



Maria José Rebelo is a Missionary Sister Servant of the Holy Spirit, originally from Portugal, with experience of living and ministering in various countries. She did her initial formation and pastoral experience in Brazil for over 5 years; trained as a clinical psychologist in Brisbane (Australia); made a PhD in migration and mental health in Madrid (Spain); and provided psychological support to migrants and refugees for over 8 years in Lisbon (Portugal). In her congregation, She served in leadership at Regional (Spain-Portugal) and European levels for 6 years; has been practicing centering prayer for over 13 years; and has offered psycho-spiritual courses and contemplative retreats for several years.

She is passionate about Jesus' contemplative and compassionate way of being with people, especially those experiencing pain and social exclusion, and all those actively seeking meaning in life.



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Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it towards others. And the more peace there is in us, the more peace there will be in our troubled world.



Etty Hillesum,
1914-1943



STEYLER
MISSIONSSCHWESTERN
Dienenden des Heiligen Geistes (SSpS)



Contemplative
Outreach



In a world of noise, confusion and conflict it is necessary that there be places of silence, inner discipline and peace. In such places love can blossom.

Thomas Merton

SILENCE & CONTEMPLATION STEYL

Programs for 2023



7-DAY CONTEMPLATIVE RETREAT Centering Prayer method

(for religious, pastors and all other restless seekers)

It is recommended that participants also attend the Inner Self workshop, as it prepares the way for the soul journey during the retreat. For more information on the retreat, please visit the web site

Date: 08 (6pm) to 15 (3pm) June 2023

Retreat fee: 60€

Accommodation: 470€ (en suite); 410€ (bathroom facilities nearby)



You have to be very careful not to lose a moment of this precious time.

Helena Stollenwerk

CENTERING PRAYER: A METHOD TO CONTEMPLATION (One-day escape into silence)

This "escape into silence" will include input, guided centering prayer, personal reflection, and moments of sharing.

3 Options: 04 March 2023 (10 am to 4pm)

24 June 2023 (10 am to 4pm)

02 December 2023 (10am to 4pm)

Course fee + lunch + afternoon coffee: 40€

OBS: This "one-day escape" can be arranged with parishes at convenient dates.



An invitation to experience silence in a depth-filled environment... inside, and outside the monastery.

SILENCE & CONTEMPLATION: EMBRACING VULNERABILITY

(workshop - for pastoral workers)

"Vulnerability is the core, the heart, the center of meaningful human experiences" (Brené Brown). Thus, embracing vulnerability leads to greater levels of lifegiving intimacy, empathy and compassion for all.

The workshop includes time for input, silent reflection, sharing in groups, and guided contemplative practice.

2 Options: 15 (5pm) to 18 (3pm) May 2023

23 (5pm) to 26 (3pm) October 2023

Course fee: 60€

Accommodation: 200€ (en suite); 170€ (bathroom facilities nearby)

UNVEILING THE INNER SELF: A PATH TO TRANSFORMATION

(Workshop - for religious, pastors, and all other restless seekers)

From a psycho-spiritual approach (identity, spirituality, transformation, search for meaning), light is shed on the quest for the "immortal diamond". This process leads to love-filled connections with God, self, others, and creation.

The workshop includes time for input, reflective silence, group sharing, and guided contemplative practice.

2 Options: 05 (5pm) to 08 (3pm) June 2023

07 (5pm) to 10 (3pm) September 2023

Course fee: 60€

Accommodation: 200€ (en suite); 170€ (bathroom facilities nearby)



To register, or to access more information:

Please scan the QR Code

