

Retreat Programme 2019

May: Wednesday 1st – 8th

Contemplative Retreat

Facilitators: Margie Abbott rsm & Elaine Smith rjs

This retreat will enable you to listen deeply to Earth and Each Other. Sharing We Space we will allow for the Collectiva Practice; earth centred meditations and mindfulness walking; listening to the birds and waves and be entwined in all that is.

This retreat is fully booked

Cost: \$600

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May: Thursday 23rd –30th

Autumn's Invitation

Facilitators: Carole Carmody rsm and Rev Hien Vu

Autumn 🍂 invites us to listen more deeply, let go more graciously, cross thresholds courageously, and to nurture the desires of our heart.

If you find yourself in such places in your life please join us for this contemplative retreat in an atmosphere of silence and peace.

Each day includes a morning reflection, night prayer and optional daily Eucharist as well as an opportunity for Spiritual direction.

Cost: \$600

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June: Tuesday 4th – Thursday 13th

Gems of Inner Truth

Facilitator: Liza Stewart

This retreat in the Ignatian tradition offers an opportunity to gain self- awareness.

Experiential exploration will reveal insight into the wonderful richness held in our inner world. Our quest to unwrap this inner wisdom is a challenging one, which at the same time can be difficult, inspiring, puzzling and exciting, as we will seek to answer the most revealing of all questions, 'Who actually am I?' There will be group discussion, silence, and the opportunity for individual spiritual direction.

Maximum Number: 8

Cost \$800

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June: Friday 14th – 21st

'With the drawing of this Love and the voice of this Calling...' [T.S.Elliot, Little Gidding]

Facilitators: Madeline Duckett rsm

The drawing power of Divine Love in us has a story in each of our lives as we slowly learn to recognize and trust in the ebb and flow, and to move to deeper places of Divine union. Like nature's seasons, Love draws us through seasons of abundance and scarcity, birth and death, growth and diminishment, suffering and joy. This retreat will help us to re-member our experiences and explore the 'Eucharistic' nature of Omega Love's continuing call to BE and to BECOME MORE. During the retreat there will be opportunity for spiritual direction for those who wish.

Cost: \$600

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July: Wednesday 31st – Aug 7th

At the time of the Rising Dawn

Facilitator: Kerrie Hide

'In this spiritual sleep in the caress of the Beloved
We relish all the tranquillity, rest and quiet of the peaceful night
That is the tranquillity and quiet of divine light"

John of the Cross, Spiritual canticle 15:22

Drawn by the touch of the beloved in the night of our lives, we will create a communion of love longing, as we follow the invitations of dawn light arising in us, awakening unitive awareness. John of the Cross, Elizabeth of the Trinity, Teilhard de Chardin, and Beatrice Bruteau will be our guides.

Cost: \$600

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August: Sunday 18th – 25th

'Unless a grain of wheat falls into the earth and dies....'

Facilitator: Rev Chris Hope

In the retreat we will reflect on the episodes of the Passion Narrative in the Gospels, particularly from the perspective of the disciples, female and male who are with Jesus on the way to Calvary.

We will keep in mind the words of St Paul: I have been crucified with Christ, and it is no longer I who live but it is Christ who lives in me.'

Cost: \$600

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September: Wednesday 4th – Saturday 7th

Centering Prayer

Facilitator: Helen Duffy

Centering Prayer is a receptive method of silent prayer that prepares us to receive the gift of Contemplative prayer, prayer in which we experience God's presence in us.

Closer than breathing, closer than thinking, closer than consciousness itself, this method of prayer is both a relationship with God and a discipline to foster that relationship". [Thomas Keating]

Cost: \$300

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September: Sunday 15th – 24th

Directed Retreat "Sounding Solitude"

Facilitator: Madeline Duckett rsm

This is a fully directed 8 day retreat where retreatants are invited to begin from where they are and sense the still small voice within, calling them to where they might be. There will be the opportunity for spiritual direction each day at a chosen time as well as a daily contemplative time together for those who feel drawn to pray in communion with others.

Maximum of 6 Costs: \$800

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October: Tuesday 15th – 22nd

The Kingdom is Here. 'You must know, the kingdom of God is among you' – (Lk 17:21)

Facilitator: Rev Peter Varengo

'An exploration of discipleship through the Gospel imagery of the Kingdom'
Jesus had hang-ups, none more persistent than his concept of Kingdom – a reality understood as the life-giving and active presence of God in our world, embracing every dimension of faith, and expressed in the human experience of each day in the here and now.

Jesus' Kingdom parables then become the blueprint of the personal and collective response of the believer who accepts the call to discipleship.

Cost \$600

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November: Friday 29th –Sunday Dec 1st

Advent Retreat

Facilitator Helen Duffy rsm

This Advent Retreat will allow us to ponder the contemplative heart of Mary and invite us to hear the Love-song of deep hope offered to all of creation in the mystery of the Incarnation. Centring Prayer will frame our days together. **Cost: \$200**

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December: Tuesday 3rd -10th

Advent's Longing

Facilitators: Carole Carmody rsm and Margaret Moore rsm

If you find yourself longing to nurture the desires of your heart, for quiet and peace, for walks along the shore with beautiful sunsets, this retreat may be an invitation to you . Each day offers silence and contemplative spaces with a morning reflection, evening prayer, and optional Spiritual Direction.

Cost: \$600

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Profiles of Retreat Directors / Facilitators

Margie Abbott rsm Margie is a Sister of Mercy who is experienced in offering retreats and is involved in the ministry of spirituality. Margie is a member of the 'on-line world-wide community that continually unfolds inside a quantum field of infinite possibility.

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.

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.

Kerrie Hide Kerrie has been a spiritual director for more than 30 years. She has a background in Mystical Theology and completed her PhD *Gifted Origins to Graced Fulfilment*, on salvation as oneing in the Showings of Julian of Norwich, which was published as an award winning book. She has written many articles on Prayer and Spirituality.

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.

Margaret Moore rsm Margaret is a Sister of Mercy 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 Nicole is a Sister of Mercy. Her background is in Education, Social Work and Creative Arts Therapy. For several years Nicole has worked intensively in family violence under the auspice of McAuley Community Services for Women. She has witnessed the impact of violence on women and children. This has given her a practical and deep understanding of the complexity of family violence and the devastating impacts on children and their mothers, as well as their remarkable capacity for resilience and strength to heal.

Elaine Smith rsj Elaine is a Josephite Sister who is experienced in offering retreats and is involved in the ministry of spirituality. Elaine is a member of the world-wide evolutionary community called 'Continually Blossoming'.

Liza Stewart Liza 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). Faith in the God revealed by Jesus can only be expressed and lived fully through the concrete reality and experience of each day. This is the foundational presupposition underlying the personal belief and ministry of Peter Varengo, engaged in full time in Retreat Ministry and Adult Faith Education in Australia, Asia and the Pacific. A member of faculty at Catholic Theological College, he has published a number of commentaries on the Sunday Gospels and the Liturgical cycle of the year, and a collection of Gospel reflections, such as “*We Want to See Jesus*” and “*The Kingdom is here – An Exploration of Discipleship through the Gospel Imagery of the Kingdom*”.

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.