

“The Word became flesh and made his dwelling among us.”

AN ONLINE ADVENT RETREAT

WITH THE SCHOOL OF CHRISTIAN MYSTICISM

Guided by Fr Tim Ardouin, Vivienne Little and Jo Parsons

Friday evening 4th to Saturday evening 5th December



“⁹ The true light that gives light to everyone was coming into the world. ¹⁰ He was in the world, and though the world was made through him, the world did not recognise him. ¹¹ He came to that which was his own, but his own did not receive him. ¹² Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God – ¹³ children born not of natural descent, nor of human decision or a husband’s will, but born of God. ¹⁴ The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.” In 1

Does the Word really become our flesh and dwell in us? How do we make space in our hearts to receive the Christ light? In this Advent Retreat, through prayer and meditation, we will prepare our hearts for opening to the Christ. The retreat offers a framework of guided one hour, sessions live online which provide attunement, inspiration and practice for personal contemplation and reflection offline between sessions, in the place and way that feels right for you.

THE PROGRAMME WILL BE AS FOLLOWS:

FRIDAY 4TH DECEMBER

8pm to 9pm Gathering, introductions, orientation to the retreat, a service of Compline

SATURDAY 5TH DECEMBER

7am to 8am A gentle preparation for the day through a meditative service of Morning Prayer

9.30am to 10.30am Guided meditation

2.30pm to 3.30pm Guided meditation

8pm to 9pm Sharing the journey, a service of Compline/Eucharist

The retreat is free; our gift to you this Christmastide.

Further information and booking: please e-mail us at theschoolofchristianmysticism@gmail.com to book your place, and/or for further information.

You will need to download the web conferencing service, Zoom, at www.zoom.us The free version only is required. A link for logging in to the sessions during the retreat will be sent on registration.