

## Better Way - The Art of Living Soulfully

Wed 19<sup>th</sup> to Wed 26<sup>th</sup> May 2021

'Soul' is a confusing term – commonly bandied about in religious circles but seldom defined or much understood. It's also used in psychology, and popular culture where for example music, art, conversations, food, friendships, habits and rituals may be considered soulful.

Perhaps the great dilemma of our times is a 'loss of soul' – a dislocation from our deepest selves, from compassion, from nature – ultimately, from the divine. Yet when soul is neglected, it doesn't simply go away; it appears in obsessions, addictions, aggression, and loss of meaning.

Drawing on music, art, poetry and biblical imagination, this retreat will consider, not only the meaning of soul in theological and cultural terms, but importantly, explore tangible ways to foster soulfulness in ordinary everyday life, and in our world.

Dave is an Anglican priest, and chaplain to the St Ethelburga's Centre for Peace and Reconciliation. He holds a Master's degree in Biblical Hermeneutics, and is the author of many books including *How to be a Bad Christian - and a better human being* and *Black Sheep and Prodigals – an antidote to black and white religion*.

Dave also regularly contributes to Radio 2's 'Pause for Thought'.



See [www.umbrianretreats.com](http://www.umbrianretreats.com) for details of accommodation.

All meals in Casa Roberto are included in the cost of **£700 per person**.

All transport during the retreat is provided by people carrier.

**Additional costs include flights to and from Perugia airport.**

**Please also allow 200 Euros for light lunches, evening meals out and incidental expenses.**

[www.umbrianretreats.com](http://www.umbrianretreats.com) Tel: 01733 552535 / 07702 341041

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Please reserve space for:

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Telephone (home) \_\_\_\_\_

(mobile) \_\_\_\_\_

Email \_\_\_\_\_

Special requests \_\_\_\_\_

Please send your booking form to [umbrianretreats@gmail.com](mailto:umbrianretreats@gmail.com) and transfer £200 deposit per person to: Dr CN & Mrs F Morton at NatWest Bank – sort code 54-21-38 & account no. 29222915

OR

Send your form and cheque payable to: Dr C N & Mrs F Morton, 9 Riverview House, Viersen Platz, Peterborough PE1 1FX