

*An introduction to the Contemplative  
Way of Life and to the Jesus Prayer*

St. Augustine's Priory, House of Prayer  
Old Colwyn, North Wales.

8<sup>th</sup> July (from 4.00pm) - 18<sup>th</sup> July 2015 (Breakfast)  
Cost: £600

Led by Fr Anton Altnoder SJ  
Director, Haus Gries, Wilhelmsthal, Germany.

Retreat Administrator  
Paddy Rylands, 91 Abbey Rd, Llandudno LL30 2AS

**Some Background Information**

In 1984, Franz Jalics SJ became director of a retreat house, Haus Gries, in Germany. There he developed a style of retreat/school for meditation to help those seeking a more contemplative way of praying and living.

This emerged from/through reflection on his own experiences:

- his own rootedness in Ignatian Spirituality,



**A CONTEMPLATIVE RETREAT**

- the contemplative prayer that grew and sustained him during five months imprisonment, handcuffed, chained and blindfolded following his abduction in Argentina in 1976.
- his retreat work over many years .

Fr. Jalics' work has become known particularly through two publications: *The Contemplative Way – Quietly savouring God's Presence* and *Contemplative Retreat. An Introduction to the Contemplative Way of Life and to the Jesus Prayer*.

Over the last thirty years, Fr. Jalics' retreat work at *Haus Gries* has grown beyond any expectation. Teams now lead the individually guided retreat/school for meditation in many different parts of the world. Countless local groups meet regularly to nurture a contemplative way of living through the 'Gries Path' way of contemplative prayer.

A retreat (individually guided) is being offered for the first time in the UK in July 2015. Places are limited so if you are interested in participating, an early response would be helpful.

The cost includes full board. All rooms are en suite. If you would like any further information, please do not hesitate to contact Paddy Rylands.

*There are many paths to contemplation. I show you just one of them. I'm conscious of the fact that God leads many people to contemplation without any external help. Frequently he uses natural circumstances. A simple life of love, some years on a sickbed, a brush with death, the leaving of one's homeland in order to live among the poor, and other events can lead to contemplation. I also deeply respect the non-Christian ways of contemplation. And there are in the Catholic Church itself many*

*other introductions into contemplation. 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. Contemplative Retreat. P 6.*

To receive an application form, please complete the form below and return it to:

Paddy Rylands, 91, Abbey Rd, Llandudno. LL30 2AS.

Tel: 01492 868616

Email: [pjrylands@btinternet.com](mailto:pjrylands@btinternet.com)

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Name:

Address:

Phone No:

Email:

I would like to participate in the *Contemplative Retreat* July 2015.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_