

Anglican Diocese
of Cyprus
and the Gulf

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

Maggie Le-Roy,
Retreats Facilitator

An occasional letter 31: 15 October 2020



retreats@cypgulf.org

Tel: +357-22-671220 / +357-99-155092

Opportunities

Ode to Autumn

Take a reflective and imaginative walk into autumn with Brian Draper. You can listen on your smart phone or computer to 7 guided meditations lasting a total of 75 minutes.

Click [here](#) to begin.



The Road Less Travelled

Los Olivos Retreats in Spain have a day retreat from September which you can still access on a date convenient to your schedule. Imagine a world of selfless love. With the use of Scripture, poetry, wisdom from mystics, art, music and prayer, our choice of selfless love is considered. Click [here](#) for details.



Dóchas Finding hope

An opportunity for you to stay at home and retreat with the Manresa Community in Dublin. Click [here](#) for more information.

Retreating unlocks the Imagination

Here we go again! On Tuesday Cyprus recorded a massive increase in Covid-19 cases, far higher than earlier in the year when we were in lock down. We brace ourselves for what the implications of this might be. We can only imagine what might happen next. How many people will suffer, how might this affect the communities we are a part of, will there be another full scale lockdown? Imagine how it might be in autumn as apposed to spring - what might the difference be, how can we prepare ourselves?

Some people say that radio is the most visual of all media because people have to imagine the scene being described.

Reading a book is similar. Have you ever enjoyed a novel and then gone to see a movie of the same and been disappointed? Our imagination isn't the same as anyone else's. We have a unique way of seeing things which is conditioned by who we are.

We can use our God-given gift of the imagination helpfully or not. Like most things it can be used in a negative or positive way. People who go on retreat are often encouraged to tap into this gift to help them unlock what God might want to say to them.

May be, as we move into autumn with its increasing restrictions, we can let our imaginations be free. This time doesn't have to be like the spring - this is autumn, a new season in which to live and move and have our being. Let's do that in a Godly imaginative way.



This Strange Country (Pádraig Ó Tuama)

Into this strange country
the godtree grew,
taking root in ground
we did not trust
finding nurture
in some other
earth
unrecognised by us.

And here,
among us
grew a life
that, by and by,
we recognised as living.

It discerned the
seasons in a
climate not our
own.

And, strangely,
it has shown us
shelter.

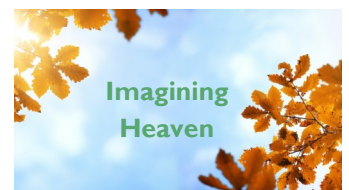
Its boughs
have made
our homes.

An Exercise

Imagine Autumn

Try listening with your eyes closed to Vivaldi's Four Seasons, Movement I, 'Autumn' by clicking [here](#).

- Let your imagination go - where are you led?
- What do your heart and mind see?
- What do you hear?
- Does this scene remind you of something from your past?
- Imagine where God is in this picture that you have imagined.
- What does God look like; and what is God doing?
- How do you feel about God being there?
- Talk with God about what you have observed.



Imagining Heaven

You may like to read Revelation chapter 21 - a picture of heaven.

- What images are you drawn to, and what might be the reasons for this?
- What do you most look forward to in this place?
- How could focusing on this passage give you hope in the current pandemic?

If you like contemporary music, click [here](#) to listen to the film soundtrack: 'I can only Imagine'.