

The Silence of the Desert:

learning from the Desert Fathers and Mothers

a day of study and reflection, led by

Liz Watson



Saturday 13th April 2019, 10.00 - 4.00 pm
at St Nicholas' Church
Church Street, Brighton, BN1 3LJ

Liz Watson will introduce us to the lives and teachings of these extraordinary people and lead us into periods of silent meditation. These early Christians from the third and fourth centuries were pioneers of the spirit and widely consulted for their wisdom. Prayer was at the heart of their lives and silence was at the heart of their prayer. As we rediscover the power of silence and stillness in our own time these ancient voices have surprising relevance for us.

Liz Watson has been a member of The World Community for Christian Meditation for over 25 years. She has served the Community in various capacities including UK School Coordinator and UK National Coordinator. She now focuses on teaching meditation, leading retreats and offering spiritual direction. She contributed two chapters to the book on the Christian mystics *The Journey to the Heart*.

The day will start at 10.00 with registration, tea and coffee and end at 4.00. The normal Saturday midday Eucharist will be held during the lunch break at 12.00, which participants are welcome to attend.

Cost: Suggested donation £10, payable on the day. Drinks will be provided, but please bring your own lunch. St Nicholas' church is a couple of minutes from major bus routes stopping at Churchill Square and a short walk from Brighton Main Line Station. For those coming by car there will be a limited amount of parking available nearby at St Paul's C of E school.

To help us with our administration and to receive updates, please register your interest by contacting: felicity.stimpson@btinternet.com; 01273 553216.