



Maria José Rebelo is a Missionary Sister Servant of the Holy Spirit, born in 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 14 years; and has offered psycho-spiritual courses and contemplative retreats for several years. She is a commissioned Presenter of Centering Prayer by Contemplative Outreach, Lda.

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



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In moments when we simply surrender all to God, God becomes the actor who acts through us. God becomes the writer of our lives, and we become the pencil with which God writes a love letter to the world.

Adam Bucko



STEYLER
MISSIONSSCHWESTERN
Dienerinnen des Heiligen Geistes (SSpS)



Contemplative
Outreach



It is as if in creating us God asked a question, and in awakening us to contemplation God answered the question; so that the contemplative is at the same time, question and answer.

Thomas Merton

SILENCE & CONTEMPLATION STEYL

Courses & Retreats for 2024



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

(For beginners, but open to all)

"Centering Prayer is a receptive method of silent prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself." (Contemplative Outreach Int.)

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

2 Options:

Saturday, 16 March 2024 (10am to 4pm)

Saturday, 23rd November 2024 (10am to 4pm)

Course fee + lunch + afternoon coffee: 45€

Please register before 01 March or 08 November, respectively.



An invitation to
experience silence
in a peace-filled
environment...

A CONTEMPLATIVE PATH: DEEPENING THE PRACTICE OF CENTERING PRAYER (One-day escape into silence)

(For those already familiar with the Centering Prayer method)

The day will contribute to further deepen the knowledge about the contemplative way of life, enrich the practice of Centering Prayer, and share the experience of being touched by silence in the path to transformation.

The day will include input sessions, Centering Prayer moments, personal reflection and time for sharing the journey.

Date: Saturday, 04 May 2024 (10am to 4pm)

Course fee + lunch + afternoon coffee: 45€

Please register before 20 April 2024

8-DAY CONTEMPLATIVE RETREAT Centering Prayer method (IN SILENCE)

(For Religious, Pastors and other restless seekers who have already attended at least one weekend retreat in silence and have some level of ongoing practice)

The retreat aims to foster a contemplative way of seeing and acting, so that the soul's innate sense of awe and wonder at creation can flourish.

The retreat includes: short daily input sessions to deepen the Centering Prayer method and foster growth in the contemplative path; various daily periods of centering prayer practice; opportunity for spiritual companionship; and personal time in silence.

For more information on the retreat, please visit our web site or enquire by email.

Date: 18 (5pm) to 26 (2pm) July 2024

Accommodation + Retreat fee: 650€ (en suite); 570€ (bathroom facilities nearby)

Please register before 30 June 2024

WEEKEND RETREAT - Silence & Contemplation: A Path to Inner Freedom (IN SILENCE - Centering Prayer method)

(For beginners, but open to all)

This weekend will be in silence and will include moments of input on Centering Prayer Method, guided centering prayer practice, and opportunity for spiritual companionship if desired.

Even if you are not a beginner, you are most welcome to make this experience of silence and be encouraged in deepening your practice.

Date: 11 (5pm) to 13 (2pm) October 2024

Accommodation + Retreat fee: 195€ (en suite); 175€ (bathroom facilities nearby)

Please register before 27 September 2024



3-DAY CONTEMPLATIVE RETREAT - Centering Prayer method (IN SILENCE)

(Pre-requisite: to have attended a weekend Centering Prayer retreat or the one-day introductory workshop on Centering Prayer)

The retreat aims to nurture the soul's thirst for going deeper in the contemplative journey, as a path to transformation.

The retreat includes: short daily input sessions, various periods of centering prayer practice each day; opportunity for spiritual companionship; and personal time in silence inside the monastery and in its surroundings.

Date: 24 (5pm) to 27 (2pm) October 2024

Accommodation + Retreat fee: 265€ (en suite); 235€ (bathroom facilities nearby)

Please register before 10 October 2024

To register, or to access
more information:
Please scan the QR Code

