

Christian Meditation in Cumbria

Day of Gathering at Loweswater Village Hall

Sunday 22 August, 1.00 for 2.00 start – 6.00

This day will be about our contemplative tradition. There will be two very short talks (not more than twenty minutes each).

The first will be The Beginnings of our Tradition. Where did it come from?
How did it start? Some historical aspects of Desert Fathers and
John Cassian. With Sarah Kirkup

And the second 'Who we are and the Mystery of Love' – Bede Griffiths. With
Bob Morley

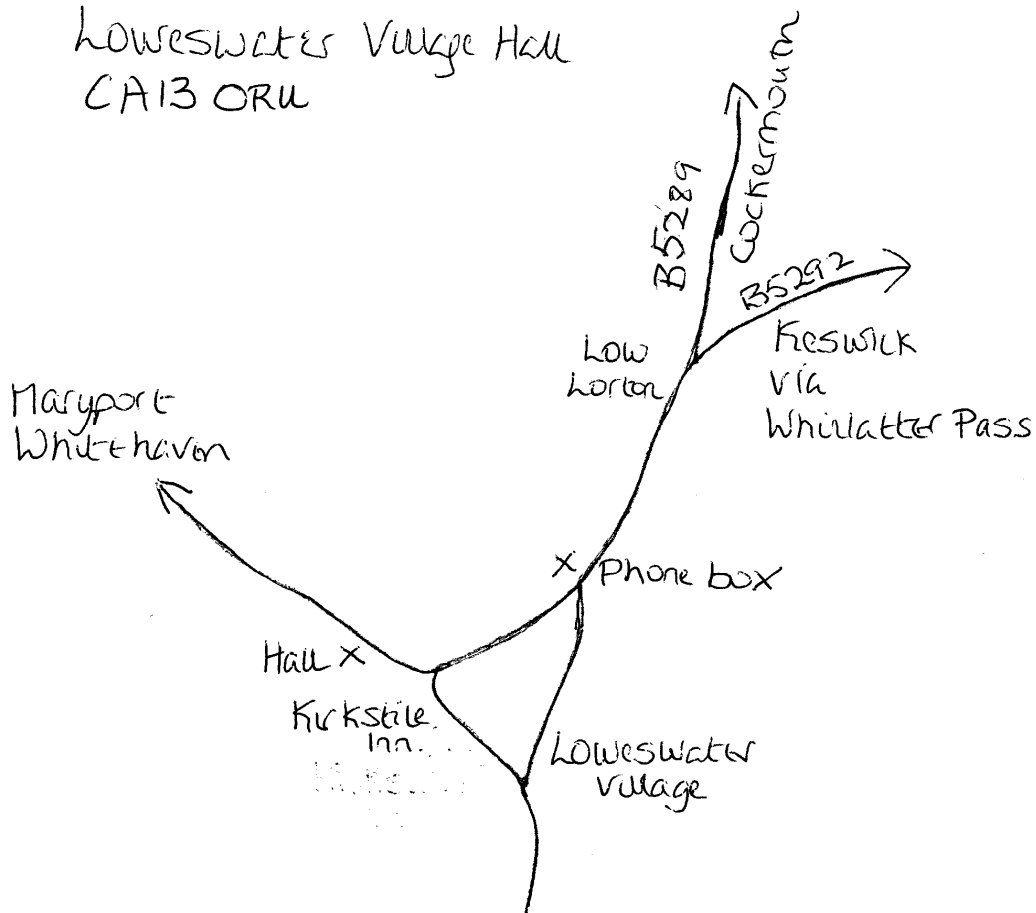
Around these we plan two periods of meditation and two periods of contemplative dialogue with plenty of time for tea, discussion and to admire the scenery at Loweswater.

Contemplative dialogue can perhaps best be described as lectio divina in a group. We will look at some sayings of the Desert Fathers and from Meister Eckhart. It is something that you can join in or just stay quiet. Our meditation group in Kirkby Stephen meets regularly to do this and we find it both helpful and, at times, moving.

Bring your own lunch for 1.00, or come at 2.00 p.m. It is helpful for catering if we know you are coming. The programme will be flexible but we aim to finish between 5.30 – 6.00. £8 on the day.

Directions overleaf

Loweswater Village Hall
CA13 0RU



From Keswick along Abb, take the Whinlatter Pass at Braithwaite. Follow B5292 until you give way at junction with B5289. Turn left and continue for 3 miles following the signs to Loweswater. At phone box turn left, pass Kirkstile Inn & continue up hill. Hall on left.

From Cockermouth take B5289 for Horton. Ignore left hand turn for High Horton and continue as above.