

*"I have come
that they may have life
and have it to the full"*

John 10:10



*An oasis for reflection,
discovery and prayer
in the midst of
every day life.*



Centre for
Church

and
Industry
working with people



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*St Antony's
Centre*



*Spirituality
Project*

*LIFE TO THE
FULL!!*



Welcome to an exciting new spirituality project at St Antony's!!

The project, gives a very warm welcome to all who are seeking an opportunity for reflection, prayer and peace, in the midst of everyday life, whether for a few quiet moments or for longer meetings on a more regular basis. This is a Catholic founded project but it is open to people of all or no faith.

The project is headed by Colette Burke who is trained in retreat giving and spiritual direction. In addition to her work at the Centre, Colette also undertakes voluntary work with the Missionaries of Charity Brothers (also known as "M.C's"), in Manchester and in Lima, Peru, where they have a home for profoundly disabled boys/young men.



This is Colette with one very special boy from the Home....Ricardito!

In Peru, Colette is also a volunteer with the Pastoral Team in the juvenile prison near Lima



Colette, helping in the juvenile prison with a group of talented performing boys and their Director, an M.C. Brother (Br Ruben) who trains them to perform in amazing mime and magic shows

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The spirituality project offers a range of opportunities including:

1. An 'open door' for all who wish to drop in by arrangement, for a few moments to talk to a spiritual guide.
2. Weeks of guided prayer. This broadly consists of weekly meetings on a one to one basis. Each meeting generally lasts for approx. 45 minutes, and is aimed at those seeking to reflect spiritually on a whole spectrum of issues, from the many challenges of daily life to discovering how to live life in its' fullest sense. This is an opportunity for those who are searching spiritually for something 'more'.

These meetings provide an opportunity for discovering new and possibly more meaningful ways of praying. This may include meditation and imaginative contemplation on gospel themes, based on the Ignatian tradition.

3. Mini retreats in everyday life. This includes the chance to have quiet days or half days for reflection and spiritual direction. This can be used as a time to reflect on how God is calling you to live life to the full! These mini retreats may take



place at other retreat centres, in which case it may be necessary to make a charge to facilitate the same.



The Spirituality Centre will be open at specific times during the week. There is no charge made for attendance at the Centre and if you are interested in discovering more, please telephone us.

We would be delighted to talk to you!

