



A retreat day led by

David Cole

Teaching and Practice of  
Contemplative Spirituality

Saturday 22<sup>nd</sup> November

All Saints Church Little Cornard Suffolk CO10 0PD

Start 10.00 am finish 4.00 pm.

Cost £10 per person

Tea and coffee provided please bring a packed lunch.

*Please note: There are no shops within the area of the village*

Pre-booking advised as numbers will be limited by space.

Contact Ian Copeman on 01787 375775 or [iancopeman828@yahoo.co.uk](mailto:iancopeman828@yahoo.co.uk)

David Cole is a Retreat Leader and Spiritual teacher; he is an award winning author of books on Contemplative Spirituality and Christian Meditation; the founder of 'Waymark Ministries' whose mission is to create opportunities for people to engage in the message of the Christian faith outside of mainstream church; and is 'Explorer Guide' for The Community of Aidan and Hilda ([www.aidanandhilda.org](http://www.aidanandhilda.org)) a globally dispersed Celtic Christian Community. Previously he has been a full time Church Minister, part time Teaching Pastor, and a youth worker. He is qualified in 'Spiritual Care' (holistic care and pastoral counselling) and is currently studying a Masters' degree in 'Christian Spirituality' - a study in the development of the Christian faith. David lives in the beautiful New Forest on the south coast of England with his wife and two young children.

Facilities provided by kind permission of the vicar and Church Wardens



The Community of Aidan and Hilda





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