

August 16 - 20 In Person retreat

Praying with the English Mystics: Aelred of Rievaulx, *The Cloud of Unknowing* and Caryll Houselander

With Carl Mc Colman

Suggested Donation \$450.00

This retreat takes place at the beautiful St. Francis Retreat Center and combines the best of two retreats-fascinating conferences with the popular author/speaker Carl McColman and plenty of quiet, peaceful reflection time. Meals and linens are provided as well as a beautiful private room with a private bath. Couples or family members may request adjoining rooms with a pass-through door.

The Cloud of Unknowing is one of the great medieval masterpieces of contemplation. Aelred of Rievaulx was a Cistercian monk renowned for the wisdom of books like *The Mirror of Charity* and *Spiritual Friendship*. Caryll Houselander, author of *The Reed of God*, reminds us that mystical spirituality continued to thrive even into the modern era (she died in 1954). These three insightful teachers from medieval and modern Britain stand in a long tradition of contemplative wisdom that is especially accessible to us today. During our time together we will explore the wisdom of the English mystics; we'll learn about these great spiritual teachers, encounter their writings, and reflect together on how their words can help us to pray. We'll also touch on some other well-known English mystics, including Julian of Norwich, Coventry Patmore, and Evelyn Underhill. This retreat is suitable for anyone interested in the spirituality of contemplative prayer and will include instructions in the method of centering prayer (a modern prayer practice based on *The Cloud of Unknowing*).