

STEPPING INTO STILLNESS

An Introduction to Contemplative Praying and Living *Contemplative Retreats at St. Rita's Centre, Honiton, Devon*



April 20th – 24th 2026

An Introduction to the *Gries Path of Prayer* as well as an opportunity for a short retreat for those familiar with this way of prayer.

For further details: Contact the retreat co-ordinator Paddy Rylands

paddyrylands@gmail.com

August 18th – 27th 2026

8 Day Contemplative Retreat for those familiar with this way of praying as well as introducing the *Gries Path* to those for whom it is new.

For further details: Contact the retreat co-ordinator Paddy Rylands

paddyrylands@gmail.com

Sometimes people find their prayer is changing – they feel drawn more and more into a place of stillness with God. These residential retreats provide participants with a space for exploring such prayer. Based on Franz Jalics SJ's *Way of Contemplative Praying and Living*, also known as *the Gries Path of Prayer*, they offer an introduction to this prayer for anyone seeking a more contemplative way of praying and living amidst the busy-ness of daily. For those familiar with the *Gries Path*, they provide an opportunity to deepen it.

'There are many paths to contemplation. I show you one of 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. *Contemplative Retreat*)

ONLINE School for Contemplation starting on Sept 22nd 2026

Tuesday Evenings. 7.00pm – 9.00pm. 7 Session On-line (zoom) Introduction to the *Gries Path of Prayer*. Those for whom getting away from home is difficult find this to be a helpful introduction to stepping into a prayer of stillness with God. For further details, contact:

Administrator, House of Prayer enquiries@houseofprayer.org.uk