

Retreat Programme 2018

April: Monday 23rd -30th

Listening to the call to become the Beloved Disciple

Facilitator: Helen Duffy rsm

This contemplative style retreat will invite us to listen and respond to the call to become the beloved disciple in the Gospel of John. We will follow the journey of this disciple whom Jesus loved and come to recognize his identity and his significance as the hero of the fourth gospel.

The retreat will provide reflective spaces for participants to discover their own identity as a Beloved Disciple and see how this identity can be lived in our own lives. **Cost: \$600**

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May: Thursday 3rd –10th

Pathways to Wisdoms - In the company of Sophia Wisdom

Facilitators: Carole Carmody and Rev Hien Vu

This retreat invites us to discover and draw on our inner wisdom in life's journey, and to embrace the gift of Sophia Wisdom readily available to us. This is a guided retreat offering a morning reflection and night prayer, with the opportunity for individual spiritual companionship. On this occasion there will be Eucharist each evening. **Cost: \$600**

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May: Sunday 20th – 27th

Centred in Love **Facilitator: Colleen Leonard sgs**

This six day guided and silent retreat explores a pilgrimage of seven mystics and the legacy of three in particular:

Teresa of Avila, Catherine of Sienna and Therese of Lisieux, Doctors of the Church. The retreat will focus on lessons of love from these three influential Mystics. There will be opportunity for Daily Eucharist and individual Spiritual Direction. **Cost \$600**

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June: Friday 15th – 22nd

Listening to your Winter Heart - In the company of Teresa of Avila **Facilitators: Carole Carmody rsm and Margaret Donald**

This retreat invites you into a place of deep listening to your heart and the wisdom it holds for you. Teresa's unique understanding of the inner journey will be a light for the journey. This is a guided retreat offering a morning reflection and night prayer, with opportunities for individual spiritual companionship if desired.

Cost: \$600

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July: Wed 17th –Thurs 25th

Hidden Treasure

Facilitator: Liza Stewart

Unlocking the wisdom of the inner world is a wonderfully exciting though at times challenging experience. Awareness of our inner response patterns makes change possible, and at the same time opens the way for developing a more authentic relationship with God.

In this 8 day retreat we will be focusing on unwrapping the deepest and most revealing of all questions. 'Who actually am I?' **Maximum Number 9** **Cost: \$800**

August Sat 4th – 11th

Listening to the call to Intimacy

Facilitator: Helen Duffy rsm

In this year of Mark, this retreat will invite us to hear the Marcan call to Discipleship, and on our pilgrimage to the cross, to hear and respond to the Love Song at the very heart of this journey – a Love that can lead us to be evermore open to Presence and Action of God in our daily lives. **Cost: \$600**

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August Sun 24th - Sept 2nd

Apostles, Disciples and the Others

Facilitator: Chris Hope

We will reflect on the stories of the call and response of Jesus' chosen apostles and the others, male and female, who were attracted to him. The readiness to respond to him and the highs and lows of their journey will help us as we continue our own reply to the call to follow him. **Cost: \$600**

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September: Fri 21st - 28th

Coming home to the heart - In the company of Julian of Norwich.

Facilitators: Carole Carmody rsm and Rhonda Dingle

This is a fully directed retreat, ie you will have the opportunity to meet with your director each day at an allotted time. Every morning some reflective material will be available for you including something of Julian's wisdom. There will be a gathering in the evening for contemplative prayer.

Cost: \$600

October: Wed 10th – Thurs 18th

Directed Retreat:

Facilitators: Bernadette Miles & Marlene Marburg

The eight-day retreat is a privileged time when we can tune out the noise and distractions of our regular routines in order to more intentionally focus on our relationship with God. You will meet with your director daily for spiritual conversation. **Cost: \$800**

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November: Fri 2nd - 9th

***Treasuring our later years* Facilitator: Nicole Rotaru rsm**

Treasuring our later years invites us to be awake to the new chances and possibilities offered daily. During our days together we will ponder themes that take on special significance in our later years: awakening to new possibilities in my life now; spirituality; what has given and gives my life meaning; relationships; gratitude; death – mystery.

Our conversations will be a time of recognizing the richness of our journey to 'now', the wisdom we have gained, our capacity to adapt to the changes occurring in us and a deepening of our awareness of God's presence. **Cost: \$600**

December Sat 1st - 8th

Advents invitation - In the company of our Angel Guide

Facilitators: Carole Carmody rsm and Margaret Moore rsm

This retreat is an invitation to rest, reflect and renew your spirit in the beautiful season of Advent. Some of the Angel guides of Scripture will offer wisdom and inspiration for the journey of this retreat. There will be a morning reflection and an evening prayer as the sun sets. There will also be opportunities for spiritual companioning. **Cost: \$600**

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December: Tues Dec 11th - 18th

Be Awake the Lord is Near

Facilitator: Peter Varengo sdb

A call to Active Waiting for the Lord and of Radical Incarnation of God by engaging the Memory of the Past, Embracing the Energy of the Present and Committing to the Future. It is only by embracing the past with gratitude and the future with determination and hope that the journey will lead us to fulfilment in God.

Cost: \$600

Profiles of Retreat Directors / Facilitators

Carole Carmody rsm Carole is a Sister of Mercy and an experienced spiritual director with a special love for creating sacred spaces, and a reflective atmosphere. Carole believes in the capacity which each person has to depth their experience, and to discover the unique treasure within.

Rhonda Dingle Rhonda is a spiritual director who completed her studies with Wellspring Centre Ashburton. Rhonda is committed to providing silent retreats with an emphasis on encouraging a contemplative way of life

Margaret Donald Margaret is an experienced spiritual director and retreat presenter. She has been associated with the Wellspring Centre, Ashburton, for many years where she continues to offer silent retreats and reflective days. She has a deep love for Celtic spirituality, Centering Prayer, and the process of reflective art as a container of awareness. She is passionate about providing silent spaces to enable each person to depth their own unique journey of the heart.

Helen Duffy rsm Helen is a Sister of Mercy and has trained in Centering Prayer in Snowmass, Colorado. She has completed a Graduate Certificate course in Guiding Meditation at Catholic Theological College in Melbourne.

Fr Chris Hope ordained in Rome in 1966 is the Parish priest at Kingston-Channel Parish in southern Tasmania. He is involved as well in promoting an understanding and love of the Word of God at various levels in Tasmania and beyond. From 1973 – 1979, Fr Chris was on the Staff at Corpus Christi College Clayton and

lectured in Sacred Scripture at Catholic Theological College. For many years he has given retreats based on biblical themes.

Colleen Leonard is a Sister of the Good Samaritan and an experienced retreat presenter and spiritual director. Colleen has qualifications in education, theology and spirituality. In recent years she has been in the ministry of formation in her congregation

Dr Marlene Marburg was formed as a spiritual director in the Arrupe Program, Melbourne, Australia, and has twelve years experience engaging with the Spiritual Exercises, spiritual direction and the formation of spiritual directors at Campion Centre of Ignatian Spirituality, and as a Senior Lecturer and Director of Student Formation at Sentir Graduate College of Spiritual Formation, and now at Kardina Formation.

Bernadette Miles trained in spiritual direction and theology after twenty years of computer consulting and business management and has a special interest in formation of apostolic leadership and applying the concepts of Ignatian Spirituality to organizational development. She has completed both the Arrupe Program for spiritual directors in the Ignatian tradition, Siloam programs in Melbourne and has 15 years experience in forming spiritual directors, supervision, spiritual direction, facilitation and retreat giving as Director of Campion Centre of Ignatian Spirituality and Coursework Coordinator for Sentir Graduate College of Spiritual Formation.

Margaret Moore rsm trained in spiritual direction at the Institute for Spiritual Leadership in Chicago and completed her Masters at Loyola University, Chicago. She has also completed further training in retreat-giving and the Spiritual Exercises at St Bueno's Ignatian Spirituality Centre in Wales.

Nicole Rotaru rsm is a member of the Institute of the Sisters of Mercy of Australia and Papua New Guinea. She has a background in education, social work and creative arts therapy and a deep passion in spirituality across the life span.

Liza Stewart is a wife and mother and grandmother whose background is education. Her spiritual direction formation was at the Heart of Life Spirituality Centre in Melbourne. She is passionate about encouraging the exploration and integration of all aspects of life.

Fr Peter Varengo sdb is a Salesian of Don Bosco (sdb) and his background and formation have been in education secondary, tertiary and adult, with particular interest in Religious Education. During his time as a member of the Formation team for his congregation he developed a personal interest in spirituality, and this has brought him into the area of spirituality and retreat work during the past twenty years. He considers this a real blessing as it has been a challenge and a stimulus to him personally as he lives his own commitment as a religious and as a priest.

Fr Hien Vu is the Parish priest of St Brendan's Parish Flemington within the Archdiocese of Melbourne. He is a spiritual director and completed his studies at the Heart of Life Spirituality Centre, Melbourne.