

Year of Grace Reflection days

St Patrick's Cathedral Parish invites you to be part of a series of reflection days to be held on the following dates:

Thursdays

March 29

May 24

July 19

September 27

November 22

Venue

O'Collins Hall (Cathedral)

Time

9.30 am -3.00 pm

Cost

Gold coin donation

Each reflection day will have a different focus: Silence, Detachment, Humility, Patience and Attentiveness



Silence is a key means by which we are better able to stay connected to God. The purpose of practicing silence in our lives is to clear our heads, calm our hearts and listen attentively.

Detachment is not so much a matter of what we own as it is of what we allow to own us.

Humility frees us to learn from everything and everybody. We don't have all the answers; we are an unfolding mystery, even to ourselves. Others can be great sources of wisdom and truth.

Patience is about God's schedule, not ours. God's action in our lives brings about progressive and patient growth, not overnight success. There is a direct correlation between having patience and gaining wisdom from the world around us.

Attentiveness means being fully present to the moment so that we can discern what God may be saying to us. All our encounters hold the possibility of grace and revelation.

