

Online Retreats & Courses



1 October – 5 November 2021 **Flames in the Night:**

A journey with the Spanish mystics

A five week online course exploring Christian mysticism, focusing on four remarkable spiritual teachers: Teresa of Avila, Luis de León, John of the Cross and María Salazar. These 16th century Spanish mystics lived during a time of change in the world around them, not unlike our world today. In this course, we will look at their lives, personalities and challenges, as well as their spiritual insights and wisdom, and how these may offer nourishment and guidance for our own life journeys. Aimed at those who wish to deepen their understanding of the Spanish mystics, and a good foundation for those who wish to take part in a residential retreat in 2022. Fees: £100.



27 November 2021

Christmas Revisited: An Advent Quiet Day

An online day retreat exploring the Christmas story through scripture, poetry, music and art. We will delve into the mystery of the Incarnation and consider Mary's response to the angel at the annunciation, the subversive power of her words to Elizabeth (the Magnificat), and her experience of persecution and exile with Joseph and Jesus. We will reflect on some of the marginal characters in the story: national political leaders, local shepherds, heavenly angels and foreign visitors. And we will ask the question: How can Emmanuel offer healing, hope and light to our world today? Inspired by Richard Harries' book, *A Gallery of Reflections: The Nativity of Christ*. No fee. Donations welcome.



5 March 2022

Christ in the Desert: A Lent Quiet Day

This online retreat will explore the experience of Jesus in the wilderness in conversation with the witness of the desert fathers and mothers, and the writings of Henri Nouwen. An invitation to journey with Christ to the desert, and to travel to the innermost parts of our being, to confront the distractions, delusions and temptations in our own lives; and to redefine our relationship with these inner voices in the light of Jesus' words. A spacious and generous day of prayer, contemplation, and reflection on the scriptures, to prepare ourselves spiritually to enter the mystery of Passion Week and Easter. No fee. Donations welcome.

Residential retreat-pilgrimages in Spain



SEGOVIA 6-11 June 2022

Walking in the steps of the Spanish mystics

In this retreat-pilgrimage we will walk in the footsteps of John of the Cross and Teresa of Ávila in two of the cities that most inspired these remarkable mystics: Segovia and Ávila. We will hear their voices and explore the practical wisdom for loving and for living found in their letters. A wisdom that is deeply rooted in God, yet very real about the challenges and twists and turns of life. Hosted and facilitated by Daniel Muñoz and Guy Wynter, the programme includes:

- Daily morning & night prayer, and closing Eucharist;
- Teaching input from Daniel Muñoz & Salvador Ros;
- Two guided pilgrimage-walks in Segovia & Ávila visiting special sites connected with Teresa & John;
- Personal free time to reflect and relax in the monastery gardens;
- Return transfers from Madrid to Segovia.
- Full Board and lodging at the **Segovia** Carmelite monastery. Price: £750 (shared) / £825 (single room)



TOLEDO 26 Sept – 1 Oct 2022

Behold the Beloved: contemplating Christ with Teresa of Avila & John of the Cross

In a conversation with his disciples Jesus asked them: “who do you say that I am?” (Mtt.16:15) This is one of the most important questions any follower of Christ has to wrestle with in their lives. Building on the *Imagi Christi* online quiet day (2020), in this retreat-pilgrimage we will explore our own images of God in conversation with the Spanish mystics, scripture and art, in the historic city of Toledo. Hosted and facilitated by Daniel Muñoz and Guy Wynter, the programme includes:

- Daily morning & night prayer, & closing Eucharist;
- Teaching input from Daniel Muñoz and Ricardo Plaza;
- Two guided pilgrimage-walks in Toledo visiting special sites connected with Teresa and John;
- Guided visits of “The Humanity of Christ” exhibition, and the El Greco Museum, exploring images of Christ in art;
- Personal free time to reflect and relax in the monastery;
- Full Board and lodging at the **Toledo** Carmelite monastery. Price: £750 (shared) / £825 (single room)