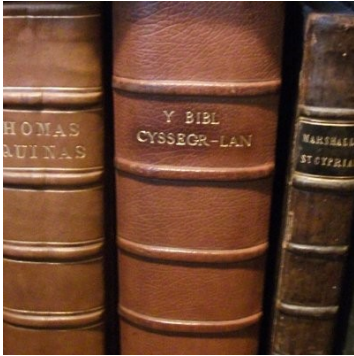


Retreat Days at St. Davids Cathedral

Autumn Programme 2018

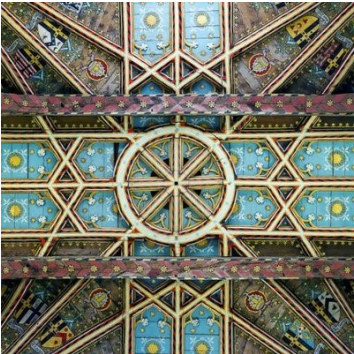
Love God and Love Learning / Caru Duw a Caru Dysg



Date: Thurs 11th October, 2018 10am-4pm

A day linked to events in the Cathedral Library for UK Libraries Week and *led by The Venerable Paul Mackness, Archdeacon of St Davids*. In the YouTube video 'Introduction to St Davids Cathedral Library' The Very Rev'd Dr Sarah Rowland Jones, Dean of St Davids says: "Jesus said that God made us to love him with heart and soul and mind and strength. So, this is a place that we might come to use our minds in the service of God." During the day the meaning of the Cathedral Library Prayer will be examined as will the role of a place of learning within a place of worship.

Transforming the Heart: An Introduction to the Practice of Centering Prayer



Date: Sat 17th November, 2018 10am-4pm

Learn about this core Christian practice, dating back to the Desert Fathers and illuminated in the contemporary teachings of Fr. Thomas Keating and Cynthia Bourgeault. *Led by Jayne MacGregor & Val Harding members of Contemplative Outreach*

Preparing for Christmas



Date: Fri 7th December, 2018 10am-4pm

Join us for a quiet day to prepare for Christmas. There will be three sessions interspersed with meditative prayer and free time for reflection. *Led by Revd Don MacGregor*.

We invite a donation of £5 for each day which includes drinks

Lunch may be taken in the Refectory or bring a packed lunch

To book a place, contact Janet Ingram, Tŷ'r Pererin, Quickwell Hill, St. Davids

Tel: 01437 729151

Email: education@stdavidscathedral.org.uk

