



Quiet Day  
**Prayer of the Heart**  
Saturday, 15 June 2024  
St Helen's Church, Darley Dale

*Someone asked, 'What good shall I do'? Abba Antony replied, 'Not all works are alike. For scripture says that Abraham was hospitable, and God was with him. Elijah loved solitary prayer, and God was with him. David was humble, and God was with him. Therefore, whatever you see your soul desire according to God, do that thing and you shall keep your heart safe'.<sup>1</sup>*

A day to explore and experience the teaching on prayer from the tradition of 'The Prayer of the Heart'. Cameron Butland will draw on the teaching of the desert fathers and mothers from the fourth century and show how this has inspired the classic teachers of Christian spirituality. The day itself will have three talks, time for personal reflection and three times of prayer.

### Programme

10.00am	Arrive, ( <i>refreshments available on arrival and at lunchtime</i> )
10.30am	Opening Prayer
11.00am	First talk, 'Obedient to Love', followed by quiet time of reflection
12.30pm	<i>Lunch, please bring own packed lunch, drinks provided</i>
1.00pm	Reflective Prayer
1.15pm	Second talk, 'Longing for God', followed by quiet time of reflection
2.30pm	Third talk, 'Prayer of the Heart', followed by quiet time of reflection
3.15pm	Closing Prayer
3.30pm	Depart

The day is open to anyone who wishes to attend, it is essential though that everyone books into the day beforehand. There is no charge but everyone attending will be invited to give a donation on the day. Please simply send an email to Cameron Butland by 12 June to book your place: [cameron.butland@derby.anglican.org](mailto:cameron.butland@derby.anglican.org).

St Helen's Church Darley Dale has a comfortable meeting room and the church is easy to find being close to the A6 between Bakewell and Matlock. The address is Church Rd, Darley Dale, Matlock DE4 2GL. There is parking on the road.

Cameron Butland retired from the Carlisle Diocese in 2023 after forty years of stipendiary minister. He has written several books on the theme of prayer in daily life. He is currently a trustee of the Retreat Association and Association for Promoting Retreats. He frequently leads quiet days and retreats.

*'The heart of spirituality is a thirst, a longing for the living God, to know him and to come to a deeper and deeper union with him through prayer even in the here and now'.<sup>2</sup>*

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<sup>1</sup> *The Wisdom of the Desert*, Thomas Merton, New Directions, New York, 1960, p.25.

<sup>2</sup> *Interior Castle* by Teresa of Avila, translated by E Allison Peters, Dover Publications, New York, 2007, p.82.