

# Where has the joy gone? Reconnecting with our True Selves.

[bonnevauxwccm.org/all-programmes/where-has-the-joy-gone-reconnecting-with-our-true-selves/](http://bonnevauxwccm.org/all-programmes/where-has-the-joy-gone-reconnecting-with-our-true-selves/)



We live in a time when depression, anxiety and other emotional dysfunctions are on the rise. It seems that modern sources of meaning and happiness are not enough to satisfy a deeper thirst.

Many people live in superficiality and this makes them feel an existential emptiness and a lack of meaning. Joy seems to be getting further and further away.

The negative consequences of this spiritual atrophy we experience in modern times are fanaticism, polarization, consumerism, existential emptiness, intolerance and a loss of will to live. But the Spirit lives within us and meditation is one of the ways to reconnect with the Spirit.

Meditation as a pilgrimage to the center of our being where the Spirit of God dwells. Laurence Freeman explores meditation as a spiritual journey, away from self and beyond self, into the infinity of God. It is a journey towards divinization, towards enlightenment. Enlightenment is a spiritual process that happens in time and through time, and cannot be advanced by any technique. The only requirement for the journey is commitment and faith.

In times of crisis, the rescue of spirituality becomes a balm towards true joy.

This event takes place at Bonnevaux and offers an opportunity to discover the rich cultural and historical French and European heritage of the 12th-century Abbaye de Bonnevaux, as well as to explore the varied and natural beauty of the land which we cultivate as a model of ecological responsibility.



Watch Video At: <https://youtu.be/nRJEDWH7PdM>

"In this world of ours, there's a lot of pessimism, there's a lot of fear, there's a lot of anxiety. And to find joy, the joy of being, the joy of life itself, we need, other people with whom to make this journey, but we need also to make the journey into our own hearts. And that is the way of meditation."



Fr Laurence Freeman  
Speakers



Laurence Freeman

Fr Laurence is a Benedictine monk of the Monastery of Sta Maria di Pilastrello, Lendinara, in the Benedictine Congregation of Monte Oliveto. He is Director of Bonnevaux and of The World Community for Christian Meditation.



Tayna Malaspina

Taynã is a WCCM oblate and International Director of Meditation for Young people. She started her work in the community with a meditation project with children. She graduated in Social Communication with a master's degree in Social Psychology. Postgraduate degree in Positive Psychology: Science of Well-being and Self-Realization (PUC-RS) . Certification in Neuroscience and Well-being Science (PUC-RS) . Postgraduate degree in Spirituality and Consciousness Studies (PUC-RS). Taynã is 39 years old [... read more ↓](#).



Patricio Lynch Pueyrredon

Originally from Argentina, Father Patricio is currently the pastoral advisor of Amigos de Jesús, a Home for Children in Honduras. He is a missionary priest, living part of the year in rural areas of the Honduran West, and the rest of the year in the US spreading the word about Amigos de Jesus and contemplative prayer according to the teachings of the WCCM. Father Patricio also conducts weekend retreats and days of recollection for various groups including local parishes, women's groups, and Lati [... read more ↓](#).



Giovanni Felicioni

Giovanni Felicioni is the Associate Director of Bonnevaux Centre for Peace, the international home of the WCCM. He has been involved with the WCCM since its inception, serves on its Guiding Board and is a Benedictine Oblate. Before his role at Bonnevaux, Giovanni's professional career spanned 30 years as a bodyworker, movement instructor and therapist in London and Europe. He studied yoga with visionary and pioneer Mary Stewart (Vanda Scaravelli) and regularly taught on her London-based Yoga... [read more](#) ↓.

Who is this retreat for?



- If you're looking for joy, the joy of being, the joy of life
- If you're interested in deepening your spirituality through the practice of Christian Meditation
- Meditators aged 18 to 45
- Inspired by spending time reconnecting with nature
- Both for the beginning and ongoing meditators

### **Know someone who may be interested?**

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If you know of anyone who may benefit from this retreat, download this simple PDF and share it away.

Schedule

There will be four meditation periods each day to accommodate your level of practice.

Mornings will be spent in silence including breakfast and lunch, with the afternoon opening to times of rest and solitude. The evenings end with a convivial dinner where you can get to know your neighbour.

Each day will offer embodiment and movement work, talks, time for discussion and being out in nature.

Arrival      Tuesday 30 July 2024, check-in: 13h30 – 15h30

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Departure   Sunday 4 August 2024, after lunch (14h00)

### Location

Bonnevaux (Bonne Vallée , or Good Valley) is set within a beautiful valley formed by the river Rhune (la Rhûne) which descends past the Chapel and the 12th-century Abbaye, emptying into the lake beyond. The beauty and peace of Bonnevaux's 65 hectares (160 acres) reflects the contemplative life lived here from its foundation as a Benedictine monastery in 1119 until the French Revolution. The community is continuing this policy as a living witness to the link between ecology and the human spirit. The land has over 20 different plant habitats, some of which are of heritage value.

### How to Get There

#### Contribution

Single room              €700

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Shared bathroom  
single room              €600

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Shared twin room      €550 discounted to €450

The prices reflect the need to achieve self sufficiency. Therefore if you're able to give a little more we would be very grateful. Please, [click here to donate](#).

If you need a concession please let us know. We do not turn anybody away for lack of resources. Please, [click the email address contact@bonnevauxabp.com](mailto:contact@bonnevauxabp.com) to contact us.

### **Scholarship**

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If you're interested in applying for a scholarship, please **[complete this form here](#)**.

#### Dietary Information

At Bonnevaux, we aim for healthy, well-rounded, and nutritious meals. Please indicate your meal preference (non-vegetarian, vegetarian) below within the registration process.

\* Unfortunately, we cannot cater to specific intolerances and allergies — we do not have the team or facilities for this. Please also be aware that traces of allergens (e.g. nuts) may be found in the food at Bonnevaux.

\* We are committed to balancing protein, carbohydrates, fats and fiber from organic meat, plant-based proteins, vegetables, un-processed carbs, grains, legumes and fruit.

\* **Gluten and Lactose intolerance:** we cannot create individually tailored meals. Should the main course at lunch contain your intolerance, you can always choose from the vegetables on offer and rice (plus non-gluten bread). The salad and soup bar in the evening will offer you a variety to balance out and complement what you have eaten for breakfast and lunch.

\* Should you have any questions, don't hesitate to contact us at:  
contact@bonnevauxabp.com.

Registration

## Cancellation

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— Please ensure you have travel insurance in place as we cannot refund cancelled travel for any reason.

— If you cancel your Bonnevaux booking up to 30 days before the event starts, you will be refunded the full cost of the event. Cancellations occurring within 30 days of the event start will be offered a voucher for a future event. Bonnevaux reserves the right to cancel events at any point – cancellations occurring within 30 days prior to the event start date will be subject to the voucher refund policy only.

## Membership Fee \*\* – 10€

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Membership fee is paid once per year, valid from Jan – Dec.

\*\* by French law you must be a 'member' of the charity (association ABP) Abbaye de Bonnevaux – Centre Pour la Paix in order to participate at an on-the-ground event at Bonnevaux – 86370 Marçay, France.

Membership is non-binding. It simply means that you are invited to attend the annual general meeting if you wish and that you may receive information about our events during the year.

The Abbey of Bonnevaux is the spiritual home of the World Community for Christian Meditation (WCCM) which includes a Conference and Retreat Centre dedicated to peace. The on-the-ground activities of the Abbey are organized under the responsibility of l'Association Abbaye de Bonnevaux – Centre pour le Paix (ABP). The Association, which is governed by the French law of 1st July 1901, is registered in Poitiers under the reference RNA: W863007299.

Address : Bonnevaux, 86370 Marçay, France.

Phone number : 06 33 43 71 71 / 06 61 96 57 74.

José Pype (President of the Association); Giovanni Felicioni (Associate Director and Programme Manager)

Site hosting: Flywheel

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