

## *RETREATS 2017*

**FEBRUARY: 17<sup>TH</sup> - 19<sup>TH</sup>**

**RESIDENTIAL WEEKEND**

**GUIDED IMAGERY FOR HEALING,  
PERSONAL DEVELOPMENT AND SPIRITUAL GROWTH**

**Facilitator:** Chris Convery

**Cost: \$250.00**

**MARCH 3<sup>RD</sup> -5<sup>TH</sup>**

**RESIDENTIAL WEEKEND**

**THE TRINITY**

**Facilitator:** Colleen Rhodes RSM

**Cost: \$250.00**

**MARCH 19<sup>TH</sup> – 26<sup>TH</sup>**

**6 DAY SILENT RETREAT**

**ENCOUNTER**

**Facilitator:** Colleen O'Sullivan RSJ PhD

**Cost: \$600.00**

**MAY: 19<sup>TH</sup> - 21<sup>ST</sup>**

**WEEKEND RETREAT**

**Praying Your Dreams**

**Facilitator:** Patrick Oliver

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

**MAY: 26<sup>TH</sup> - 28<sup>TH</sup>**

**WEEKEND RETREAT**

**ART JOURNALING**

**Facilitator:** Gaye Lennon RSM

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

**JUNE: 5<sup>TH</sup> - 9<sup>TH</sup>**

**4 DAY SILENT RETREAT**

**SOME MOMENTS OF ZEN**

**Facilitator:** Zen Master Carl Hooper

**Cost: \$400.00**

**JULY: 20<sup>TH</sup> - 27<sup>TH</sup>**

**6 DAY SILENT RETREAT**

**THE UNFOLDING STORY OF LOVE –**

**ENTERING THE MYSTERY OF THE UNIVERSE STORY.**

**Facilitator:** Tony Hempenstall

**Cost: \$600.00**

**SEPTEMBER: 5<sup>TH</sup> - 7<sup>TH</sup>**

**2 DAY RETREAT**

**EXPANDING PRAYER BOUNDARIES**

**Facilitator:** Colleen Rhodes RSM

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

**SEPTEMBER: 10<sup>TH</sup> - 17<sup>TH</sup>**

**6 DAY SILENT RETREAT**

**"GOD'S MERCY IS FROM AGE TO AGE"**

**Facilitator:** Helen Baguley RSM

**Cost: \$600.00**

**SEPTEMBER: 22<sup>ND</sup> - 24<sup>TH</sup>**

**WEEKEND RETREAT**

**ECHOES OF MERCY**

**Facilitator:** Gaye Lennon RSM

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

**OCTOBER: 6<sup>TH</sup> - 8<sup>TH</sup>**

**WEEKEND RETREAT**

**STORIES TOLD AND UNTOLD ON THE JOURNEY:**

**A BIBLICAL EXPLORATION**

**Facilitator:** Elaine Wainwright RSM

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

**OCTOBER: 15<sup>TH</sup> - 22<sup>ND</sup>**

**6 DAY SILENT RETREAT**

**AN ENDLESS MELODY: LOVE ONEING, KNITTING, EVOLVING**

**Facilitator:** Kerrie Hide

**Cost: \$600.00**

**NOVEMBER: 7<sup>TH</sup> - 14<sup>TH</sup>**

**PRIVATE SILENT RETREAT**

**Facilitator:** Anne Ryan RSM

**Cost: \$85.00 per day**



**FEBRUARY**

**FEBRUARY: 17<sup>TH</sup> - 19<sup>TH</sup>**

**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**



**MARCH**

**MARCH 3<sup>RD</sup> -5<sup>TH</sup>**

**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 19<sup>TH</sup> – 26<sup>TH</sup>**

**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**



**MAY: 19<sup>TH</sup> - 21<sup>ST</sup>**

**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: 26<sup>TH</sup> - 28<sup>TH</sup>**

**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: 5<sup>TH</sup> - 9<sup>TH</sup>**

**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**



**JULY: 20<sup>TH</sup> - 27<sup>TH</sup>**

**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: \$600.0**



**SEPTEMBER: 5<sup>TH</sup> - 7<sup>TH</sup>**

**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: 10<sup>TH</sup> - 17<sup>TH</sup>**

**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: 22<sup>ND</sup> – 24<sup>TH</sup>**

**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**



**OCTOBER: 6<sup>TH</sup> - 8<sup>TH</sup>**

**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: 15<sup>TH</sup> - 22<sup>ND</sup>**

**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**



**NOVEMBER: 7<sup>TH</sup> – 14<sup>TH</sup>**

**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**