



# Conversations with Silence

**ANSD Spiritual Practice Day with Dr Sally Longley**

**Saturday 31 October 2020**

**9.30 am to 3pm**

**Join us for a spacious day of nourishing input, silence and engagement, open to anyone interested in the spiritual journey**



**During this time of COVID-19, some are being stretched regarding the extensive nature of being confined and the concomitant silences that are experienced. Others, such as those involved in health or aged care, are struggling to find a spaciousness that is restorative. So, what then, might be some ways we can engage afresh with silence? What is our relationship with silence? And what is the nature of the content-filled silences we encounter when we accompanying another person?**

**Dr Sally Longley** has been a Spiritual Director and retreat leader based for 12 years at the Canisius Centre for Ignatian Spirituality in Sydney. Sally continues to lead both silent retreats and courses on Spiritual Formation, is a speaker at conferences for different denominations and a labyrinth facilitator. Sally has published a video series "Five Ways to Pray: Christian Meditation", and the book, "Walking the Labyrinth as the Beloved in John's Gospel". Her latest book: "Conversations with Silence: the Rosetta Stone of the Soul" will be published early 2021.

**This day will offer two options for participation:**

**Reflective Practice Option:** You may wish to follow the rhythm of input, followed by silent reflection and then small group discussion. This option is designed for those engaged in spiritual accompaniment or those seeking an interactive, developmental experience.

**Silent Option:** You may choose to experience the day in silence, attending the input sessions you are interested in, and spending the time in silent reflection and prayer.

**Please RSVP by Friday 23 October to [ansdact@gmail.com](mailto:ansdact@gmail.com)**

**Venue:** Australian Centre for Christianity and Culture, 15 Blackall St, Barton, Canberra (off Kings Ave, parking available). Numbers will determine venue at ACCC, due to COVID-safe protocols. Details to be advised.

**Cost:** \$35 and \$30 for ANSD members (cash only on the day). Electronic transfer to "Australian Network for Spiritual Direction" | BSB 032-719 | Account 301 994 | Reference: SurnameSP

**Morning tea provided. BYO lunch, journal, hat and sunscreen if weather permitting. Please arrive by 9:15am.** Enquiries: Annie Patterson, ANSD Convenor for Canberra & Region, 0450 488 278.