

The Cloud of Unknowing

“Incline lystly to this meek stirring of love in your heart and follow it forever, it will be your guide in this life and bring you to bliss in the next. (The Cloud of Unknowing)

The unknown author of this book uses the metaphor of the cloud of unknowing to lead others to the inexpressible secret that only an empty heart knows... we are invited into intimacy with God in silence.

Morning Facilitator: Denise Brosnan rsj - Denise is a Sister of Saint Joseph who is a Spiritual Director, Supervisor and Educator. Denise lectures and supervises in the Saint Francis Spiritual Direction Formation Programme which is under the University of Divinity. During the morning there will be opportunity for input, personal reflection and sharing (optional).

**Afternoon Topic: Soul Sounds, Stillness and Reflection” 1pm start, finishing at 3pm
Facilitator Jo-anne Brown**

Soak into the soothing vibration of crystal singing bowls, enjoying deep rest for body, soul and spirit. There will be opportunity for quiet reflection and creative expression for those who wish. This is a time for nourishing our own selves so we can more deeply and authentically support and serve others in their journeys. Please bring a yoga mat, bolster /pillow, blanket and eye-pillow (if you like) – whatever you need to be comfortable.

WHEN: Friday 8 May, 2026.

TIME: 9.30am for a 10.00 am start – 3.00pm

WHERE: Sychar (House of Prayer and Spirituality), 69 Margaret Street, Toowoomba.

COST: \$35.00 per participant paid in advance or on arrival.

OTHER: Morning Tea will be provided and tea and coffee etc available throughout the day. Please bring your own lunch.

REGISTRATION: Please register with Sychar

Moyaliala Tokmak 0458 223 603 or mtokmak@twb.catholic.org.au



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