YTU Spirituality Day
Friday 27 March, 2015
10.00 am – 3.30 pm

Teresa of Avila’s ‘four waters of prayer’

Facilitator: Bernadette Micallef

Water is a rich symbol in the gospel story of Jesus’ encounter with the Samaritan woman at the well. (John 4:5–42)

**Jesus said to the women, “If you only knew what God is offering ...”**

Teresa of Avila also uses the symbol of water in describing four ways of experiencing prayer. (*Book of her Life*, Chap 11–22)

Through guided reflection on our experiences, silent prayer time and some group interaction we will explore Teresa’s four waters of prayer and what God may be offering each of us today.

**Program**

10.00  Introduction
10.15  Session 1: *Attending to the Interior*
11.00  Break
11.30  Session 2: *Teresa’s Four Waters of Prayer*
1.00   Lunch (BYO)
1.45   Session 3: *Freeing the Flow*
2.45   Eucharist

*YTU Common Room, 98 Albion Road, Box Hill.*

*Please bring a pen and small notebook. All Welcome.*

*Contact Pia Pagotto, YTU Chaplain, 0419 541 733*  
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**Bernadette Micallef OCDs** has been a member of the Carmelite Order as a lay person for more than twenty years. She completed a Bachelor of Theology at YTU in 2006, and a Graduate Diploma in Spirituality in 2012 which included ‘Siloam’ at Heart of Life. She works as a spiritual director and retreat facilitator at The Carmelite Centre Melbourne. (thecarmelitecentremelbourne.org)