

For the first time in the UK,
the "School of Mary" offers:

The First level Course

Initiation to Spiritual life 2007

Description: The 5 Days (5x7h = 35 hours) Lectures of the "Initiation to Spiritual life" are the "First Level" course of a 3 levels education system. (Note: A person who follows the First level is not at all obligated to continue. The Course is one unit in itself.)

This Course is an Explanation of the necessary basis for spiritual life. It gives the basic practical knowledge on Spiritual life and it explains mainly 2 kinds of prayer techniques:

1- how to listen to God through the Holy Scriptures, and how to put into practice his word, daily; that is the "**Lectio divina**".

2- how to pray and connect with God with our heart (how to immerse ourselves in Him in order to be nourished by him); that is the "**Prayer of the heart**". These are the two Tables of the Mass. The Course is very dense, substantial and practical.

Attending to the course will help to have the necessary food for spiritual life! **Knowing** first what is spiritual life, what is the Gift of God, will help us to **digest** it and put it into practice!

A minimum of spiritual knowledge and culture is necessary for adult Christians in order to live their life in fullness and this is the task of the Course. The

teaching is very practical, and clear! Concentration is required because we will learn many things.

The **Patroness** of the whole Course Is **Our Lady**, the mother of Jesus. Her presence is essential. An Icon of her, lit by a Candle will be present during the whole course.

A **climate of Prayer:** Silence and recollection are absolutely a must for people who attend. A climate of Prayer is necessary to understand the topics. Questions are allowed obviously, but many answers will be given during the Course.

A **Certificate** will be delivered mentioning that you followed this Course with the condition that you attended the whole Course.

Taking notes: No recording is allowed. Taking notes is not only allowed but recommended! Please bring your Bible.

The **dates** of the Course are: **11th March, 29th April, 13th May, 9th June, 1st July 2007**, from 9am – 5pm.

Syllabus:

I- Introduction and description of Spiritual life, its goal and its stages. Our Lady and her place in our Spiritual life. The Roots of our prayer.

II- How to listen to God daily through the Bible: the Lectio divina.

III- General Laws of Spiritual life

IV- The prayer of the heart **I:** History + "The Summary" + The prayer of the heart: the recollection movement.

V- The prayer of the heart **II:** The action of God.

Booking Form

First level Course "Initiation to Spiritual life"

London 2007

Name:

Address:

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Phone:

Email:

Method of Payment:

Deposit:

Full Amount:

Cheque

Cash

Date:

Signature:



Fees: £40 per Day. Fees include a buffet lunch and two services of tea and coffee.

No food/packed lunch is allowed in the Kairos Centre.

First payment of £40 is non refundable. Booking is essential.

Booking: Booking can be made to

D. Sawyerr,
40 Titmuss Avenue,
Thamesmead,
London, SE28 8DH
Tel: 020 8312 9347 from 10am– 4pm.

All cheques crossed and signed, to be received 2 weeks before the start of each Course and made payable to: D. Sawyerr.

First course is on the 11th March 2007 from 9am-5pm.

Place: The course will be held at the Kairos Centre, Roehampton.

If you need overnight accommodation please contact the Kairos Centre, Roehampton:- 020 8788 4188

The "School of Mary" is a private Catholic Association founded by Jean Khoury acting in many different countries (France, Italy, Egypt, Lebanon). Its main task is to spread the teaching of spiritual life in order to promote it and develop it.

The Lecturer: Jean KHOURY BSc MA received his Spiritual Theology degree from the *Institut Catholique de Toulouse* and from the Carmelite University in Rome *Teresiamnum*. He is a highly respected authority for his work on spiritual life and an international author of several books on spirituality and meditation, as well as many articles and studies on mysticism. Jean has lectured and led retreats world-wide on spiritual life and meditation. He also practices Spiritual Counselling in London. jeancyrille@gmail.com

- Jean Khoury, *"Lectio divina, spiritual reading of the Bible"*, CTS London, 2006.

How to get there:

Kairos Retreat Centre
Mt Angelus Road
Roehampton, London SW15 4JA
Tel: 020 87884188

The centre is situated off Danebury Avenue, off Roehampton Lane on A306 which runs from Hammersmith Bridge to the A3 for Guildford and Portsmouth. It is five minutes walk from Roehampton village.

Road: off A306 / A3
(Hammersmith to Kingston via Barnes)

Tube: Putney Bridge, Hammersmith or Clapham Junction.

MainLine: Putney or Barnes Station.

Bus: # 85, 265 or 430 from Putney Bridge.
72 from Hammersmith.
170 from Clapham Junction.

Air: nearest Airport: Heathrow.

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in the UK presents:**

**The First level
Course**



Initiation to Spiritual life

London

March – July 2007

Kairos Retreat Centre