



CONTEMPLATIVE PRAYER RETREATS
using the "GRIES PATH"
as developed by Franz Jalics SJ

"There are many techniques leading to contemplative prayer," the Jesuit, Franz Jalics SJ (1927 – 2021) used to say, "I teach only one of them."

Our team, experienced in facilitating contemplative prayer, use the form and dynamics of his method in this retreat programme: using our bodies, our breathing and our hands to bring us to an ever deeper awareness of the reality of the present moment and leading us to encounter Jesus Christ in his Name.

10 day retreat course - Monday 3rd July 2023 to Thursday 13th July 2023

This retreat course invites to a long and intensive time of silence, a school of awareness leading to the Jesus prayer. The only prerequisite for this form of retreat is a true longing to be one with God in prayer and a normal state of mental resilience.

After an introductory period the daily schedule several hours are spent in silent meditation as a group as well as time spent outside in nature individually, participation in the Eucharist (whenever possible), and up to one hour of light manual work (either in the house or in the garden) daily. An integral aid is our request for participants to switch off their mobiles, and refrain from other activities during the retreat. Individual accompaniment as well as times of sharing in the group are also an important part of the retreat.

4 day retreat "Tasting the Silence" Thurs 20th to Sun 23rd April 2023

This short form offers the possibility of moving towards contemplative prayer for those not used to extended time spent in silence. The path taken is clearly led and simple. We stay in silence before God in meditation as a group as well as individually outside in nature.

For more information or registration, please contact:

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We want anyone who feels called to make a contemplative retreat able to do so. Our costs are kept deliberately low. Accommodation is in en suite rooms (2 disabled friendly) with all meals provided. Suggested donations:

4 day retreat: £ 165

10 day retreat: £ 550

St. Hilda's Priory at Sneaton Castle, Whitby is the Mother House of an Anglican religious community for women, Order of the Holy Paraclete.