

## Developing the Spiritual Senses

*Two worlds are ours - the world of the senses and the world of spirit which have often been forced apart in western philosophy, science and religion.*

- \* Mystical and ascetical practices are ways to overcome the 'gap' between the spiritual and material dimensions of reality so often fostered by Western rationality. Such practices are able to transform prayer and worship and take us to a mystical union with the divine.
- \* How can our religious practices make a difference either in our inner selves or in our everyday living? If we can reconnect the world of spirit and the world of the senses it can make all the difference.

*This retreat is a journey of exploration where philosophy and ascetical practices can renew the spiritual and religious life in a way where we can move towards a clearer perception of the spirit.*

- \* Sacred texts with their rich spiritual metaphors have always opened doors to sense the divine presence and we can use them to transform the physical senses into an awareness of a life affirming spirituality so needed in our times.

*This path of mysticism has a long and healthy, albeit mostly forgotten, tradition.*

## Retreat Leader Martin Samson



Martin's journey includes a time exploring with the Redemptorist Order in South Africa, studying for a Masters in Theological Studies at the ACD in Adelaide has in recent times taught in Rudolf Steiner schools and until recently was active on the PCNet South Australian Task Force. He now lives in Sydney and is writing his doctoral thesis on Rudolf Steiner's Christology.

### PCNet is a task group of



[www.effectiveliving.org](http://www.effectiveliving.org) [www.pcnet.sa.org](http://www.pcnet.sa.org)  
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**Email:** [office@effectiveliving.org](mailto:office@effectiveliving.org)

*The Effective Living Centre is also a recognized  
Mission Resourcing Centre  
of the Uniting Church in Australia  
Synod of South Australia*



# REDISCOVERING A MYSTICAL PATHWAY FOR OUR TIMES

Developing the Spiritual Senses



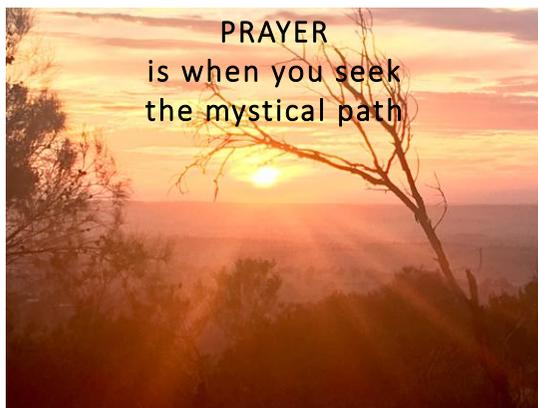
6pm Friday 4<sup>th</sup> October 2019 –  
7:30pm Saturday 5<sup>th</sup> October

At Adelaide West Uniting Church  
312 Sir Donald Bradman Drive  
Brooklyn Park S.A.

**SPONSORED BY**



**PCNetSA**  
Progressive Christianity Network

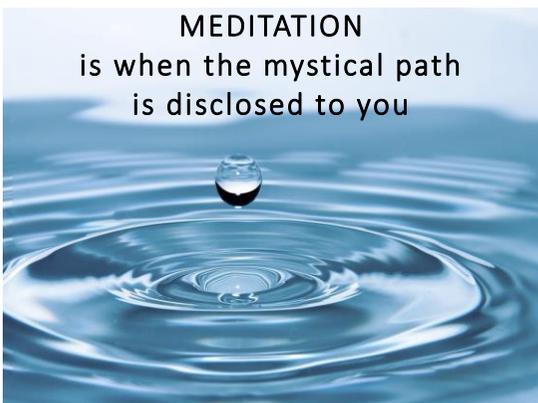


**PRAYER**  
is when you seek  
the mystical path

*During the retreat  
participants will be re-acquainted with  
Christianity's lost mystical traditions  
as a guide to personal authenticity.*

*Be challenged to take responsibility  
for your own religious life;  
and discover a spirituality  
for a post-church Christianity.*

*There will also be time for nourishing food,  
conversation and community.*



**MEDITATION**  
is when the mystical path  
is disclosed to you

## PROGRAM

- FRIDAY**  
6.00pm Meal  
7.00pm Session 1: Introduction  
*An introduction to the spiritual senses*  
8.30pm Conclude
- SATURDAY**  
9.00am Session 2:  
Mystical Communion  
*Learning how to pray the Eucharist in the heart daily*  
10.30am Morning Tea  
11.00am Session 3:  
Silent Prayer using Roman 8.26 as a model  
*Learning to perceive the spirit*  
12.30pm Lunch  
1.30pm Session 4: Concentration, Contemplation, Meditation  
*Three pillars of mystical practice with exercises*  
3.00pm Afternoon Tea  
3.30pm Session 5: Two worlds are ours  
*How can we discern and represent reasonably our spiritual perceptions?*  
5.00pm Plenary discussion  
6.00pm Dinner  
7.00pm Close

## REGISTRATION

Register online, by filling in the form below,  
or by contacting us by phone

Name .....

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Address .....

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Phone .....

Email .....

Send with payment by **27<sup>th</sup> September** to  
The Effective Living Centre (see address on  
back)

### Online:

<https://www.trybooking.com/BEHRG>

**Phone:** (08) 8271 0329

Our office is open Tuesday to Friday  
from 10am to 2pm.

**COST FOR RETREAT**  
**\$45 full / \$40 concession**

*Includes meals and morning  
and afternoon teas*