

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.

\\\\\,\,\,\

Steyler Missionsschwesters Zustersstraat 20 NL-5935 BX Steyl (Venlo)

Tel.: +31-(0)77-3764200 (German, Dutch, English)

Handy: +31 638489835 (English, Spanish,

Portuguese)

silence.contemplation.steyl@ssps.de https://www.steyler-missionsschwestern.de/





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











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



SILENCE & CONTEMPLATION: A PATH TO INNER FREEDOM (In silence)

(For beginners, but open to all)

In a world filled with noise and uncertainty, one's soul thirsts for silence as a path to inner peace and freedom.

The weekend will be in silence and include moments of input on "centering prayer" and contemplative way of living, sharing, and guided silent prayer together.

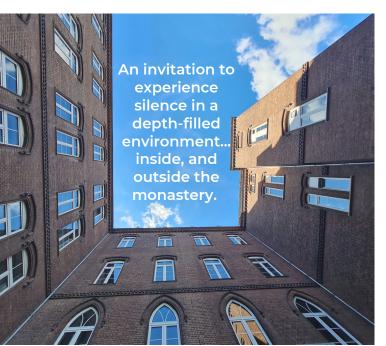
2 Options: 28 (5pm) to 30 (3pm) April 2023

22 (5pm) to 24 (3pm) September 2023

Course fee: 50€

Accomodation: 145€ (en suite); 125€ (bathroom

facilities nearby)



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€

Accomodation: 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€

Accomodation: 200€ (en suite); 170€ (bathroom

facilities nearby)

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 visite the web site

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

Retreat fee: 60€

Accomodation: 470€ (en suite); 410€ (bathroom

facilities nearby)



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.



To register, or to access more information:

Please scan the OR Code

