

Orthodox spirituality and the Jesus prayer

28th of May 2024 10:00 am to 3 pm
St Benedict's Centre, West Malling, ME196JX

This day will open a window on the world of eastern orthodoxy and its rich and profound spirituality. We will watch a beautiful film about the late Metropolitan Antony Bloom who helped introduce Russian orthodox spirituality to the UK. In the afternoon we will take time to focus on the Jesus Prayer which has been in use in the eastern church over many centuries and is well known for its transformative effect on the spiritual life. We will spend some time practising this prayer.

Led by Paul Stevens

To book: email susannecarlssons@hotmail.co.uk