

Mechthild writes of immediate personal experience expressed with metaphors of the body. She longs to see, hear, taste and touch God, and she inspires us to do the same.

Lord, you are my lover, my longing, my flowing stream, my sun, and I am your reflection. This is the journey to court of a loving soul that cannot exist without God. Book I, 4



Application Forms available from:

The Administrator

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Web site:

<http://towersretreat.org.au>

Cost 2019: \$230.00 for the weekend,

\$690.00 for the 6 day retreat.

\$50.00 deposit confirms the booking.

All tariffs are negotiable.

*Flowing in the Light – Prayer with  
Mechthild of Magdeburg*

*St Mary's Towers  
Douglas Park*



*Presenter: Michelle Vass*

*Prayer Weekend  
4 - 6 October, 2019*

*6 day Guided Retreat  
4 - 10 October, 2019*

Whoever drinks of the water that I will give will never be thirsty again. The water that I will give will become in you a spring of water welling up to eternal life. Jn 4: 14



In the thirteenth century, an important shift took place as women's voices emerged in mystical theology of the time. A movement of devout women called Beguines, emerged in Belgium, the

Netherlands and across northern France and Germany. These women pooled their resources to live in communities characterized by a great love of Jesus, simplicity, prayer, and a ministry to the poor and sick. Their writings are challenging and offer us much for prayer and contemplation as we seek to deepen our love encounter with God.

This retreat introduces the writings of one of these women, Mechthild of Magdeburg (1208-1282/94). After revealing her spiritual favours to her confessor, she was commanded by him to write *The Flowing Light of the Godhead*. She completed the first five 'books' over the next ten years in her forties, and then later Book VI and then Book VII as she spent her final years in the Cistercian community at Helfta. Like other Beguines, Mechthild wrote in the vernacular, and was the first mystic to write about her visions in Middle Low German.

For Mechthild, to experience God is a vital interaction between the heart of God and the human heart. So intense is this union of the human heart to the divine heart that she writes, "Lord, because I have no earthly treasure, I do not have an earthly heart either. For you, Lord, are my treasure, just as you are also my heart; and you alone are my good." Book IV, 7

Protect me, O GOD. I turn to you for help. You are my greatest good. Ps 16:1

She sees the human heart having an insatiable desire longing for God.

I have such a hunger for the heavenly Father that I forget all cares. And I so thirst for his Son that it removes from me all earthly desires. And I have such a passionate



need for the Spirit of them both that it goes beyond the wisdom of the Father, which I cannot grasp; and the Son's suffering, which I cannot bear; and beyond the consolation of the Holy Spirit, which I cannot receive. Whoever becomes entangled in longing such as this must forever hang blessedly fettered in God. (Book III,3)