

**“The path of descent is the
path of transformation”**



**A Contemplative Quiet Day based on
the teachings of Fr. Richard Rohr OFM**

Facilitator: Revd Sian Yates

Saturday 5th January 2019

10am - 4pm

at Epiphany House, Truro, TR1 3DR

The path of descent is the path of transformation

Join us for the first in a series of three quiet days of contemplative teachings, practices and reflections using video footage from the CONSPIRE conference 2018 at the Centre for Action and Contemplation, Albuquerque, New Mexico. The talks will be given by Richard Rohr, Barbara Holmes, Brian McLaren, Barbara Brown Taylor, and Mirabai Starr.

Richard Rohr writes: *Let's breathe together. Inhale and exhale, listen and share, let go and receive. Open heart, mind, and body to the surprising wisdom to be found in darkness and descent.*

We invite you to reconsider darkness as sacred and find companionship, community, and courage for your own unique journey of becoming Love in our world. Whoever you are and wherever you find yourself on your path, you are welcome. . . .

If you are doubting, welcome!

If you are hurting, welcome!

If you are angry at injustice, welcome!

If you are afraid but longing to let go, welcome!

If you feel far from home, welcome!

The Beloved will meet you here.

Each day in the series stands alone although they are all linked to the theme, so you may wish to come to one or to all of the days. The dates are:

Saturday 5th January 2019

Saturday 6th April 2019

Saturday 6th July 2019

Cost: a suggested donation of £15 for each day, to cover our costs and including a light lunch and all drinks. The course content is provided free by the Centre for Action and Contemplation.

For more information or to book your place, please contact us:

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