

## **'Be still and know that I am God': Exploring Mindfulness, Psychology and the Christian life**

***Christian Heritage Centre, Stonyhurst College, Clitheroe, Lancashire***

**Friday 14<sup>th</sup> November** (arrivals late pm) – **Monday 17<sup>th</sup> November 2025** (depart after lunch)

This weekend explores our humanity through your own life story, in the context of the Gospel story and the Christian spiritual life, using mindfulness skills and contemplative Christian prayer.

Comments and feedback on previous weekends included:

- *'I am deeply grateful for this experience'*
- *'This has been life-changing'*
- *'The ability of the course leaders to recognise the direction that God was taking us and the insight to go with it made this retreat stand out'*
- *'This was one of the most profound experiences I have had. Something moved in me and changed me for the better'.*

*Cost: £405 (3 nights) – single room (£305 for those sharing a twin room)*

***Booking <https://christianheritagecentre.com/events/be-still-and-know-that-i-am-god/>***

*This retreat starts on Friday evening and ends after lunch on Monday.*

***About the retreat givers:*** **Steve Noone** is a recently retired clinical psychologist who has used mindfulness skills extensively in his practice and teaching. **Liz Lord** is a tutor on the MSt in Mindfulness Based Cognitive Therapy (MBCT) at the University of Oxford. Formerly she was an assistant head teacher. **Fr Roger Dawson SJ** is a Jesuit priest, former Director of St Beuno's Jesuit Spirituality Centre and trained as a clinical psychologist. He is currently the Superior of the Jesuits in Scotland.

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