

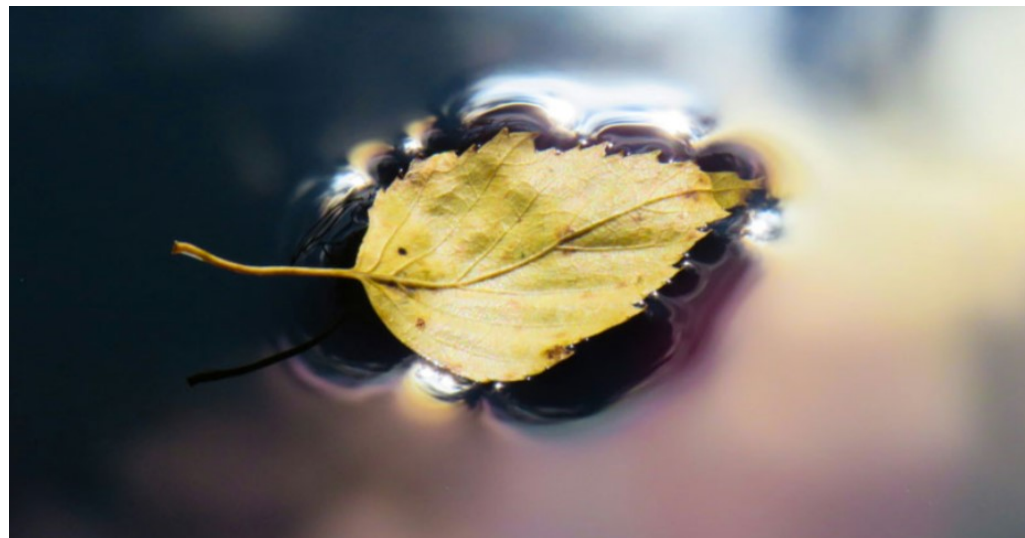
## Some background Information

In 1984, Fr Jalics SJ became the Director of Haus Gries, Germany, opened under the auspices of the German Province of the Jesuits.

There, he developed a particular style of residential retreat. It is rooted in his experience of contemplative praying and living, his rootedness in Ignatian Spirituality, and his many years as a Spiritual Director.

A team has been offering the Retreat in the UK since 2015, first of all at St Augustine's Priory, House of Prayer, N.Wales which continues to be the base for this Way of Contemplative Prayer in the UK.

The team now outreaches to various retreat houses as well as making the Retreat/School for Contemplation available via Zoom.



## School for Contemplation online

For those seeking a more  
contemplative way of praying & living

Introducing Contemplative Living and Praying  
in the Way of Franz Jalics SJ

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7 sessions online

Sundays 2.30pm – 4.30pm

12th Jan—23th Feb 2025

## School for Contemplation

This School for Contemplation, will provide a step-by-step introduction to the Gries Path of Prayer.

It is based on Franz's book *Contemplative Retreat: An Introduction to the Contemplative Way of Life and to the Jesus Prayer.*

*'There are many paths to contemplation. I show you just one of them. I do not want to exalt my way above others. On the contrary, I am very happy that they exist and I appreciate them. I myself have walked the way I describe: should it help someone else to find his or her way I am satisfied.'* (Franz Jalics SJ)

### Dates:

The course of 7 sessions will take place on Sunday afternoons 2.30-4.30pm via Zoom; **12th Jan to 25th Feb 2025**

### Content:

Each session includes guidance through

- ◆ meditation exercises
- ◆ reflection
- ◆ opportunity for quiet reflection
- ◆ an invitation to the group conversation

In addition, participants are invited to a weekly 'live' (telephone/zoom) conversation with their allocated course guide.

### The course is for anyone:

- ◆ seeking a more contemplative way of praying and living
- ◆ willing to be introduced to a new way of praying
- ◆ familiar with this form of contemplative praying and living who wishes to refresh and to deepen it

### We ask of you a commitment to:

- ◆ stay the course as well as participating in each of the sessions
- ◆ to daily prayer as guided
- ◆ to weekly conversation with course guide

### Cost:

A donation of £300 is invited to cover the course costs. If this is a problem, please let us know.

### Facilitators:

The course is co-ordinated by **Paddy Rylands** and will be led by our team of trained Spiritual Directors, experienced in this particular way of contemplative prayer and retreat accompaniment.

### Applications:

Please contact the Administrator at Augustine's Priory, House of Prayer:

**enquiries@houseofprayer.org.uk**

**Tel: 01492 514223**

**PTO**

