

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

***St Mary's Monastery and Retreat Centre,
Kinnoull, Perth, Scotland***

Thursday 11th (arrivals late afternoon) – **Sunday 14th July 2024** (depart after lunch)

This weekend explores the human condition 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'*
- *'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'.*

Suggested donation: £350 (3 nights)

This retreat starts on Thursday evening and ends after lunch on Sunday.

See <https://www.kinnoullmonastery.co.uk/courses/be-still-and-know-that>

For bookings: contact info@kinnoullmonastery.co.uk or phone 01738 624075

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 and has worked in education at all levels.

Fr Roger Dawson SJ is a Jesuit priest, previous Director of St Beuno's Jesuit Spirituality Centre and trained as a clinical psychologist. He is currently the Superior of the Jesuits in Scotland.