

RHYTHM IN DAILY LIFE: THE MONASTIC PATH

**A Conversation with
Esther de Waal**



**Saturday 20th June
10.30 – 3.30**

**Edinburgh University Chaplaincy Centre,
1 Bristow Square, Edinburgh
£20/15**

We live in times of great insecurity and instability and many of us long to live more simple, rhythmic lives. This day will offer a practical guide to finding God in the everyday circumstances of life, helping us discover that seemingly small, insignificant things can become windows through which the light of Christ can shine. We will look at the Rule of St Benedict together with the Celtic tradition as guides to which we can turn in order to deepen our faith and practice.

Esther de Waal is a renowned author, lecturer and leader of retreats. She lives in a small cottage on the Welsh/English border. Her major interests are the fields of the Benedictine and Celtic traditions.

For more information and a booking form contact: Elspeth Strachan, Adventures in Faith, Scottish Episcopal Church, Edinburgh Diocese, 21a Grosvenor Crescent, Edinburgh EH12 5EL; Tel 0131 538 7033; Email: adventures@dioceseofedinburgh.org or visit www.edinburgh.anglican.org

