

# Spirituality Days 2016

27 February	<b>Leading Intercessions Training</b> <i>led by Paul Maybury</i>	St Paul's Cathedral
16 April	<b>Using our bodies in prayer</b> <i>led by Paul Maybury</i>	tbc
7 May	<b>How to pray in the power of the Spirit</b> <i>led by Paul Maybury &amp; Sue Hope</i>	tbc
28 May 11.00 - 14.00	<b>The Orthodox Tradition</b> <i>led by Bishop Michael</i>	St Fanourios Deryneia
24 September	<b>Contemplation, Meditation and Mindfulness</b> <i>led by Paul Maybury &amp; Wilf Gowing</i>	tbc
26 November	<i>topic yet to be agreed</i>	tbc

Please make a note of these dates and share with others.  
All events take place on a Saturday from 10.00 - 15.00 unless otherwise stated.  
Please suggest possible venues and a topic for November.  
To be kept informed please email Paul Maybury, [paul.maybury@cypgulf.org](mailto:paul.maybury@cypgulf.org)