

Anglican Diocese
of Cyprus
and the Gulf

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

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KATAFIYIO RETREAT HOUSE

The ministry of Katafiyio continues despite not having Caretakers at this time. We are employing a cleaner and the other jobs are being carried out by the RF and occasional other volunteers.

This year folk have come to stay from Cyprus, the UAE, UK, the Netherlands, Lebanon and Jordan.

This is what one couple said after their visit:

"What a lovely rest we have had and so much enjoyed the beauty of Cyprus.

What a peaceful, quiet, reflective retreat you have created."

Katafiyio will be closed mid July to mid August due to staff not being available to run it.

If you know of anyone interested in taking on the Caretaker role, please ask them to be in touch. The Caretakers we have had have all expressed satisfaction in doing this volunteer work, appreciated welcoming retreatants, and enjoyed what Cyprus and other countries in the area have to offer.

An occasional letter 15: 27 June 2019



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Discernment

Facilitating spiritual retreats is always exciting - whether they are for individuals or groups. Every retreat is different but there is always a common theme, that is helping folk to discern how God is present in their lives and guiding them as they respond to this.

Ignatian spirituality - devised and written down in The Spiritual Exercises by St Ignatius Loyola - is grounded in the conviction that God is active in our world. We just need some help along the way to discern what God is saying and doing.

Some people go through these Exercises in a formal way on retreat, others more informally and creatively, but all involve prayer, meditation, and becoming more self aware.

Spiritual Directors who accompany or guide people are all in the business of offering help to discern where God is at work.

It is hoped that we will be able to offer some of you a taster to discern God's action in your life in the coming year, if we are able to organise Retreats in Daily Life in your area.

If you are interested to discern more of how God is active in our world and in your life, or you would like help making a particular decision, you may like to:

- sign up for the '31 days of St Ignatius', a month-long journey series of daily emails in July. Each week will look at a theme and use scripture and prayer to help you find God in moments of Conversion, Call, Challenge and Consolation. To sign up go to: www.pathwaystogod.org/31-days-st-ignatius-2019/ sign up
- spend some time at Katafiyio, either a day or longer, by yourself or with a guide, to help you listen and respond.
- ask for a personal discernment retreat lasting about 14 weeks.
- attend the next retreat in Troodos, Cyprus, on 31 August. Details on the website above.
- be put in touch with a trained Spiritual Director to meet with regularly - drop us a line and ask.



An Exercise



If you have a decision to make, something big or small, you may like to use the following Ignatian questions to help you make God's choice:

1. Regarding my felt inclination, what would I tell another person in the same situation to do?
2. If I was about to die would I regret having followed this inclination?
3. Imagining myself at the day of judgment, what choice would I like to be able to say I had made?

More spirituality resources will soon be on the Diocese website under 'Resources'.

"God is not remote from us. He is at the point of my pen, my pick, my paintbrush, my needle - and my heart and thoughts."

(Pierre Teilhard de Chardin)