

Life before Death: The Psychology of Flourishing

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

Friday 4th (arrive late afternoon) – **Sunday 6th July 2025** (depart after lunch)

Fr Roger Dawson SJ will be giving this very popular weekend again in Perth. Too often in the Christian life and spirituality has been more concerned with life after death than with life before death. Recent research in psychology has focussed on flourishing and what makes life worth living. The 'psychology of flourishing' proposes that we need to live well along five dimensions: positive emotions; positive relationships; engagement; meaning; and accomplishment. All of this is underpinned by character.

During this weekend Father Roger Dawson SJ will introduce and explain this approach to flourishing as life before death and he will make the link with our faith and Ignatian spirituality. The weekend will include examples and practical exercises. We shall also look at applying this as a psychology for dealing with tough times. There will also be opportunities for silence, prayer and reflection.

Father Roger Dawson SJ is a Jesuit priest, spiritual director and trained as a clinical psychologist. He is former Director of St Beuno's Jesuit Spirituality Centre and is now the Superior of the Jesuits in Scotland.

See <https://www.kinnoullmonastery.co.uk/courses/life-before-death-the-psychology>

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

The weekend begins on Friday evening and ends after lunch on Sunday.