

**Christian Meditation Cumbria
Online November Retreat
(in place of the Boarbank Retreat)**

'Becoming Silence - Resting in God'

Programme, 13-14 November 2020

Due to the current pandemic, the Boarbank Retreat has had to be cancelled for this year. CMC though is offering an online retreat with the opportunity to meditate together. The theme is 'becoming silence - resting in God'. We will look at our experiences this year in the light of the resources from the contemplative tradition to help and sustain us. We will explore the idea of 'resting' in God and how the peace we discover can transform us.

FRIDAY 13th NOVEMBER

- 6.00pm Introductions and Meditation
- Dinner break*
- 7.30pm First Talk - Experiencing Silence
- 8.00pm Silence and Personal Reflection
- 8.45pm Closing Prayer

SATURDAY 14th NOVEMBER

- 8.00am Morning Prayer and Meditation
- Breakfast break*
- 9.30am Second talk - Resting in God
- 10.00 am Silence and Personal Reflection
- Coffee/Tea break*
- 11.30am Third talk - Transformation in Silence
- 12noon Meditation
- Afternoon silence*
- 4.00pm Conversation
- 5.00pm Final Meditation and Closing Prayer

To book a place please contact Cameron Butland via email cdsa03@gmail.com or phone 0777 623 6482