

GENERAL INFORMATION

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.*

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

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.*

*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

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 Iliia 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.



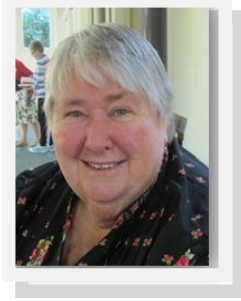
PATRICK OLIVER

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*.