



Spiritual Exploration

2010

What?

This is an opportunity for us to come together as a diocese for an hour of communal prayer. It will include some teaching on prayer and spirituality as well as a time of practical prayer.

For whom?

Anyone wishing to deepen their prayer life and learn more about different aspects of spirituality is welcome to attend. There is no cost involved.

Where and when?

St Dunstan's Cathedral, Benoni.

19:00 to 20:00 sharp!

The second Monday evening of every month as follows:

11th January – “Contemplative Prayer” – Fr Don Thomson

08th February – “Repentant Prayer” - Fr Ziphonke Mnyandu

08th March – “Praying with Mantras – Part 2” – Bp David Bannerman

12th April – “Prayer of Transformation” – Mtr Marlene Rodda

10th May – “Praying in the Eastern Tradition” - Fr Kumeran Soobrayan

14th June – “Praying with Icons in the Orthodox tradition” – Aris Kypris

For more information ...

Please Contact Ann McGuinness on 082 323 6843

If you feel called to present an evening on a particular aspect of spirituality, please let me know so that we can draw up a schedule for the latter half of 2010.