

# Llysfasi Spirituality Workshop

**A creative experiential Ignatian journey**

**Foxhill House and Woodlands** (Tarvin Road, Frodsham, Cheshire WA6 6XB)

**August 13th - 30th 2018**



**This Workshop may be of interest to you, if you are**

- ◆ called to accompany others
- ◆ in a time of transition
- ◆ having a sabbatical opportunity
- ◆ seeking leadership with soul

**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 process includes:**

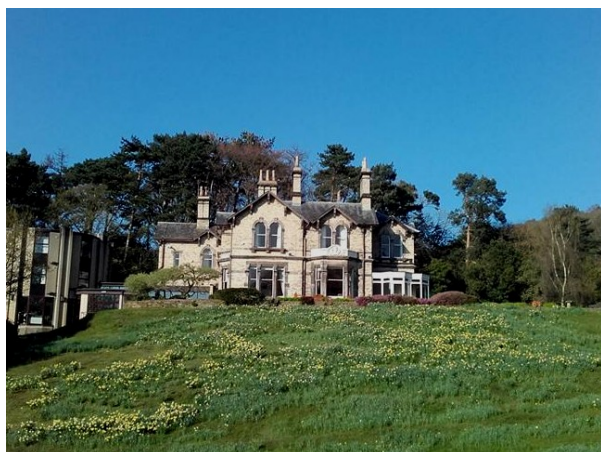
- ◆ times for prayer and personal reflection
- ◆ times of contemplative listening to each other in small groups
- ◆ the art and practice of the gift of discernment
- ◆ a time of accompanying another on a three day retreat with supervision
- ◆ the opportunity to be accompanied on a three day retreat
- ◆ 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.



**Workshop Facilitators:**

Mary Rose Fitzsimmons HHS, Fr. Richard Sloan, Sheila McNamara RSCJ, Silvia Berezcki HHS

**The total cost** is £1,250 per person, which is inclusive of accommodation, resources and team fees.



**The application form** and the forms for references can be downloaded and printed using the links on the homepage, or a hard copy can be requested from **Mary Rose Fitzsimmons HHS** (Llysfasi Co-ordinator) at the email address:  
maryrosefitzsimmons@btinternet.com

**Further information** is available on the flier, and on the website:

[www.llysfasi-spirituality-workshop.org.uk](http://www.llysfasi-spirituality-workshop.org.uk)