

‘Remembering the Centre that holds’

Online Boarbank Retreat

26th to 28th November 2021

*"Turning and turning in the widening gyre,
the falcon cannot hear the falconer.
Things fall apart, the centre cannot hold....."*

W B Yeats *The Second Coming*

Stephen Wright of the Sacred Space Foundation will be leading our online retreat in place of the Boarbank Retreat that we had planned.

Stephen invites CMC to hold this time together, to hold a consciousness of still being on retreat, and securing as much time between sessions for solitude, silence and journaling and he is offering the following times:

Session 1 on Friday evening/late afternoon, based on the Yeats' poem, opening to the Presence, being receptive to what we are to receive. Suggested follow up reflection overnight.

Session 2 Saturday morning, some reflections on the night-time experience, then a further reflection on 'uniting with the Centre' and taking that out into the day with some guided imagery and encouragement to remain in silence.

Session 3 on Saturday evening, a reflection on the day's experience, further guided imagery and prayer on unity and being centred.

Session 4 on Sunday morning, sharing of experiences so far, prayer, guided reflection and imagery to take out into the day with encouragement to retain silence and solitude as much as possible until the afternoon, suggestions for further work and sustaining connection to the Centre that Holds

Those wishing to join the retreat via Zoom please can you book your place with Cameron via email cdsa03@gmail.com by Monday 22nd November and he will send out the Zoom invitation and full details to all those taking part.