

# CHAOS AND SILENCE

CAN WE SIT WITH THEM? CAN WE LEARN FROM THEM BOTH?

A weekend silent retreat at the Benedictine Monastery of Christ Our Saviour,  
Turvey (near Bedford)



With regular meditation sessions each day, the emphasis throughout the weekend will be on creating a safe shared space, finding a way to sit together in contemplative silence, cultivating an openness to whatever arises and attending to what it is that we are being shown

*3pm FRIDAY, 2<sup>nd</sup> August to 3pm Sunday, 4<sup>th</sup> August  
Residential plus all meals £160, Non-residential plus lunch £55  
Turvey, Bedfordshire MK43 8DH*

**FACILITATORS: Jim Green and Edmund Giszter**

For more information about the retreat, contact:  
[silentretreat@greenjim.co.uk](mailto:silentretreat@greenjim.co.uk) or Edmund on 07977 533620