

For more information please contact: Mary Nono 0161 980 6776 / 07538 573 621
or email mary@nono.org.uk

Teas/Coffee provided. Please bring a packed lunch.

Suggested donations:

One day conference (£35 per day)

or £89 for all three days



Enrichment Programme: Spring 2020 conferences

Salford Prayer Guides

invite people of all faiths and none, spiritual seekers, pray-ers and listeners, prayer companions/spiritual directors



to explore spirituality and deepening practices of
Contemplative Prayer with them

‘Encountering Presence beyond boundaries: listening to the God who ‘speaks!’

led by

Br.Denis Gleeson cfc, Mary E. Nono & Paddy Rylands
at

Katherine House FCJ 26 Singleton Road Salford M7 4WL
21 Jan. 18 Feb. 17 March 2020 10.00am till 3.30pm



Salford Prayer Guides are an ecumenical team of people who have been trained to lead Weeks of Accompanied Prayer, Open Door Retreats and other spirituality programmes. We give on-going spiritual direction and supervision of spiritual directors. We work mainly in the Greater Manchester area and are Affiliates of the Retreat Association

Tuesday 21 January

Centering Prayer

(Thomas Keating et al)

Led by: Denis Gleeson cfc

Denis is a member of Christian Brothers, Edmund Rice, and is currently based in Dublin, a team member at Emmaus Spirituality Centre. He is the author of *Unbinding Christian Faith: free to be*. He has been involved with Contemplative Outreach Ireland for many years. During the workshop, Denis will explore Centering Prayer: a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

Tuesday 18 February

Imaginative Contemplation

(Ludolph of Saxony and Ignatius Loyola)

Led by: Mary E. Nono

Mary is a member of Salford Prayer Guides and has been actively involved in spiritual development and prayer guidance since 1993. She accompanies those making the full Spiritual Exercises of St Ignatius Loyola in daily life as well as IGRs at Noddfa Spirituality centre among other venues. During the day Mary will explore with us the benefits of the kataphatic; the imagination, in prayer helping us to

receive the gift of an authentic experience of an encounter with the Presence of the Divine. The use of familiar stories of Jesus will lead us beyond our boundaries to places of intimacy and healing.



Tuesday 17 March

The Way of Contemplation and the Jesus Prayer

(Franz Jalics SJ)

'The way of contemplation consists in the single-hearted gaze at the presence of God, without any other motive. (Franz Jalics SJ)

Led by: **Paddy Rylands**

Paddy is former adviser for parish and adult formation in the Diocese of Shrewsbury. She is author of *Becoming Confident Catechists* among other books. She currently organizes silent retreats as taught by Franz Jalics SJ of "GRIES PATH" ... The Contemplative way and the Jesus Prayer : a simple and quiet way to pray in busy and hectic times. During the workshop Paddy will help us explore this way of desire to give space and attention to our inner longing.