

Workshop Facilitators

MARY ROSE FITZSIMMONS HHS

has been part of the Llysfasi Team since its origins and ongoing development and continues to be inspired by the process. She is in the Helper community (an international Ignatian congregation: www.societyofhelpersgb.org) based in Liverpool where she works in ongoing accompaniment, retreats, and pastoral work. She enjoys music, art, reading, film, the sea, and people.



RICHARD SLOAN

is a priest of the Liverpool diocese, with pastoral experience in both the UK and Bolivia. Committed to the transformative and healing value of contemplative listening he is currently engaged in spiritual accompaniment, psychotherapeutic counselling and retreats. Flowing from the 'Men's Rites of Passage UK' he is involved in men's support groups. He lives in Huyton, and is a Companion of the Helpers of the Holy Souls Congregation.



SHEILA McNAMARA

is a Religious of the Sacred Heart (www.societysacredheart.org) and as well as being part of the Leadership Team of her Congregation, she works in spiritual accompaniment, supervision, and leading days of reflection. She enjoys working with music, poetry, film and images.



SILVIA BERCZKI HHS

experiences nature, symbols and music as ways of encountering God, who finds us and loves us wherever we are. She has worked in spirituality, and in media in Transylvania, Austria, the UK and Germany. She currently lives in Vienna and her main mission in the leadership of the Centre European Province of her Congregation.



Workshop Details

WHEN?

From Monday 12th August at 4pm till Thursday 29th August after breakfast.

WHERE?

At Loreto Spirituality Centre

Abbey Road, Llandudno, Conwy LL30 2EL

(Please note that all correspondence about the workshop is through the Llysfasi team and not Loreto Spirituality Centre.)

COST?

The total cost is £1,600 per person, which is inclusive of accommodation, resources and team fees.

In cases of real need, there are a few bursaries available.

We also suggest that where appropriate, applicants explore potential funding from whatever Church, group or employer may be in support of this formation.

Grants are also available (but early application is essential) from: The Administrator, Society of Retreat Conductors.

HOW TO APPLY?

You can request the application form and the forms for references from Mary Rose Fitzsimmons HHS (Llysfasi Co-ordinator) at the email address below:

maryrosefitzsimmons@btinternet.com

(phone number: 07770830290) or download from the website llysfasi-spirituality-workshop.org.uk

Llysfasi Spirituality Workshop



A creative experiential journey

Loreto Spirituality Centre Llandudno

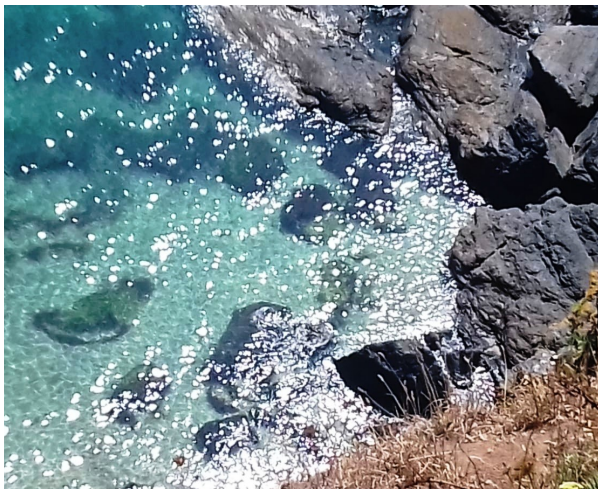
August 12th - 29th 2024

Who is it for?

We look for participants who

- ◆ are reflective people
- ◆ are listeners to their inner life and the creative spirit at the heart of experience
- ◆ are used to being accompanied in a way which encourages inner dialogue
- ◆ see spirituality as a way of being in the world which expects to meet “God in all things”, in both the desolation of woundedness and the consolation of God’s grace
- ◆ are searchers with open hearts and minds
- ◆ are already experiencing that others find them people who can be present as listeners in whatever context of life that may be.

Come ... come to the water



How does it happen?

The workshop is based principally on the dynamics of the Spiritual Exercises of St. Ignatius of Loyola. The first days are dedicated to an experiential journey through the major life themes of the Exercises.



The Workshop process includes:

- ◆ times for prayer and personal reflection
- ◆ times of contemplative listening to each other in small groups
- ◆ the art and practice of the gift of discernment
- ◆ a time of accompanying another on a three day retreat with supervision
- ◆ the opportunity to be accompanied on a three day retreat
- ◆ sessions during which the team share something of their experience in relation to a contemporary understanding of the Spiritual Exercises as a pattern of our own soul journey and a help in accompanying others
- ◆ the opportunity throughout the workshop to engage with a variety of resources which can expand and deepen our relationship with God: e.g. art, music, movement, poetry, story and dreams, as well as the riches revealed in Scripture.

What do past participants say?

- ◆ Wholly enriching of my soul
- ◆ Life-giving, liberating, transformative and fun
- ◆ A safe, holding and skilled process
- ◆ A major life experience
- ◆ A great learning experience of deep, discerning listening
- ◆ Excellent integration of theory and practice
- ◆ Tried and tested, real and engaging
- ◆ An amazing sense of community
- ◆ Simple creative liturgies
- ◆ A language of poetry, music, dance, symbol and imagery
- ◆ I met the life-giver God.
- ◆ The safe, non-threatening space gave me courage to be open and receive and begin to face my shadow.
- ◆ The Exercises began to fall into place through very human accessible teaching.
- ◆ I have grown in confidence and skill to accompany another.