

Application Form

## SOULCARE RETREAT

**Tues 29<sup>th</sup> August - Sat 2<sup>nd</sup> September 2017**

Name(s)

Address

Tel/mobile

e-mail

Any Special Dietary requirements:

Any other special needs?

Return with minimum deposit of £50 to

SOULCARE  
HeartStone Parish  
7 Sandbrook Way, Woodvale, Southport PR83RN

Please make cheques payable to  
"St John Stone"

Directions and Times will be sent with your  
confirmation

Meditation in all spiritual traditions enables the heart to enter a consciousness beyond thinking and judging. This awareness, when practiced in Christian faith, opens the heart and mind to receive the Spirit of God, move into silent communication and be available for God's gift of contemplation.

The union of Christ with the person enables "**Contemplation**": thought, words, actions and non-actions born of the contemplative heart.

## SOULCARE

HeartStone Parish  
7 Sandbrook Way, Woodvale,  
Southport PR83RN  
e-mail: heartstoneparish@btconnect.com

Tuition and guidance in Soulcare courses is given by Fr Tony Slingo, Catholic Parish Priest.

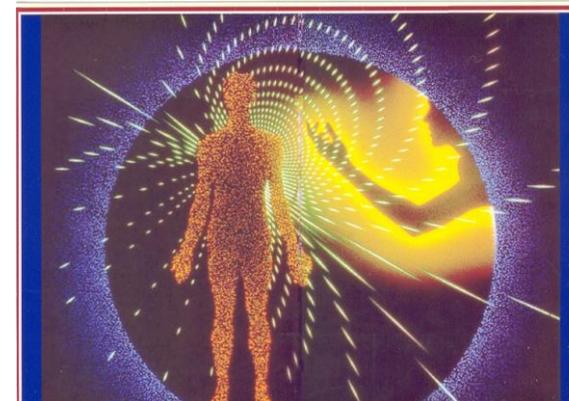
He has practiced extensively in  
Christian & Buddhist meditation  
in the UK, USA, India, Burma and Sri Lanka.

The teaching and groups are given without  
charge.

Donations are welcome

Liverpool Roman Catholic Archdiocesan Trust Inc  
Registered Charity No 232709

# SOULCARE



# MEDITATION

Soulcare provides sound and simple ways for  
Christians and others to benefit from the  
practice of meditation in a way that helps in the  
living out of Biblical spirituality

**Leader: Fr Tony Slingo**

HeartStone Parish  
7 Sandbrook Way, Woodvale, Southport PR83RN  
e-mail: heartstoneparish@btconnect.com  
web: [www.soulcare-meditation.co.uk](http://www.soulcare-meditation.co.uk)

Tel 01704 577722

## WEEKLY MEDITATION GROUPS

**Wednesdays & Fridays 6.30pm  
at St John Stone Church**

Both beginners and experienced meditators are invited to the informal groups

- to learn the simple practice of silent meditation
- take advantage of the time, the place and the support of others to meditate
- to benefit from the opportunity to talk, discuss and ask questions with others and the experienced teacher

For more information and directions contact  
Fr Tony at HeartStone

### Directions to Heart Stone

#### To St John Stone:

from the Formby Bypass (A 565), past the aerodrome on the left, go through traffic lights at end of dual carriageway. Turn Right at the "One Stop" shop at Meadow Lane, turn left into Sandbrook Road. Past the Yellow Health Centre on the left, at the end of the shops there, take the left entry, down into carpark of the church. (From Southport, turn left at "One Stop" at Meadow Lane as above)

*Out of darkness lead us to your light*

*From illusion free us for your truth*

*Still our stormy minds and calm all our striving*

*Lord of all life, with life make us one*

*May our hearts be open to your love*

*May Christ's Holy Spirit move in us,*

*in all our thoughts and feelings,*

*hopes, desires and choices*

*Father in us may your will be done*

## MONTHLY MEDITATION DAYS

**First Saturday monthly 11a.m – 5pm  
at Sacred Heart Church**

Each day is a more extended opportunity to learn and practice the silent meditation.

The day is broken into four sections and participants, beginners or experienced, are invited to take part in any or all of the sections.

- A:** 11am Meeting for tea/greetings  
11.30 -1pm teaching and practice of meditation, split up into three sessions of sitting and walking.
- B:** 1pm shared packed lunch  
(please bring food to share)
- C:** 2 - 3.30 Meditation  
split up into three sessions of sitting and walking.
- D:** 3.30 - 5pm Catholic Mass meditatively,  
followed by sharing and discussion

#### To Sacred Heart

Follow the A565 north, through Ainsdale Village ie across the roundabout at the Shell garage. UP on the right, 400 metres is the church and hall and car park, just before the cemetery.

#### 2017 dates as follows

January 7<sup>th</sup>

February 4<sup>th</sup>

March 4<sup>th</sup>

April 1<sup>st</sup>

May 6<sup>th</sup>

June 3<sup>rd</sup>

July 1<sup>st</sup>

August 5<sup>th</sup>

September 2<sup>nd</sup>

October 7<sup>th</sup>

November 4<sup>th</sup>

December 2<sup>nd</sup>

## ANNUAL RETREAT

**Tues 29<sup>th</sup> August – Sat 2<sup>nd</sup> Sept 2017  
at St Joseph's, Freshfield**

A chance for four days of intensive practice of Soulcare meditation in silent community including

- Full teaching of method and its relevance to Christian living
- Continuous practice of meditation in all postures and activities
- Daily liturgy: communal prayer and Eucharist
- Personal interviews with the teacher
- Own room and meals
- Beautiful natural surroundings close to a sandy beach

Location:

St Josephs Prayer Centre, Freshfield,  
Formby, Merseyside L371PH  
near Formby.

Suggested donation: £300.00

Please fill in the application form  
overleaf and return with your deposit as soon as  
possible