtic Spirituality of a ‘shy inner light’ which we can recognise in contemplative silence, *‘There is a quiet light that shines in every heart. It draws no attention to itself though it is always secretly there. It is what illuminates our minds to see beauty, our desire to seek possibility and our hearts to love life. This shy inner light is what enables us to recognise and receive our very presence here as blessing’*

Cameron Butland

6th January 2023