

Slateford Longstone

PARISH CHURCH

Restoration

Inward

Outward and Onward

<http://www.therestorationproject.net>



We are
the project



*The project is the Art of
Spiritual, Psychological, Vocational Restoration
in a supportive group setting,
drawing from a Book focusing on Barcelona's
Restoration of the Last Supper
and ancient spiritual practices
customised for today.*



Why?



*Coronavirus and Lockdown have impacted us
We may be struggling spiritually.*

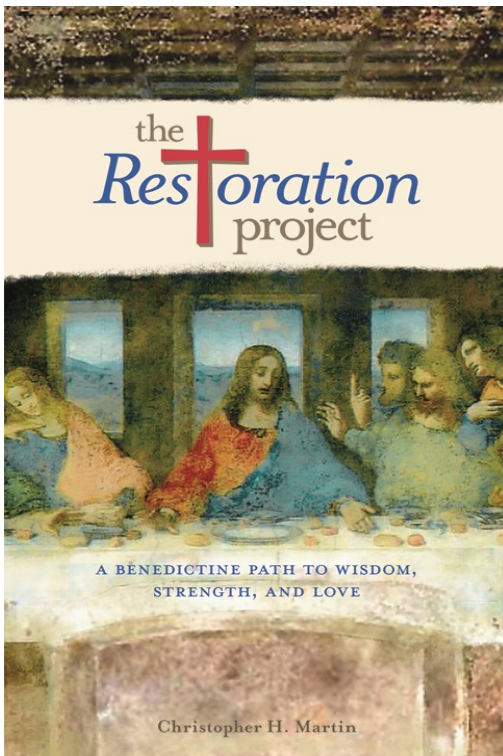
*We may be finding our interior world, in some turmoil,
with uncharacteristic behaviours.*

*We may be experiencing stressed and strained relationships
We may have questions about our vocations*

*Can a small group of fellow strugglers find inspiration
in the Restoration of a Masterpiece that can be translated
to an even greater Masterpiece, ourselves?*



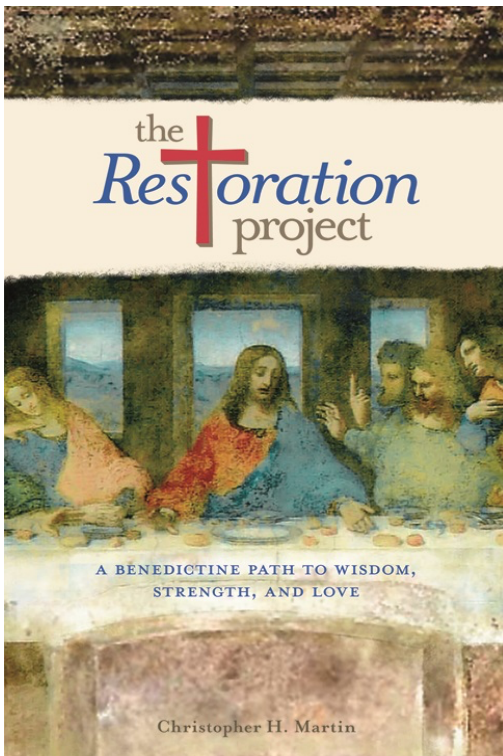
How?



6 to 8
people
meeting
virtually



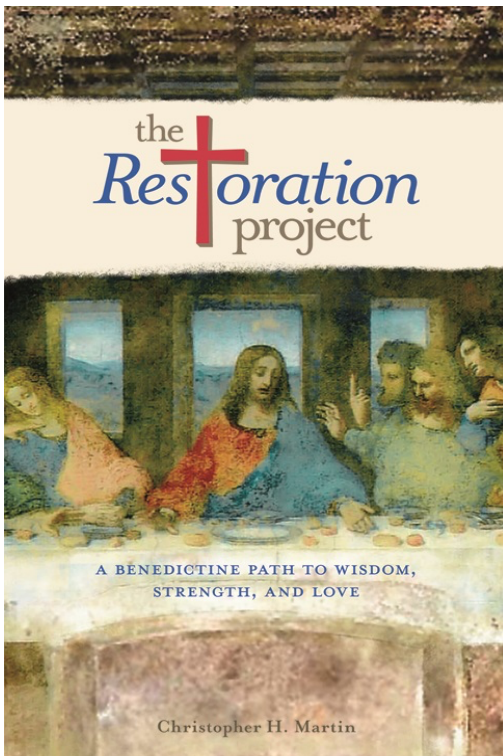
How?



Christopher Martin
brings together
**Barcillon's Restoration
of the Last Supper
and
Saint Benedict's
12 Steps to Humility**



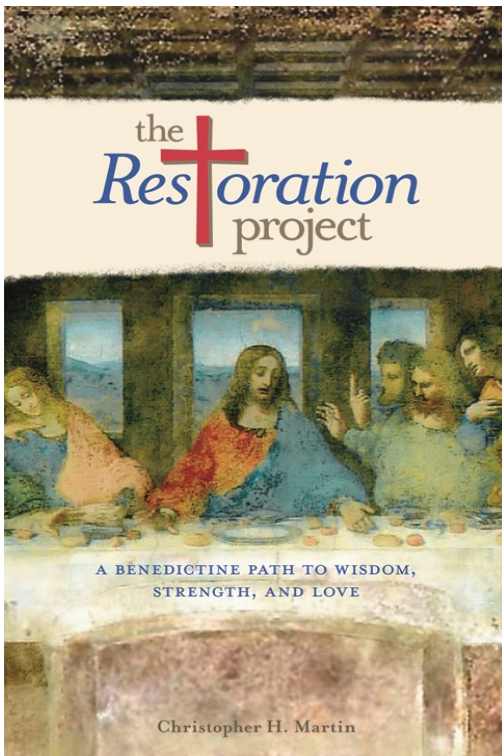
How?



**Through the wonders
of Audible
and screen sharing
we'll listen
to the book,
one chapter at a time
and reflect on
the practices suggested**



Help!



The Rev Andrew Bain,
St Salvador's Episcopal Church,
founder of Emmaus House,
Spiritual Director,
retreat leader
and practitioner
of Benedictine Spirituality
will join us.



You?



Group members would be expected to

1. Be open to discovering new ways, developing current ways, or rediscovering forgotten ways, of being with God
2. Be willing to connect virtually each week for 8 weeks as the group meet virtually.
3. Be aware that none of us are the finished product but all of us are "valued masterpieces" in need of the ongoing restorative work



You?



Group members would **not** be expected to

1. **(not expected)** to pray out loud, but are expected to pray at home using ways that are formative and restorative.
2. **(not expected)** to share difficult memories but are expected to be aware of times they have felt close to God and times they felt far from God.
3. **(not expected)** to have lots of biblical or theological knowledge but be open to reflecting upon and practicing what they learn on a weekly basis.



You?



If interested in finding out more give me a call
or send me an email

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