

Anglican Diocese
of Cyprus
and the Gulf

[www.cypgulf.org/
retreats](http://www.cypgulf.org/retreats)

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KATAFIYIO RETREAT HOUSE

After the temporary
Caretakers left in
August, Adrian and
Stella Walter, from the
UK, moved to Cyprus
to take on this role.



They have been making
a few subtle changes
inside and outside the
house. Why don't you,
your church, your
family or social group,
book some time at
Katafiyio and discover
these changes?

SPECIAL OFFER

We will offer to the
person who is able to
list the most changes at
Katafiyio between
September and
December 2017, two
nights free stay for two
people. Let us have
your observations by
30 June 2018.

2017 has been a leaner
year for bookings but
already February and
March 2018 are full.
Please help us by point-
ing those you know to
our website.

An occasional letter 12: 10 November 2017



News

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Soulfulness

A story: A team of African
locals working as luggage
carriers for a Western
explorer in the early 1900's,
wanted to rest on the
second day of the trek.
They explained to the
explorer that they had
travelled too fast the
previous day and that they
now needed to wait for
their souls to catch up with
their bodies.

It seems there is always the
tendency for our bodies to
be on the go whether we're
in full-time employment, at
home with the kids, or
retired. Consequently our
souls take a back seat in the
arena of life.

In one sense, retreats are
about letting our souls
catch up with our bodies.

Maggie had opportunity for
this on sabbatical in the
spring at Wydale Hall, UK -
the York Anglican retreat
and conference centre.

In September two Retreats

in Daily Life (RDL) were
held in Jordan in two
different locations. Retreat-
ants carried on their daily
routine whilst setting aside
time to pray and meet with
a Spiritual Guide once a day.

RDLs are also planned for
Ras Al Khaimah in
December and Jebel Ali in
January (led by Maggie).

It is hoped that in 2018 we
will again be able to offer
the RDL experience in dif-
ferent locations in Cyprus.

Wilf Gowing and Sue
Riddell have been visiting
Cyprus/Abu Dhabi again
recently to give Spiritual
Direction - a soul space
opportunity. We are grate-
ful for their volunteering.

As Advent approaches you
may like to consider how
you could use this time to
allow your soul to catch up
with your body. What
discipline could you take on,
enabling you to stop and
listen to God for a while?

More OPPORTUNITIES for SOULFULNESS:

Spirituality Days in Cyprus:

- (details on posters coming to churches)
- 23 November 2017, Illustrated Faith
 - 7 December 2017, Psalms for Advent
 - January 2018, Seven Sacred Spaces

Brian Draper:

- Book "Soulfulness" (Hodder)
- YouTube: e.g. www.youtube.com/watch?v=0S2-iF6LTdo



BEING PRESENT . . . living soulfully

Do you want to live a soul-less or soul-ful life?

Reflect on what it might
mean to love the Lord
your God with all your
soul (Luke 10:27).

Try being soul-ful. Allow
your soul - your inner
being - to catch up with
your body in the coming
days. The soul connects
us more deeply to God, to
each other, to the world in
which God has put us.
We are then able to live
out of that soulfulness as
we go about our daily
lives.

It's about slowing down in
order that we can wake up
to what's going on in the
present moment, to know
God in it all, and to
respond to him.



Give yourself stopping
points in the day - relax.

- Be still, silent.
- Say to God "Here I am".
- Notice where God is for
you right now.
- Notice what blessings
you are experiencing.
- Give thanks.
- Is there anything you may
have missed seeing?
- Then move on more
soulfully into your day.