



An Invitation
to
Silence & Solitude

presented by
Ian Traynar

Saturday, 1 November 2014
Centre Lounge
Highfield Church
10am - 4.30pm

Silence & Solitude

Throughout Christendom, the practice of silence and solitude has been one of the core disciplines of spiritual formation. The contemporary contemplative movement seeks to recover these disciplines within the busyness of our 21st century western world. This quiet day is an invitation to explore how we interpret these disciplines for ourselves.

Regarding Silence, Ian will teach on, and give time to practice Centering Prayer. It will be suitable for those who have never practiced this prayer and want an introduction, as well as those who have been practicing for several years.

Regarding Solitude, Ian will discuss the idea that solitude is the practice of being absent from other people and things to be attentive to God. Often confused with the negativity of loneliness, he will teach how throughout the Bible God leads people into the "wilderness" for a purpose. Using the examples of Moses and Israel in the desert, Elijah at Horeb, and Jesus in the desert for 40 days and night, Ian will discuss how we can find our own modern day wilderness.

"Therefore, I will now allure her, and bring her into the wilderness, and speak tenderly to her" Hosea 2:14

About Centering Prayer

Centering Prayer is a method of contemplative prayer in which we learn to rest silently in the powerful presence of the love of God. It is a very simple yet profound form of prayer for everyday use that is easy to learn. The practice prepares us to be open, available, and present to God's action and presence in the innermost recesses of our being where He has deposited His treasure, His gold. It facilitates a process of interior transformation initiated by God which enables us as we consent, to be enriched in our growth, passion and calling on this exciting spiritual journey with God.

Inspired in particular by the Christian 14th century classic *The Cloud of Unknowing*, this method has been updated for the 21st Century by people like Fr. Thomas Keating. He describes Centering Prayer as a way of saying 'Here I am; the next step is up to you God'. It is a way of putting yourself at God's disposal; it is He who determines the consequences.

Goals

To learn the basics of Centering Prayer

To answer questions from those who have deeper experience of Centering Prayer

To discover where we can retreat in solitude in our busy 21st Century world

Ian Traynar spent more than 20 years in full time Christian ministry as a worship leader, songwriter and Bible teacher. He is a qualified Spiritual Director, and has considerable knowledge in the history of the Christian contemplative tradition. He has also been practising Christian meditation for over 40 years.

Venue:

Centre Lounge, Highfield Church, Highfield Lane, Southampton, SO17 1RL

Time:

10am - 4.30pm (1 hour lunch break)

Cost:

Suggested donation £10 (students £5) plus bring your own lunch. Hot and cold drinks will be provided

NB There is also a six week follow up course available to participants on a Tuesday, Thursday or online which helps embed the practice into daily life.

For further information contact:

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Or email: itraynar@gmail.com

Please let Ian know you will be coming (via email) so he can prepare notes. Pay on the day!

www.goldinthecity.org

"to discover the presence of the future through a contemplative lifestyle"

www.centeringprayer.org.uk