

Next Retreat

**2ND OF JUNE WITH A
HALF DAY 10:30 -
13:00 RETREAT £12:50
CONTINUING THE FR.
JOHN MAIN SERIES**



'IT IS ALWAYS A TIME OF HOPE
CONFIDENCE AND LOVE.
EVERYTHING PASSES; LOVE
REMAINS. CARLO MARIA,
CARDINAL, MARTINI



**WONDERFUL IMAGERY AND
SYMBOLS ABOUND**

@ Schoenstatt



CARDINAL MARTINI

'I believe in eternal
Life.' Do You!

NEWSLETTER



New Colour Palate

We have introduced a new, more vibrant colour palate to our logo for the Christian School of Mediation, we hope you like it. We have also invested in some window stickers so you will know you are in the right place in future. The new colour plate will be a feature in everything to do with the new school.

What you can expect from the New School of Christian Meditation

Through time, the Christian School of Meditation will significantly expand. The kind of things that will evolve will comprise: Demystifying meditation for in essence it is an act of kindness to yourself, and a wonderful way to enhance and reinvigorate your entire being. Various forms of Meditation will be taught. Music meditation and various types of music for meditation. Relaxation. Chilling out at Schoenstatt. We will offer short classes and one day and two day residential retreats, and if there is a need we will have three day and more retreats, to really stimulate full relaxation. To effectively combat stress, we must activate the body's natural relaxation response. We will offer at various points a programme for Chilling-Out at Schoenstatt Scotland, this will boost energy and mood by relaxing and calming stress symptoms. We will continue to offer our greatly appreciated 'PowerNap Sessions.' Improving focus, concentration and productivity. Unwinding at Schoenstatt with great food and beverage and fully *en-suite* comfortable

We have introduced a sharper colour palate into the design of our logo so that you might better recognise the School of Christian Meditation in the future. It will feature in everything we do.

rooms with purpose-made black out drapes, like all of our linen, it is produced by a Royal Warrant Holder. We also offer a 24/7 Coffee Hub serving wonderful freshly ground coffee in every cup, marvellous hot chocolate, tea and complimentary biscuits.



The production of meditation publications for use on retreat. One is already in its second print run entitled 'Meditation Before Jesus in the Blessed Sacrament.' It can be purchased from the Shrine and the Retreat Centre.



We will also offer short retreats offering stillness, and others focussed on bringing the glories of silence back into our lives. In answer to this there will be a retreat toward the close of the year entitled '**Slow Living:**' By using the term **slow**, we enable and engender it with such requisites and relationships as 'unhurried', and 'deliberate', 'gentle and gentle,' 'relaxed' and 'uncomplicated.' i.e., this break will be far from slothful, but one of complete reinvigoration, indeed a life changing retreat, minus computers and mobiles. It will be laced throughout with excellent food and beverages, and much time for reflection and learning anew.



In 2017 we will also offer for the first time mindfulness retreats. Mindfulness is a thought process allowing us to focus attention on something and notice evidently what is happening in our lives. Despite it's inability to eliminate life's pressures, it may be a good means to help people deal with them in a more serene manner that is beneficial to our overall well-being.



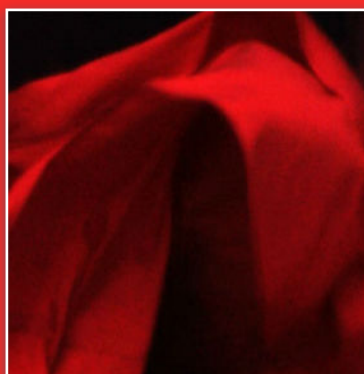
The Lion symbol, when it appears will always offer some form of heartening contemplative story. Our first will be about the late Carlo Maria, Cardinal Martini, an absolute giant in terms of theology.

We will also, as promised, offer times in the Shrine where your Mantra Meditation can be said in silence but in our group, or those of us who are available to undertake it. We will keep you posted.

Images from the Estate



Contemplative Story



Contemplative Prayer

'I weave a silence around my lips, my mind, my heart. Calm me lord as you stilled the storm. Still me Lord and keep me from harm. Let all the tumult within me cease. Enfold me in your loving peace.'