

Light Sitting in Light

PRESENTER: Martin Laird, O.S.A.

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BY CONTEMPLATIVE OUTREACH OF THE EAST BAY



When: May 12 and 13, 2017

Where: Hope Lutheran Church
2830 May Road, El Sobrante, CA

Time: Friday, 5/12 Registration at 6:30 pm
Retreat from 7:00 p.m to 9 p.m.
5/13. 9:30 a.m. to 3:30 p.m. (Bring
your own bag lunch)

Donation: \$40.00 (No one turned down for
lack of funds)

RSVP: Limited seating. Rsvp to Tom
Lewellyn by email at
tlewellynlaw@me.com

“Just as air is in the light of the sun, and the light of the sun is in the air—so too is God constantly in the being of the soul.” These words from the 14th century Flemish mystic Jan van Ruusbroec serve to focus this year’s retreat. Ruusbroec’s description of our relationship with God is not something any of us needs to acquire. It only needs to be realized. By means of self-forgetful release into the practice of contemplation, the illusion of separation from God is dispelled. We become so silent before God that the “before” drops away. Through times spent together in silent prayer, conferences, and discussion, we shall consider such things as the subtle difficulties we meet in something so simple as stillness; what interior skills develop as our practice deepens; why mindfulness meditation is not enough; the

profound role played by the contemplative with depression/anxiety, that is to say struggle and dereliction as the altar of the heart. These and other concerns will be the focus of this graced time to be in silence together.

Martin Laird, O.S.A. is Professor of Early Christian Studies at Villanova University. Among his published works are: *Into the Silent Land*; *A Sunlit Absence*; and the forthcoming, *An Ocean of Light* (all from Oxford University Press).