



**Come to me, all you who are weary and burdened,
and I will give you rest. (Mt 11,28)**

The Oasis of Silence programme at St. Hilda's Priory offers space and stillness to seek God with loving awareness in the present moment. It offers a variety of opportunities to make retreats of different lengths in a peaceful and welcoming environment, away from our busy everyday lives.

It is for everyone seeking stillness and silence and who is interested in getting to know or to deepening the practice of contemplative prayer.

"There are many techniques leading to contemplative prayer," the Jesuit, Franz Jalics SJ (1927 – 2021) used to say, "I teach only one of them." We keep to the form and the dynamics of his method (also known as the Gries Path) in this retreat programme. Through a deepening awareness of the reality of the present moment by focusing on our breathing, our hands and His Name we are led to a ever deeper encounter with Jesus Christ

The Oasis of Silence programme is ecumenical and takes place at St. Hilda's Priory, Whitby, the Mother House of an Anglican religious community for women, Order of the Holy Paraclete.

10 day Silent Retreat - Monday 30th June to Thursday 10th July 2025

This retreat course, conceived and developed by Franz Jalics SJ, invites to a long and intensive time of silence (during the whole retreat), 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 invites to several hours of silent meditation as a group as well as time spent outside in nature individually, participation in the Eucharist (whenever possible), and up to an 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 is also an important part of the retreat.

4 day retreat "Tasting the Silence"

Spring retreat - Thursday 1st May to Sunday 4th May 2025

Autumn retreat - Monday 20th to Thursday 23rd October 2025

This short form, simple and clearly led, offers the possibility of moving towards contemplative prayer for those not used to extended time spent in silence. We stay in silence before God in silent meditation as a group as well as individually outside in nature. These days of prayer are a school of awareness: listening, looking, alert and open with all our senses to the here and now. What is important is to be willing to remain lovingly alert to the silence and to be open to God's presence in each moment wherever you are.

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 therefore kept deliberately low. Accommodation is in en suite rooms (2 disabled friendly) with all meals and snacks provided.

Suggested donations:

4 day retreat: £ 180

10 day retreat: £ 580