

Weaving The Word

One day retreat workshop exploring the early Christian spiritual practice of

Lectio Divina
and its relevance to your life today.

Saturday, 20th October 2012.

9.45am – 5.00pm.

Holy Cross Monastery, Rostrevor.

Cost: £30.00
(includes refreshments, lunch & workshop materials).

Eucharist is celebrated at 11.30am in the monastery Church and you are invited to join.

The workshop is led by Marie McStay - a licensed personal development trainer who has worked with several Parish councils in Ireland

This one day retreat workshop invites you to take time to explore Lectio Divina or sacred reading. Examine how this ancient Christian spiritual tool provides practical and easy steps to deepening the interior, prayerful life.

An easy to follow guide to reading and applying insights to your daily life, Lectio Divina brings you into direct contact with the Word of God as it is spoken to each one PERSONALLY.

Why Lectio Divina?

This private and personal practice adds to our deepening relationship with God.

How will it happen?

You will learn the 4 simple steps and begin to use them and work with them.

Who is it for? It is for anyone who wants to develop a deeper understanding of an ancient spiritual Christian tool and wants to see it alive in their day to day life.