

*We welcome you
to enter into times of retreat
for renewal of mind, body and spirit
amidst the quiet beauty of this place.*



MERCY SPIRITUALITY CENTRE TORONTO

2017

26 Renwick Street
PO Box 1115
TORONTO NSW 2283
Phone: 02 4959 1025
Email: mercyltoronto@mercy.org.au
<http://institute.mercy.org.au/toronto>

Situated on the land of the Awabakal people at the edge of Lake Macquarie, Mercy Spirituality Centre, Toronto NSW welcomes you to the 2017 program.

In developing this program we have been mindful of many needs and challenges within our earth community some of which are expressed in biased and exclusive rhetoric in our daily news. Conscious of the mounting fear which enables some to reject diversity we are encouraged that the UN international year is *Sustainable Tourism for Development*.

Those who have the opportunity to travel and experience other cultures can encourage a participation with, rather than a fear of difference. Inclusion of others does break down barriers and, more importantly, frees us to know ourselves in relation to the other and to the ever abiding Presence of the Divine. Immersing ourselves in this reality broadens our relationship with God/Divine One releasing any fear of difference.

Here at Mercy Spirituality Centre we welcome people of all traditions to reflect on their own story, to articulate a pilgrim identity as “soul tourist” and to be enlivened in their personal spiritual journey.

Included in this year’s program are Dinner Conversations, Movie Reflections and more opportunity for one and two day programs. We are once again fortunate to have leading Australian Theologians together with experienced spiritual directors among our facilitators.

Our hope is that you will find something to support and enliven your journey through this program.

*Anne Ryan RSM
Program Coordinator*

*Mercy Spirituality Centre is a member of
McAuley Ministries Limited
within the
Institute of Sisters of Mercy of Australia
and Papua New Guinea.*

Program 2017

FEBRUARY



FEBRUARY: 10TH

A DAY OF WELCOME TO OUR 2017 PROGRAM

10.00AM – 11.30 AM **CELEBRATE STORIES** of this land, this place and the people who have nurtured our spirituality – with drama, film and our own storytelling

2.00PM – 4.00PM **OPEN HOUSE** - a chance to catch up with friends and /or view the Centre

7.00PM – 8.30PM **A CONTINUATION** of celebrating stories with song.

ALL WELCOME NO COST

FEBRUARY: 11TH

REFLECTION DAY

EXPLORING A MOVIE

1.00PM—4.00PM

Christ commissions us to meet with people where they are, in the middle of their messy lives. Movies are modern day parables which can provide us with a venue in which to fulfil this great commission. References: 'Movies that Matter' by Richard Leonard S.J. Loyola Press Chicago 2006 'Praying the Movies II' by Edward McNulty Westminster John Knox Press, Louisville, Kentucky 2003

The Fisher King (1991) stars Robin Williams and Jeff Bridges: *two strangers in a big city. One has lost his job, the other's lost his mind.* The title comes from a *Holy Grail* legend and is about everyman seeking redemption. The film explores many aspects of brokenness –physical, emotional, psychological and spiritual. The characters may be viewed as archetypal. Some critics see the strange story as a parable of grace

Reflection: We will look at the movie in the light of the original Fisher King Legend, and reflect on its metaphoric, archetypal images. What challenges does it offer us in daily life?

Facilitator: Val O'Hara RSM

Cost: Donation \$10.00

FEBRUARY: 17TH - 19TH

RESIDENTIAL WEEKEND

GUIDED IMAGERY FOR HEALING, PERSONAL DEVELOPMENT AND SPIRITUAL GROWTH

This meditation-based program focuses on learning and applying Guided Imagery. Included in this program is an introduction to understanding the mind:

The way in which the mind works and

How we can use the mind more creatively and effectively in

a way that is personally satisfying and helpful to others.

There are three Main Applications of Guided Imagery:

1. Personal Development (goal setting, affirmations and visualization)
2. Inner Peace (the quiet mind, invocation, loving kindness, gratitude and development)
3. Mind-Body Medicine (the healing centre and accelerated healing).

On this retreat we will explore, examine and practice Guided Imagery in each of these three main applications.

Detailed notes will be provided for you and there will be ample time for Guided Imagery practise, as well as plenty of free time for reflection and relaxation

Facilitator: Chris Convery

Cost: \$250.00

FEBRUARY 22ND

DINNER CONVERSATION 6.30PM -9.00PM

Guest Tracey Edstein will introduce the conversation during pre-dinner drinks.

This conversation will then be continued during the meal.

Cost: \$40.00—9 PARTICIPANTS ONLY

FEBRUARY 24TH - 25TH

REFLECTION DAYS

10.00AM—4.00PM LIGHT LUNCH INCLUDED

THE STORY GOD WRITES ...

Within the safety of a supportive environment these two days will use imagination processes to explore the story God would write about your life: the underlying story to the one that has a public face; the story that doesn't get proclaimed out loud; the story that has been the basic constant in the weaving of your life. Broken threads, knots, mistakes all form part of a larger tapestry of life.

Facilitator: Gaye Lennon RSM

Cost:\$70.00

FEBRUARY 27TH

REFLECTION DAY

9.30AM— 1.00 PM LIGHT LUNCH INCLUDED

LENTEN REFLECTION: "CELEBRATE WHAT'S RIGHT WITH THE WORLD"

How open to possibilities does our vision allow us to be?

Facilitator: Helen Baguley RSM

Cost: \$20.00

MARCH



MARCH 3RD -5TH

RESIDENTIAL WEEKEND

THE TRINITY

A residential weekend for quiet reflection, following daily input and shared evening prayer – Individual spiritual direction available.

Facilitator: Colleen Rhodes RSM

Cost: \$250.00

MARCH 6TH

REFLECTION DAY

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

LENTEN REFLECTION: “THE COSMIC DANCE”

An invitation to experience our oneness with all that is.

Facilitator: Helen Baguley RSM

Cost: \$20.00

MARCH 13TH

REFLECTION DAY

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

LENTEN REFLECTION: “LOAVES AND FISH”

The disturbing and dangerous potential of our own generosity.

Facilitator: Helen Baguley RSM

Cost: \$20.00

MARCH 16TH - 17TH

REFLECTION DAYS

9.30 – 3.00 LIGHT LUNCH INCLUDED

SINGING THE SONG OF YOUR SOUL

Using the metaphor ‘to sing’, meaning to breathe soul over the things that are ailing or in need of restoration, the reflections offered during these two days will include the story *LaLoba*, wherein the wisdom figure sings over the bones she has gathered to bring new life. Such stories offer a pattern to ‘sing-up’ our awareness of our soul journey to be present to Presence.

Facilitator: Anne Ryan RSM

Cost: \$70.00

MARCH 19TH – 26TH

6 DAY SILENT RETREAT

ENCOUNTER

Wisdom begins where our small story encounters the larger story. This retreat will explore the light and dark passages of our own story both of which draw us into the heart of wisdom and to a meeting with Jesus, the Christ who is the alpha and omega of creation. The retreat will use scripture, story and art to facilitate that exploration.

Facilitator: Colleen O'Sullivan RSJ PhD

Cost: \$600.00

MARCH 27TH

REFLECTION DAY

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

LENTEN REFLECTION: "JOURNEY TO THE CROSS AND BEYOND"

The story of each person's passage from life to death to life.

Facilitator: Helen Baguley RSM

Cost: \$20.00

MARCH 30TH

DINNER CONVERSATION

6.30PM – 9.00PM

Guest James Elliott will introduce the conversation during pre-dinner drinks.

This conversation will then be continued during the meal.

Cost: \$40.00 - 9 participants only

APRIL



APRIL 3RD

REFLECTION DAY

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

LENTEN REFLECTION: "IN THE BEGINNING"

Our story within the never-ending story.

Facilitator: Helen Baguley RSM

Cost: \$20.00

APRIL 27TH – 28TH

REFLECTION DAYS

9.30AM – 4.00 PM LIGHT LUNCH INCLUDED

LISTENING TO THE CALL TO BECOME THE BELOVED DISCIPLE.

These contemplative style days will invite us to respond to the call in John's Gospel to become the Beloved Disciple. Meditation will frame our reflective experiences.

Facilitator: Helen Duffy RSM

Cost: \$70.00

April 29th

REFLECTION DAY

1.00PM—4.00PM

EXPLORING A MOVIE

Italian for Beginners (2000) – a Danish movie, looking at the need for love from many angles. The main character is a Lutheran Pastor recovering from the recent death of his wife. There is tragedy, mental illness, humour, failed romances, falling in love, forgiveness, reconciliation.

Reflection: We will reflect on *Italian for Beginners* as a movie exploring every aspect of the human condition. The role of Church and religion comes under scrutiny, and God is revealed in unexpected places. Richard Leonard S.J. gives us a critical question to examine:

How does love become the thread that brings healing to individuals in the film?

Facilitator: Val O'Hara RSM

Cost: Donation \$10.00

MAY



MAY 2ND, 16TH, 30TH

REFLECTION DAYS

9.30AM - 11.30AM

MOVEMENT AND MEDITATION FROM THE HEART - PRESENCE.

Awareness of your body through gentle movement and deep relaxation brings you into the present moment, eases physical tension and emotional stress, allowing a slowing down of the mind and an opening of the heart. In this peaceful state of awareness of the senses you can move more freely into mindfulness meditation then to deeper stillness. Come, taste this experience in sacred text, verse, reflection, response, music and imagery. Come to more sessions to internalise these nurturing spiritual practices and to connect with true presence.

Facilitator: Vicki Hancock

Cost: \$25.00 per session

MAY 18TH

REFLECTION DAY

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

POWERFUL PARABLES –

STORY TELLING, STORY LISTENING, STORY SHARING:

DISCOVERING NEW MEANINGS IN THE ORDINARY OF OUR EVERYDAY.

Jesus did it through stories that gave some graspable shape to the role of God in our lives. It's clear that he didn't belabour his listeners with deep theology and troublesome words, but rather settled on stories to shine a light on what God was really like.

This Reflection Day will give us a chance to explore God in our lives, unlocking new meanings in the familiar through many forms of modern day parables: story, role play, poetry, body sculpture.

Facilitator: Val O'Hara RSM

Cost: \$20.00

MAY: 19TH - 21ST

WEEKEND RETREAT

Praying Your Dreams

In my work of spiritual direction and companioning, I have found dreams to be a consistent help for the process of listening to the soul. Dreams don't worry whether a person has the "right" vocabulary about God or churchy things, but they constantly try to take us into a more conscious awareness of opportunities to participate in Love. It has been a privilege for me to have listened to many thousands of dreams through the years, and I'm always amazed at the creativity and ingenuity that they bring forth. Dreams can be like a lighthouse, beckoning us through those times when perhaps everything else has seemed to turn to night.

We may think we have simply "crazy" or "stupid" dreams – yet experience has taught me that it is often the most stupid or crazy scenarios in dreams that can offer clues to wake us up to how we get stuck in one-sided perceptions. In fact, this is what the purpose of dreams seems to be: to move us from a constricted view of reality, into a much more life-giving appreciation of ourselves, others and God.

It has been my experience that dreams mirror the great Gospel themes of reconciliation, grace, healing and love. They draw us into the arena where we experience that there actually is a life within us that we do not make happen, and that this life (the Spirit of God) calls us into the Dance wherein we are invited to forget ourselves and become one with the Dance. Dreams are a "little door" into the recesses of the soul.

Like Jesus in the desert, we meet in our dreams both angels and wild beasts, yet it is for the sake of our maturing in honesty before God. They lead us into death and out again. Like the biblical theme of the least being the vital element, the disregarded and ignored dream is, as the rabbis liked to put it, "like a letter that is unopened from God". This weekend will be a combination of prayerful input, reflection time and voluntary sharing.

Facilitator: Patrick Oliver

Cost: \$250.00 residential \$150.00 non-residential

MAY: 23RD

DINNER CONVERSATION

6.30PM—9.00PM

Guest Melissa Fenech will introduce the conversation during pre-dinner drinks.

This conversation will then be continued during the meal.

Cost: \$40.00 - 9 PARTICIPANTS ONLY

MAY: 26TH - 28TH

WEEKEND RETREAT

ART JOURNALING

This practice is a combination of art and writing. It invites us to gaze with curiosity, exploring and giving colour, embracing inner movements, moments, nudgings. Art Journaling is a form of prayer where we can recognise grace at work.

Art Journaling may be used as a pathway to delve deeper into one's own being, seeing and hearing the 'authentic voice.' "Creativity is at the core of our authentic selves." (*Marianne Hieb*) Please note this is not about creating a piece of art. It is about discovering your own colour vocabulary as a means to discovering more about yourself.

Facilitator: Gaye Lennon RSM

Cost: \$250.00 residential \$150.00 non-residential

JUNE



JUNE: 3RD

REFLECTION DAY

1.00PM—4.00PM

EXPLORING A MOVIE

Places in the Heart (1984) — our nostalgic movie for the year. It stars Sally Field, Danny Glover, Ed Harris and John Malkovich and is set in Texas in the 1930's. The film is overtly Christian, everyone goes to Church on Sundays, the little town seems to be a happy

healthy community - in the beginning. We then endure so much suffering with the main characters: tragic death, racism, (KKK) greed, prejudice, disability and hatred. Do forgiveness and redemption necessarily follow?

Reflection: Our reflection will centre on the final scene, where resolution, perhaps, comes.

Facilitator: Val O'Hara RSM

Cost: Donation \$10.00

JUNE: 5TH - 9TH

4 DAY SILENT RETREAT

SOME MOMENTS OF ZEN

A residential silent retreat in which we engage in the Zen practice of 'just sitting'. In 'just sitting' we focus on breath awareness and body awareness and so open ourselves to the experience of 'just this moment'.

Facilitator: Zen Master Carl Hooper

Cost: \$400.00

JUNE: 14TH

REFLECTION DAY

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

PRAYER: A BRIDGE BETWEEN LONGING AND BELONGING

In his book, "Eternal Echoes—Exploring our Hunger to Belong", John O'Donohue offers various images of this bridge and ways we learn to see with the eyes of the soul. We will explore some of these insights with time to **be** in prayer.

Facilitator: Anne Ryan RSM

Cost: \$20.00

JUNE: 20TH

SEMINAR

7.00PM—9.00PM

WHEN FAITH IS KNOCKED OFF CENTRE

DISAPPOINTMENTS, BETRAYALS AND RECOVERY.

Often we have human examples of God in action that we hold close to our hearts and minds. They give us meaning, they light the way, and provide an example of how to live as a good person in the eyes of God. And then they betray us - we discover that someone or something we were using to support our beliefs in the good of humankind, has been much lesser than supposed, and often much grubbier than claimed. But their fall from grace becomes our shock, dismay, distress - and sometimes it can feel as though Everything we believed in is now under threat too.

Explore our human reactions and pathways we can use to return us to meaning.

Facilitator: Sue Collins

Cost: \$30.00

JUNE: 21ST

DINNER CONVERSATION

6.30PM—9.00PM

Guest Anne Ryan RSM will introduce the conversation during pre-dinner drinks. This conversation will then be continued during the meal.

Cost: \$40.00 -9 PARTICIPANTS ONLY

JULY



JULY: 7TH - 8TH

REFLECTION DAYS

9.30AM—4.00PM LIGHT LUNCH INCLUDED

RECONNECTING WITH CELTIC SPIRITUALITY

We will explore themes within the Celtic tradition:

Reconnecting into a relationship with the sacredness of the earth.

Reconnecting with compassion.

Reconnecting with the Light at the heart of all life.

Facilitator: Helen Baguley RSM

Cost: \$70.00

JULY: 18TH

SEMINAR

7.00PM—9.00PM

THE CELEBRATION OF LIFE

Loud or quiet; observation or participation: how many ways do we have for creating the feeling of joy - that delicious feeling of bliss that can connect us to love, God and all that feels right. Come along and share what works for you, or learn some wonderful new ways for celebrating life - the big moments, the little moments, and the hard to find.

Facilitator: Sue Collins

Cost: \$30.00

JULY: 20TH - 27TH

6 DAY SILENT RETREAT

THE UNFOLDING STORY OF LOVE –

ENTERING THE MYSTERY OF THE UNIVERSE STORY.

*The moon was shining over the bay
And Thomas asked the moon, "What should I say?"
The moon answered, "Tell them my story!"
He asked the wind, "What should I say?"
The wind answered, "Tell them my story!"
He posed the question to the oak, "What should I say?"
And the answer was the same.
"Tell them my story!"*

*Tell them the mountain story, the human story, the river story,
the indigenous story, the sacred story.*

Tell them the Great Story!"

Thomas Berry

In this retreat, participants will be invited to contemplate the Journey of the Universe as it is told today through revelation and at the same time to reflect on the inner dynamics of *Diversity, Interiority* and *Communion* operating within that great story. As we enter more fully into this story and our own stories of coming to be the persons we are, our hope is that our own deep desires for communion with the Divine will be revealed.

Facilitator: Tony Hempenstall

Cost: \$600.00

JULY: 29TH

REFLECTION DAY

9.30AM – 5.00 PM LIGHT LUNCH INCLUDED

MYERS-BRIGGS TYPOLOGY INDICATOR WORKSHOP

UNDERSTANDING PERSONALITY

Discover your strengths and unique gifts! This workshop explores innate personality differences in a positive and supportive atmosphere. You will be helped to identify your personality type, which can be a useful 'tool' for personal growth, for improving understanding and communication, for achieving balance in life and a clearer understanding of oneself and others.

Facilitator: Helen Baguley RSM

Cost: \$35.00



AUGUST



AUGUST: 1ST

SEMINAR

7.00PM—9.00PM

Is My Life Really My Own?

How do faith, duty and awareness of others' hopes for us fit with our concept of living a free life? Explore together the family, social, church and ethical expectations that may have informed many of our life's "free choices", and share (if you wish) how you found your joy in among the moments of human resentment and "what if" - style wondering about the different path that wasn't chosen.

Facilitator: Sue Collins

Cost: \$30.00

AUGUST: 3RD

REFLECTION DAY

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

GIVING EUCHARIST...

an extract from "The Lord's Supper" by Peter Maurin

*He was old, tired, and sweaty,
pushing his homemade cart
down the alley, stopping now and then
to poke around in somebody else's garbage.
I wanted to tell him about EUCHARIST,
but the look in his eyes,
the despair on his face,
the hopelessness of somebody else's life in his cart
told me to forget it.
So I smiled, and said, "Hi" – and gave him EUCHARIST.*

Let's take some time to pray about Eucharist – how it functions in our every day. Bring a story to share, or a poem or a piece of art which expresses something of the experience of Eucharist. Sharing these will be another form of eucharist in our reflection together.

Facilitator: Val O'Hara RSM

Cost: \$20.00

AUGUST: 5TH – 6TH

REFLECTION DAYS

9.30AM – 4.00 PM LIGHT LUNCH INCLUDED

STORIES TOLD AND UNTOLD ON THE JOURNEY:

A BIBLICAL EXPLORATION

This session will explore the way/s in which stories emerge from and shape a community through the lens of a gospel narrative. It will also explore stories not told because of the world view of their tellers. This will provide a space to undertake new storytelling into the future that the entire Earth community is calling forth.

Facilitator: Elaine Wainwright RSM

Cost: \$70.00

AUGUST: 19TH

REFLECTION DAY

1.00PM—4.00PM

EXPLORING A MOVIE

North Country: (2005) a powerful movie about the fight for women's rights. Starring Charlize Theron, Sissy Spacek, and Frances McDormand, this film is based on a true story. It portrays a searing story of women who broke the gender barrier labouring in the hazardous Minnesota iron mines, and also broke legal ground with the nation's first class action sexual-harassment lawsuit. It is an emotionally explosive social justice story played out in the grim territory of a man — dominated industry.

Reflection: Why is it important that women should be treated equally as men? What Christian values are implied in this struggle? How far have we come? What elements of this particular story are reflected in events in our own times?

Facilitator: Val O'Hara RSM

Cost: Donation \$10.00

AUGUST: 29TH

DINNER CONVERSATION

6.30PM—9.00PM

Guest Vivien Williams will introduce the conversation during pre-dinner drinks.

This conversation will then be continued during the meal.

Cost: \$40.00 - 9 PARTICIPANTS ONLY

SEPTEMBER



SEPTEMBER: 5TH - 7TH

2 DAY RETREAT

EXPANDING PRAYER BOUNDARIES

Reflecting on the graciousness of the Cosmos/Creation as a model for prayer, these 2 days of quiet will have times of input and shared evening prayer—individual spiritual direction available.

Facilitator: Colleen Rhodes RSM

Cost: \$250.00 residential \$150.00 non-residential

SEPTEMBER: 10TH - 17TH

6 DAY SILENT RETREAT

“GOD’S MERCY IS FROM AGE TO AGE”

This retreat invites each of us to rejoice in our continuing call to be the face of God’s Mercy in our world. There will be times for input, reflection, prayer and sharing, with opportunity for individual spiritual direction.

Facilitator: Helen Baguley RSM

Cost: \$600.00

SEPTEMBER: 22ND – 24TH

WEEKEND RETREAT

ECHOES OF MERCY

This is an invitation to take space, time and quiet to explore the path of Mercy as echoed in our own lives and the impact that has on our world, our universe. Where am I being gently encouraged towards courageous transformation as the call to Mercy continues to echo?

Facilitator: Gaye Lennon RSM

Cost: \$250.00 residential \$150.00 non-residential

SEPTEMBER: 27TH

REFLECTION DAY

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

WONDERS AND POSSIBILITIES

We often think we know an art work and enclose it in one meaning. This is an invitation to look anew at religious symbols and images; to explore new wonders and possibilities.

Facilitator: Anne Ryan RSM

Cost: \$20.00

OCTOBER

OCTOBER: 5TH

DINNER CONVERSATION

6.30PM—9.00PM

Guest Sue Campbell will introduce the conversation during pre-dinner drinks.

This conversation will then be continued during the meal.

Cost: \$40.00 - 9 PARTICIPANTS ONLY

OCTOBER: 6TH - 8TH

WEEKEND RETREAT

STORIES TOLD AND UNTOLD ON THE JOURNEY:

A BIBLICAL EXPLORATION

This session will further explore the way/s in which stories emerge from and shape a community through the lens of a gospel narrative. It will also explore stories not told because of the world view of their tellers. This will provide a space to undertake new storytelling into the future that the entire Earth community is calling forth.

Attendance at earlier presentations is not a prerequisite.

Facilitator: Elaine Wainwright RSM

Cost: \$250.00 residential \$150.00 non-residential

OCTOBER: 14TH

REFLECTION DAY

1.00PM—4.00PM

EXPLORING A MOVIE

Into the Woods (2015) Whimsical and weird! Bursting with energy, song, and over dramatic acting, this movie has been dubbed *the best musical of the century!* Starring Meryl Streep (in her wickedest role ever!) and a score of talented stars, the film explores fairytale stories we thought we knew and understood, twisting and turning and mixing and mingling them in a collage of Sondheim music and mayhem.

Reflection: What do fairytales have to tell us? How do the writers (Stephen Sondheim and James Lapine) challenge us to look beyond the story to human needs and emotions?

FACILITATOR: Val O'Hara RSM

COST: DONATION \$10.00

OCTOBER: 15TH - 22ND

6 DAY SILENT RETREAT

AN ENDLESS MELODY: LOVE ONEING, KNITTING, EVOLVING

"Growing into the fullness of life must be understood in the largest possible context today, that of evolutionary becoming. A zest for life is the idea of flourishing, especially the flourishing of people and planet ...human life needs spirituality like the body needs breath and blood to flourish."

(Ursula King, "The Zest for Life" in From Teilhard to Omega, ed., Ilia Delio osf, 2014)

This silent retreat we will immerse ourselves in art, poetry and music as we enter into the heart of Love's evolving moment. We will draw on the wisdom of mystics such as Julian of Norwich, Teilhard de Chardin, Ilia Delio, Beatrice Bruteau, Ursula King and others as we listen to the song of Loving Presence birthing, sustaining and evolving in all creation.

Facilitator: Kerrie Hide

Cost: \$600.00

OCTOBER: 26TH

REFLECTION DAY

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

DESIDERATA: THINGS TO BE DESIRED

"Go placidly amidst the noise and haste, and remember what peace there may be in silence".

This will be a reflection day of quiet and peace, using the Desiderata as our focus. We will explore the depths of meaning in the poem, employing art, music, drama and the magnificent environment of our Spirituality Centre to draw us into prayer and contemplation.

Facilitator: Val O'Hara RSM

Cost: \$20.00

NOVEMBER



NOVEMBER: 7TH – 14TH

PRIVATE SILENT RETREAT

An invitation to "come aside and rest awhile" as you take your personal journey of silent retreat within a supporting faith community. There will be an option for shared reflection each evening. You are welcome for 2 – 6 days

Individual spiritual direction sessions may be arranged.

Facilitator: Anne Ryan RSM

Cost: \$85.00 per day

Also available during this time is an option for a **Directed Retreat**—daily individual sessions with Colleen Rhodes RSM

NOVEMBER: 16TH

REFLECTION DAY

9.30AM – 1.00 PM LIGHT LUNCH INCLUDED

SOUL SISTERS

Using images of Louis Glanzman and poetry of Edwina Gateley, we will be invited to explore the stories of women in scripture and to notice how their voices and experience speak powerfully to our own.

Facilitator: Helen Baguley RSM

Cost: \$20.00

NOVEMBER: 23RD

DINNER CONVERSATION

6.30PM—9.00PM

Guest Mark Toohey will introduce the conversation during pre-dinner drinks.

This conversation will then be continued during the meal.

Cost: \$40.00 - 9 PARTICIPANTS ONLY

DECEMBER



DECEMBER: 2ND

REFLECTION DAY

1.00PM—4.00PM

EXPLORING A MOVIE

THIS MOVIE WILL BE YOUR CHOICE!

REFLECTING ON CHRISTIAN VIRTUES IN THE MOVIES!

Richard Leonard S.J. writes, quoting St Thomas Aquinas: *wherever faith, hope, love, justice, fidelity, self-esteem, prudence, mercy and hospitality are present, then, named or not, Christ is present. Jesus, in his parables, says Leonard, takes ordinary events of daily life and draws out lessons about faith, hope, love, justice, fidelity, self-esteem, prudence, mercy and hospitality!* Christ commissions us to meet with people where they are, in the middle of their messy lives. Movies are modern day parables which *can provide us with a venue in which to fulfil this great commission.*

References: 'Movies that Matter' by Richard Leonard S.J. Loyola Press Chicago 2006
'Praying the Movies II' by Edward McNulty Westminster John Knox Press, Louisville, Kentucky 2003

FACILITATOR: Val O'Hara RSM

COST: DONATION \$10.00

SABBATH SPACES

*This property offers some beautiful reflective spaces
which we are happy to share —
for a few hours or full day.
Beverages available, byo food.*

Also available are

*Self-catering units for a stay of
2 — 6 nights for private retreat.*

SPIRITUAL COMPANIONING / DIRECTION

*A group of qualified Spiritual directors offer
individual sessions at the Centre.*

TRANSPERSONAL ART THERAPY

*Individual sessions are available at the Centre
with therapist Anne Ryan RSM.*

FOR INFORMATION AND APPOINTMENTS

Contact: Anne Ryan RSM - Co-ordinator:

Email: mercyltoronto@mercy.org.au

Phone: 02 4959 1025

YOU ARE INVITED TO VISIT:

<http://institute.mercy.org.au/toronto>

*and apply online to participate
in any of the programs detailed here.
Applications can also made by email or phone.*

PAYMENT MAY BE MADE BY:

Direct Deposit (EFT):

Name: McAuley Ministries Limited

Bank: CBA BSB: 063 141

Account Number: 1047 2094

Please enter **Mercy Toronto** and your **family name** as reference in your transfer details.

Cheque: payable to — Mercy Spirituality Centre

ABN 36 165 650 171

All correspondence to:

Mercy Spirituality Centre

PO Box 1115

TORONTO NSW 2283

*Six Day Retreats begin with a 6pm meal on the first date and
conclude with breakfast on the last date.*

*Weekend Retreats begin with 6pm meal on the first date and
conclude after lunch on the final date.*

Deposits paid are non refundable.

HOW TO FIND US:

Travelling by road: **26 Renwick Street Toronto** is
27 km south of Newcastle or 132 km north of Sydney.

From Newcastle airport: please advise of flight
arrangements so you can be met at the airport
and then driven to Toronto.

Rail: take the Newcastle line to Fassifern Station.
Please advise the Centre of your arrival time at Fassifern Station
where you will be met and driven to the Centre.

FACILITATORS



HELEN BAGULEY RSM

a Sister of Mercy with a background in secondary teaching (Religion and Science) has considerable experience in spirituality and retreat work. Helen has held leadership positions within the Sisters of Mercy and is a qualified spiritual director.



CHRIS CONVERY

joined the Mercy Associates in Goulburn in 1996 and has since been involved in leading meditation retreats, workshops, and in spiritual companionship. Chris has a background in secondary education and is now delivering programs in Mindfulness Meditation, Walking Meditation (using the labyrinth in particular), Christian Meditation and in Mandala Art. Chris continues to explore the practices of meditation, contemplation, centering prayer and theological reflection. Her love of scripture, theology, meditation practices and in writing poetry have been paramount to her journey in order to extract the teachings pertinent for the expansion of soul that this life has called forth. Chris is a wife, mother of four adult children and grandmother to five.



SUE COLLINS

is a qualified practising professional counsellor both in her private practice and in a NSW funded health service. Her love of variety means she is also a professional trainer and has a business that takes her throughout NSW and Victoria a couple of times a month to present her professional development training programs on subjects such as "Counselling Skills for the Accidental Counsellor", "Professional Boundaries", or "Coaching Skills in Early Intervention". Sue also spent almost ten years doing grass-roots community development work as the manager of a Community Centre on the NSW/Victorian border which was the catalyst for pursuing the work she does now. Over the years, her love of community has led to the development of a broad portfolio of seminars, workshops and courses dealing with all manner of human interactions hopes and dreams, including such topics as "Beating Loneliness and Loving Life", "Wise Sassy Women", or "Spiritual Relationships". While she thrives on creative opportunities, the underlying principle most important to her and apparent in all her work is the importance of simple human kindness.



HELEN DUFFY RSM

is a Sister of Mercy who has spent many years as an Adult Faith Educator, which included being part of a Spiritual formation team in the Catholic Education Office in the Archdiocese of Melbourne. She is a leader of Christian Meditation and conducts a number of retreats in retreats houses across Australia. Helen has a particular interest in the Gospels of Mark and John and is a great lover of poetry.



VICKI HANCOCK

Vicki approaches her spiritual practices of prayerful movement, meditation, centering prayer and lectio divina from her heart space. She has a passion for and experience and qualifications in teaching, religious education, meditation, mindfulness, contemplation, imagery, yoga, modified and trauma aware yoga, relaxation, stress management, mental health first aid and music. As a co-founding member of the Whitebridge Wellness Centre she offers talks and courses at the Centre as well as facilitating weekly classes on gentle yoga, relaxation, meditation and mindfulness there and at the Charlestown Library. Vicki is committed to her own interior journey

and desires to serve others on their journey by offering heart based nurturing programs for physical, emotional, mental and spiritual wellbeing.



TONY HEMPENSTALL

is a Christian Brother, Teacher, Spiritual Director and Counsellor. He studied spirituality and the art of Spiritual Direction in the United States and has spent many years working as a spiritual director and counsellor and facilitating retreats and workshops on the spiritual journey, the mid-life years, and more recently the Emerging Spirituality growing out of The New Story of Faith. He is presently engaged in managing a small retreat centre, The Archer, an hour north of Brisbane and facilitates retreats and reflection days on Earth based spirituality. He has a passion for telling the New Story and

presenting the New Cosmology as a valid way to be Human and Christian in today's world.



KERRIE HIDE

Kerrie Hide has a background in mystical theology, lecturing in spirituality and spiritual direction at Australian Catholic University and giving retreats at St Mary's Towers Douglas Park for many years. She is the author of the award winning book *Gifted Origins to Graced Fulfilment: the Soteriology of Julian of Norwich* and has written many articles on prayer. Her most recent publication is "The Ecstasy of Agape" in *Personal Transformation and New Creation*, edited by Ilia Delio, 2016. Currently she enjoys writing, spiritual direction and giving retreats around Australia.



CARL HOOPER

Carl Hooper trained for nearly thirty years under Zen Master and Jesuit priest Father AMA Samy and is now an independent Master in the lineage of AMA Samy. He has a PhD in the philosophy of Zen Buddhism from the University of New England (2008) and a background in monastic studies at Tarrawarra Abbey (1966-1971). Carl has a particular interest in how Zen can help to open us to the riches of the Christian contemplative tradition.



GAYE LENNON RSM

is a Sister of Mercy. Gaye has considerable experience of living and working in cross cultural situations and is involved in consultancy and facilitation using her skills in Community development, Spiritual formation and Spiritual direction. Gaye has a passionate interest in developing contemplative and creative ways to explore the world and in supporting religious congregations, institutions and projects through facilitation, workshops and retreats.



PATRICK OLIVER

is Brisbane-born, and has worked fulltime in the area of Christian spiritual direction for over twenty years. He also leads retreats and workshops in Christian spirituality across the denominations. Patrick has written several books in the area of faith, the gospels and maturing through what is sometimes called “the second half of life”. Patrick is a father of two young children, and is involved in his local Catholic parish.



VAL O'HARA RSM

a Sister of Mercy who loves to involve people in exploring Scriptures and life, unlocking personal meanings within, often through the prayerful, reflective use of drama, story-telling, film, poetry, music, and art.



COLLEEN O'SULLIVAN RSJ PhD

is a trained spiritual director having completed the internship at Loyola House, Guelph, Canada and been trained in giving the Spiritual Exercises of St Ignatius at Canisius House, Pymble. She is also trained as a supervisor of Spiritual Directors. Colleen has been a teacher, pastoral worker and art therapist and finds these ministry skills helpful in retreat giving and in planning reflection days. As a result of her studies on the spirituality of Thomas Merton she is particularly interested in contemplation and contemplative practices across denominations. Her work of spiritual direction and retreat facilitation takes her to many places

within Australia. She is at present the team leader for her congregation's Ecospirituality resource team.



COLLEEN RHODES RSM

joined the Sisters of Mercy in 1965. In 1985 she began her involvement in the ministry of Retreats and spiritual direction, working at St Mary's Towers Douglas Park, Star of the Sea Yamba, and as a visiting director at other centres in New South Wales. After completing an MA in Pastoral Studies at the Margaret Beaufort Institute of Theology in Cambridge, UK, she spent several years with

the Aboriginal Catholic Ministry in the Diocese of Lismore before returning to Yamba. Colleen has a special interest in directed retreats and ongoing spiritual direction.



ANNE RYAN RSM

a Sister of Mercy, is also a Transpersonal Art Therapist and a spiritual companion. She has many years of experience developing and leading adult spirituality and formation programs.

Co-founder of the Grove Wholistic Centre for Spirituality (Melbourne) Anne has also been the Director of Initial Formation of the Sisters of Mercy, and facilitator of retreat programs. Anne was appointed Program Coordinator / Manager of Mercy Spirituality Centre in 2015.



ELAINE WAINWRIGHT RSM

is currently Executive Leader Mission and Ministry in the Institute of the Sisters of Mercy of Australia and Papua New Guinea. She is a biblical scholar, specializing in ways of reading our sacred story in the context of contemporary challenges, in particular ecological readings. She has taught biblical studies for many years in both Australia and New Zealand. Her most recent book is entitled: *Habitat, Human and Holy: An Eco-rhetorical Reading of the Gospel of Matthew*.