

# Exploring Silence Workshop



**MIRFIELD  
CENTRE**

We all have times when our prayer feels dry or it's difficult to be attentive to God. And often we can struggle to know why God seems to have become silent. This experiential workshop will help you to explore how silence can deepen your relationship with God and with yourself.

The day will be suitable for people who have little experience of silence-based prayer and those with some experience but who want to find out more.

Saturday 27th October 2018

Speaker:

**Dr Alison Woolley**

Director: Seeds of Silence. [www.seedsosilence.org.uk](http://www.seedsosilence.org.uk)

10.00am-3.30pm (including lunch & refreshments)

£22.00

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