

2019
EDITION

'May we try to listen and
be silent in order to make
space for the beauty of God'

- POPE FRANCIS

THE
Catholic Weekly

retreats

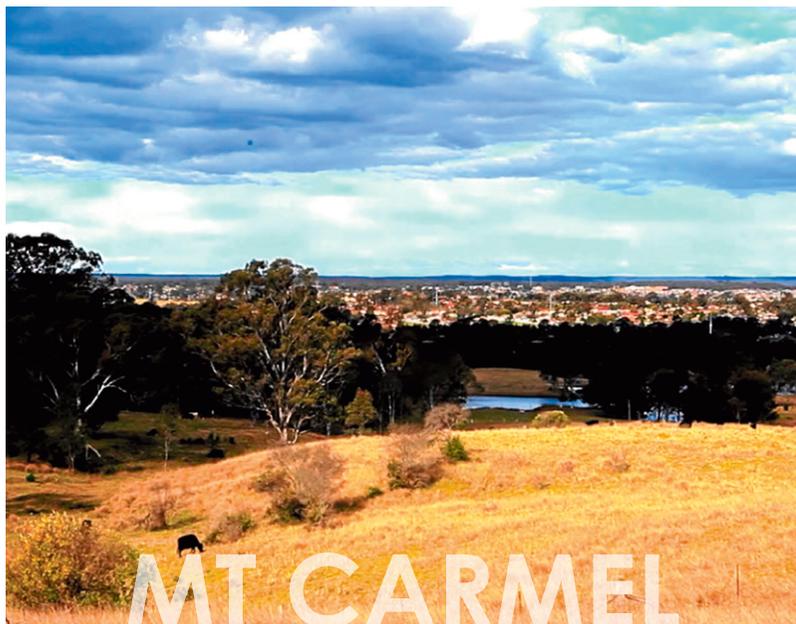
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ST MARY'S TOWERS



MT CARMEL



SANTA TERESA

 *Hartzer Park*
Conference & Retreat Centre

Advent
at Hartzer Park



**Hartzer Park 2019
Guided Retreat**

Fr. Philip Malone MSC
23rd November – 30th November

The retreat begins evening 23rd and concludes the morning 30th. Advent A time of waiting and anticipation.... a time to delight in the story of God human and divine.. Fr. Philip Malone's refreshing approach to the season of waiting will help you explore and experience the rich truths we celebrate in faith during this time. A time of sacred silence and space in which to meet some of the characters of the Advent journey and reflect with them on what it means to wait in hope for the Lord.

Cost: \$650 per person (fully catered)

Contact us to book your place!
Tel: 02 48613223 | Email: hartzprk@bigpond.net.au

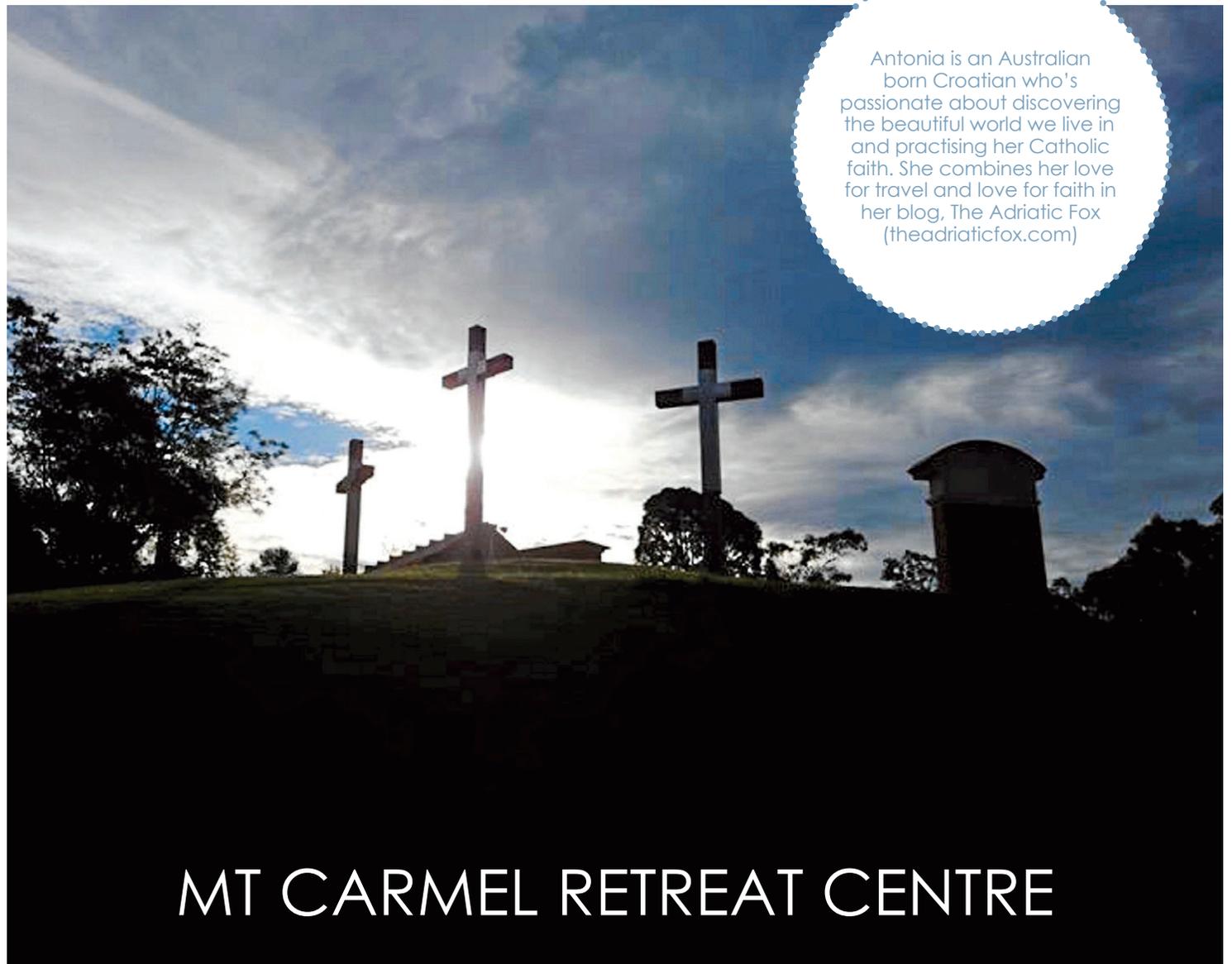
Do your part and He will do the rest

BY ANTONIA LISICA

I went on my first real retreat when I was 18 years old. It was a weekend silent retreat at the Mt Carmel Retreat Centre at Varroville, 50kms south west of Sydney.



Antonia is an Australian born Croatian who's passionate about discovering the beautiful world we live in and practising her Catholic faith. She combines her love for travel and love for faith in her blog, The Adriatic Fox (theadriaticfox.com)



MT CARMEL RETREAT CENTRE

Rest. We all want it. Maybe more often than we will admit. That's why it doesn't surprise me when people come back from a holiday and are already planning the next one. Could it be then that we are looking for it in the wrong places?

This got me thinking - what are the right places to nourish ourselves spiritually to give us the rest we desire?

For me, it was a Catholic retreat. An opportunity that arose to withdraw myself from daily life, and find refreshment for my soul in a picturesque country town where there was no mobile reception and no distractions in sight.

Mark highlights this inner need we all have through Jesus' personal invite to "Come with me by yourselves to a quiet place and get some rest" (Mark 6:31).

In the location of the Benedict XVI Retreat Centre in Grose Vale, I noticed upon entering the grounds a beautiful sunset cascading over the country hills in the background. This was definitely the place of rest he was calling me to.

It sounds peaceful, right? Somewhere picturesque with the chance to escape reality for a short period and just for a moment not have to think about when your next meeting is, how many birthday events you have coming up or one of the other 100 things you have to do from your to-do list.

That's exactly what Jesus is inviting every person to do. Come to him. By yourselves. To a quiet place and get some rest.

I have personally been to several retreats and have found the experience is always exactly that. It is an opportunity to rest in a quiet surrounding, with great people who share the same common interests



That's exactly what Jesus is inviting every person to do. Come to him. By yourselves. To a quiet place and get some rest"

and are all seeking to learn more about their faith but most importantly, dig deep to discover their personal relationship with God.

In the retreat I attended earlier this year, I took a moment to just immerse myself into his presence. Just being aware of His creation in looking at that beautiful picturesque setting, His presence on the altar, and listening to His words being spoken through the priest was all I needed to gain rest in Him.

In a world where our phones become a necessary accessory to carry around with us everywhere, where sharing your stories on social media become a priority, it seems rare to stop, breath in, out, and enjoy each moment given to us.

5 days after the retreat finished, all I kept hearing from those that attended was "I miss it", "I want to go back" and "I'm having retreat withdrawal symptoms". We seemed to all be on such a high and many

realised this was the happiest they have ever been in their life. In the simple action of allowing him into our hearts by seeking his presence, the Holy Spirit ignited a flame in our souls. A flame that continues to powerfully burn in each of us and guide us in striving to get close to Him.

While we can often want to just stay in those surroundings and not return to everyday life, God needs us to have rest to renew our souls so we can "go into all the world and preach the Gospel to the whole creation" (Mark 16:15).

You see, rest is all we need. With rest we can do God's will and find great riches. With rest he is able to work through our bodies and bring people back to Him.

So if you find that you are tired with life, tired of trying to work out what you are meant to be doing, tired of the negativity in this world - search for rest with God. Let that be your mission in this Year of Youth. Take something on instead of giving something up. As Jeremiah 29:13 states, "you will look for me and find me when you look for me with all your heart". The greatest version of yourself is possible. It just starts now. Seek, and you will find.

Want to attend a Catholic retreat? Speak to your local parish priest and find out when and where their next youth retreat is taking place.

At Marian Valley Jesus is the most important person. The source of grace and prayer.



MARIAN VALLEY is a sacred place. It has been established to honour the Blessed Virgin Mary, Mother of God. It is a Shrine to which pilgrims come for Holy Mass, for the Sacrament of Reconciliation, to be a part of Eucharistic Adoration, to join in Eucharistic Processions, the Rosary, Devotions, Reflection, Retreats - indeed everything that leads to Spiritual Renewal and conversion.

Each year thousands of pilgrims visit the Shrine. Our Lady invites all to pray and helps us to bring Christ to our world as she did.

The shrine was opened and blessed on 10th December 1995 and is now the Brisbane Archdiocesan Shrine of Our Lady Help of Christians. It is under the care of the monks of St. Paul the First Hermit (the Pauline Fathers).

At Marian Valley we observe many Feast days in honour of Our Lord and the Blessed Mother. Various ethnic communities celebrate their annual pilgrimage days with their religious and cultural traditions.

Enquiries call (07) 55 333 378 or www.marianvalley.org.au

marian valley

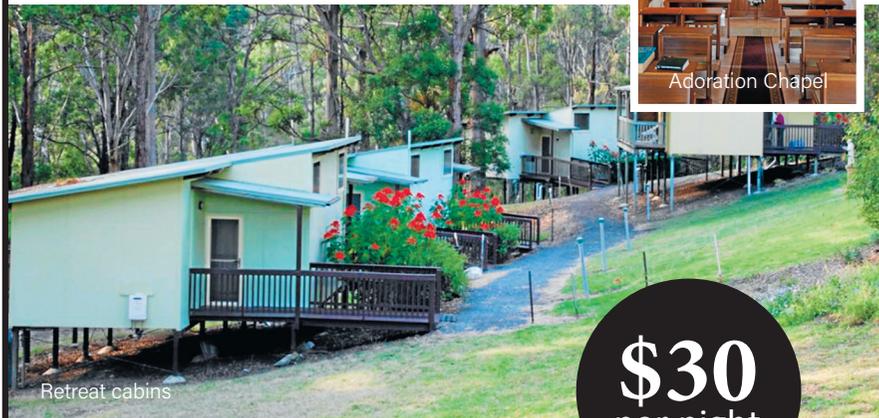
Our Lady Help of Christians

Retreat Centre with Adoration Chapel

A place to experience solitude, prayer and spiritual renewal. Accommodation (self-contained) available for small groups, couples, families and individuals. We pray here especially for peace in the world, our beloved country Australia, the Church, vocations to the Priesthood and Religious life, our Archdiocese, the Pauline Fathers' ministry at the Shrine, and for the intentions of every pilgrim.



Adoration Chapel



Retreat cabins

\$30
per night

Retreat cabins for hire. Each cabin has two separate rooms.

P 07 55 333 378 | E marianretreat@bigpond.com

www.marianvalley.org.au

Billowview



THE CHRISTIAN BROTHERS AND "BILLOWVIEW"

The Christian Brothers acquired "Billowview" (pictured right) from the Cooke family in 1959, to be used as a holiday house and retreat centre. In more recent times the Brothers have also used the property for holiday camps for disadvantaged children and disabled adults, as a conference centre for various activities, particularly those associated with the Brothers' various ministries.



THE CHRISTIAN BROTHERS

The Retreat and Conference Centre is located in Gerringong, less than two hours south of the Sydney CBD. It provides excellent facilities and accommodation for about twenty people. It has ten modern bedrooms and six older, smaller bedrooms. There is a large meeting area with a large kitchen in one house, and a smaller meeting area and kitchen in the other house. There are TVs, DVD players and Wi-Fi available. While catering can be provided,



most groups prefer to share in the preparation of the meals. There are barbecues available. The centre has extensive water views over Werri Beach and Seven Mile Beach. It is close to the arts and crafts of Berry and the Shoalhaven.

Contact details: 159 Belinda Street, GERRINGONG
P: 02 4234 1564 | M: 0481 912 059 | E: manager.billowview@edmundrice.org

St Benedict's Monastery Arcadia

Located on a 36-hectare property in a semi-rural area on the north west outskirts of Sydney, ideal for prayer and reflection. Guests are welcome to enter the rhythm of the monastic day by joining the community for the Liturgy of the Hours, Eucharist and Lectio Divina.



St Benedict's Monastery

121 Arcadia Road, Arcadia NSW 2159

Phone: (02) 9653 1159 Fax: (02) 9653 1883

Email: guest@benedictine.org.au Website: www.benedictine.org.au
Directions to the monastery: www.benedictine.org.au/go/direction

A prayerful and relaxing retreat

ST MARY'S Towers Retreat Centre is situated in 500ha of Australian bushland only 80 kilometres from Sydney. The property includes the first Biobank site in NSW aimed at ensuring the regeneration of native Cumberland forest, a working farm and extensive gardens.

This beautiful setting is the perfect environment for a prayerful and relaxing retreat to refresh the spirit. It is enhanced by the Spirituality of the Heart as lived by the resident Missionaries of the Sacred Heart community, daily Eucharist, and the nurturing of a profound silence for prayer.

The retreat team encourages respect for the treasure of this silence and is dedicated to integrating their love of prayer in a stance of living that is eco-friendly and respectful of the environment. Consequently, St Mary's Towers provides a space for people to listen deeply to God in their personal lives and in creation so as to better experience the love of the heart of Jesus.

A variety of retreats offer various pathways to enter the silence: reflection days, prayer weekends, six, eight and 30 day retreats including the Spiritual Exercises of St Ignatius of Loyola and the opportunity to pray with the writings of the Mystics. Extended personal retreats can also be arranged in consultation with the Director.

Retreat in daily life enables one to make the "Exercises" over 30, 60 or 90 weeks where meetings with a director at St. Mary's Towers would take place weekly, fortnightly or at three weekly intervals. This retreat is a wonderful way to deepen one's relationship with the Lord. Should anyone wish to avail themselves of this opportunity please contact the Administrator.



New additions to the program include the following options to assist those who want to learn more and deepen their experience of the silence:

- Guided reflection days particularly for those new to silence and the retreat experience
- Long Weekend retreat experiences

To cater for those with limited time, in addition to our regular weekend retreats which are usually part of the 6 and 8 day retreat experience, a number of long weekend 3 day retreats are planned for 2019 and 2020.

Topics include:

- day retreats 'A Taste of Silence'
- a prayer weekend for the Contemplative

- Professional with Lou Nulley
- Lifting the Veil- living in liminal space with Fr John Armstrong
- Mindfulness and Prayer weekend with Lou Nulley and Michelle Vass
- Three day Carer's Retreat with Therese Compton for any carers of family members, the aged, the sick and dying

We continue to offer our very popular Life's Healing Journey, a particular healing retreat that helps those wanting to come to a true place of forgiveness in their lives. This retreat has been updated and extended to a 9 day retreat. It is a powerful retreat experience that integrates the psychological and spiritual el-

ements of the healing journey with an image of God congruent with the teachings of Jesus in the gospels.

All retreats are held in an atmosphere of silence to nourish and support prayer and healing. Ongoing accompaniment beyond the retreat experience can also be arranged with members of the Retreat Team.

During breaks in the normal retreat program, St Mary's Towers Retreat Centre is able to cater for a limited number of interested retreat groups throughout the year. Likewise, with prior consultation, members of the Retreat Team can be available to facilitate reflection days and retreats.

For more information contact the Administrator at: St Mary's Towers Retreat Centre, 415 Douglas Park Drive, PO Box 19A, Douglas Park, NSW 2569 Or you can telephone (02) 46300233 Email: contact@towersretreat.org.au or visit www.towersretreat.org.au

St Mary's Towers

Retreat Centre DOUGLAS PARK

Open the door on your busy life and enter into sacred time with God'

RETREAT PROGRAM JUNE-DEC 19

* Indicates Prayer Weekend available

MAY - JULY
30 May - 2 July
30 Day Retreat. The choice of: Life's Journey Experience, The Spiritual Exercises of St. Ignatius or Praying with the Mystics June

JUNE
1-9
Loving God with the Mystics
Michelle Vass
11-20
Life's Healing Journey
Retreat Team
22-30
Directed Retreat
Retreat Team

JULY

12-15
The Art of Film: Taking it to Heart Prayer Weekend
Dominic Gleeson msc
19-21
The Contemplative Professional Prayer Weekend - Lou Nulley

AUGUST
2-10
Praying the Psalms with Jesus - Ps 51-100 *
Michael Fallon msc
11
A Taste of Silence: A guided day retreat - Michelle Vass
16-22
Living the Song - Prayer with the Song of Songs*
Pauline Compton fdnsc
23-29
I hold you, I see you: God enfolding us in Love*
Dominic Gleeson msc
30-1
Men's Prayer Weekend

SEPTEMBER
18 - 26
Spirituality of the Arts - Michelle Vass
27 - 30
Lifting the Veil - Living in liminal space - Fr John Armstrong

OCTOBER
4 - 10
Flowing in the Light - Prayer with Mechthilde of Magdeburg* - Michelle Vass
18 - 20
Abide in my love - Jn 15: 1-17
Prayer Weekend
Pauline Compton fdnsc
25 - 31
I call you Friends*
Michelle Vass

NOVEMBER
1-3
Women Mystics
Women's Prayer Weekend
Michelle Vass & Pauline Compton fdnsc
15-18
Mindfulness & Prayer
Lou Nulley & Michelle Vass
22-28
Entering the Mystery of Contemplation with Teresa and John* - Michael Fallon msc & Michelle Vass

NOV-DEC
29-5
Advent Retreat * Retreat Team Dec
6-14
Directed Retreat - Retreat Team

For Retreat information contact:
St Mary's Towers Retreat Centre
 415 Douglas Park Drive,
 Douglas Park, NSW 2569
Phone: (02) 4630 0233
Email: contact@towersretreat.org.au
www.towersretreat.org.au

EUCCHARIST IS CELEBRATED DAILY AND RECONCILIATION IS AVAILABLE

BENEDICT XVI RETREAT CENTRE



SOMETIMES IN order to hear the still, small voice of God in our lives, we need to do as Christ did in the Gospels - remove ourselves from the crowds and withdraw to a quiet place.

The Benedict XVI Retreat Centre in Grose Vale is a place designed to allow the gentle voice of God to fill our hearts and minds. In a semi-rural bushland setting - about an hour's drive north-west of Sydney's CBD - the Retreat Centre permeates with a quietness that is accompanied by the chiming of bellbirds in the surrounding treetops.

While at the Retreat Centre you can spend time strolling around the beautiful 16-hectare property or sitting in the magnificent chapel, engaging in quiet conversation with the Lord.

There are lovely quiet places where you can reflect. Open to all age groups, the Retreat Centre was designed with young people in mind. Named after the pope at the time, the Centre was envisaged as a place to allow young people who attended World Youth Day



2008 in Sydney to continue their spiritual journey - a place to renew and deepen their faith in fellowship with one another.

With accommodation for up to 150 people at a time, the Centre caters especially for school and parish groups, youth groups, university groups, and families. Sporting facilities on offer include tennis and volley ball courts, an archery field and a swimming pool.

For the more adventurous guest there is

also a flying-fox. Your group may book for the day, or stay for a series of nights. The Centre is fully catered, with a resident chef.

The jewel in the crown of Benedict XVI Retreat Centre is the chapel. Many influences are evident in its design Romanesque, Gothic and a little bit of Australiana.

As you enter the chapel, the inscription over the doorway states, "House of God, Gate of Heaven." Once inside the eyes are drawn

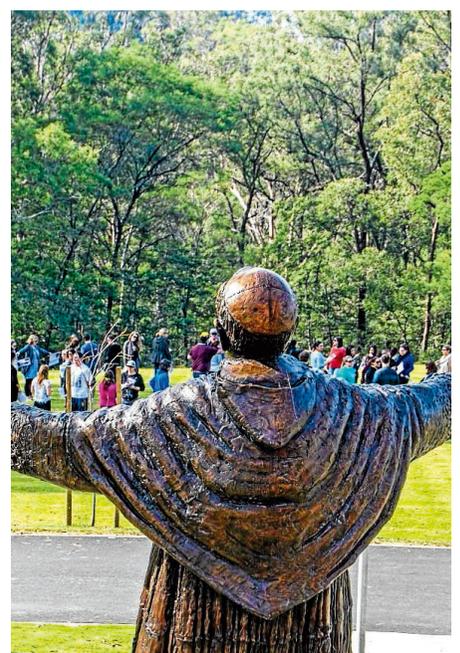


upwards to the domed area above the sanctuary where a beautiful Romanesque crucifix is suspended.

Beyond the crucifix, the blue of the ceiling evokes the blueness of the vault of heaven and of Our Lady's mantle. There are several cut-outs in the blue ceiling in the shape of the fleur-de-lis, representing the Trinity. The floor is paved in earthy tones so that there is a sense of a meeting between heaven and earth.

Behind the altar a series of gilded frescoes are displayed depicting the life of Christ, copies of icons by Neocatechumenal Way co-founder Kiko Arguello.

Whilst the chapel is the focal point, the whole Centre has a spiritual atmosphere. There's a beautiful sense of peace and calm. Groups who have stayed often remark that they feel at home. The best testimony is the people who return to the Centre time and time again. While the Retreat Centre has a distinctly Catholic spirituality, it is open to all.



Located in a beautiful bushland setting at Grose Vale, near North Richmond, the Centre is approximately 70 minutes by car from Sydney's CBD.

Centre Location
347 Grose Wold Road, Grose Vale NSW 2753
Bookings and Enquiries
bxvi@sydneycatholic.org
Tel: 02 4572 2899 (business hours)
www.benedictxvicentre.org.au

Australia's leading Catholic pilgrimage specialist



Australia's leading Catholic pilgrimage specialist and Harvest Journeys CEO and founder Philip Ryall spoke to The Catholic Weekly about the beauty and benefits of making time to go on retreat.

CW: Why go on retreat?

PH: The word Retreat means to "draw back". For Christians it is an occasion to slow your heartbeat down to God's pace and to spend time in Christ's presence in a very tangible way. Jesus invites us as he invited his disciples to "Come away with me awhile" Mk 6:31. Our Journeys include time-out periods to pray and ponder (and maybe even pinch yourself in amazement).

CW: What opportunities for retreat does Harvest Journeys offer?

PH: A retreat on pilgrimage to the Holy Land is one very special opportunity we offer to leave the familiar behind and literally follow Jesus through his homeland.

To walk in the chronological footsteps of Jesus is surely the epitome of all spiritual retreats: Entering the Garden of Gethsemane and savouring a private Holy hour amidst

ancient olive trees; celebrating Mass on a boat in the centre of Lake Galilee; rising before dawn and walking the old Via Dolorosa in Jerusalem along the Stations of the Cross to Calvary. All of these experiences are stunning for the soul and remain in people's memories forever.

CW: Which Journeys are the most popular?

PH: Walking Jesus' Footsteps in the Holy Land, Following St Paul and St John through the Early Christian communities through Greece and Turkey, and Taking a Prayer Journey with Mary from Fatima to Lourdes

CW: Which is your personal favourite place for a retreat?

PH: Assisi is one of my favourite villages of retreat. Time has stood still there in that peaceful place where even the birds seem to sing with the praises of St Francis as you wander through the upper medieval town.

CW: Any tips for preparing to go on retreat?

PH: Follow your heart and not your head! It seems to be a surer guide to finding what you're looking for!

CW: How do people book a journey with Harvest?

PH: Just go to www.harvestjourneys.com or call one of Harvests long-experienced pilgrimage consultants (1800 819 156) who will walk you through the journeys on offer.

Thousands of Catholics have discovered that pilgrimage is a grace for our time. No one ever returns underwhelmed.

A Retreat on Pilgrimage!



Watch the Gospels come alive as we retrace the progressive stages of the life of Jesus from Bethlehem and Galilee to Jerusalem!

Call us on 1800 819 156 or visit harvestjourneys.com

the genuine pilgrim experience

harvest
journeys

THE Catholic Weekly

LIFTOUTS COMING SOON

THE GOOD CHARITIES GUIDE 2019

PUBLISHED 16 JUNE 2019

WHEN GOD CALLS ARE YOU LISTENING?

VOCATIONS

PUBLISHED 4 AUGUST 2019

UPCOMING PUBLICATIONS

For more information on how to book your page in our upcoming Vocations and Charities Magazines contact Paul on (02) 9390 5406 or Steve (02) 9390 5404

THE CATHOLIC WEEKLY

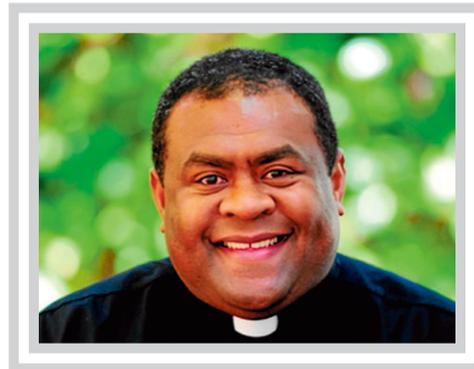
Withdraw, Listen, Pray



Mapuifagalele, (meaning rest from the storms of life), is a welcome place for the beloved elderly whose frail bodies now ache from the years of carrying the struggles of family life.



John Paul II would often seek refuge and go off to some lonely place to pray and reflect



VOCATIONS DIRECTOR
FR EPELI QIMAQIMA

Last year I was in Samoa for the wedding of one of the staff at the Vocations Centre. He is Fijian and his wife is from Samoa. It was my first time in Samoa and from the first moment I recognised how peaceful this island nation was. The journey from the airport to our accommodation was like seeing the scroll of time unfold before my eyes, as we drove through village after village draped with an attractive tranquillity that I had not experienced elsewhere in the world. Like in rural Fiji, village life is basic and communal, but at the centre of these Samoan villages stood the village church – God’s house. For the Samoans, the pulse of life in the village has its source in the Church.

I was blessed to be hosted by Walusio and Niseta Buatava and it was they who took me to places that were integral parts of the Catholic Church in Samoa. One of those places that I continue to see in my mind each day is Mapuifagalele. This was the name of the home for the elderly built by the former Archbishop of Samoa, Cardinal Pio Taofinu’u, and is under the care of the Little Sisters of the Poor. Mapuifagalele is a welcome place for the beloved elderly whose frail bodies now ache from the years carrying the struggles of family life. One has to go there to experience the serenity with which this place is clothed. The beautiful view of the ocean and the blue sky above blend in so harmoniously with the lush Samoan flora.

I was intrigued by the name Mapuifagalele and enquired its significance. Mrs Buatava, who is Samoan, explained thus: “Fagelele is an island where our forefathers sought refuge after they faced stormy weather at sea. There are only remnants of an

ancient village there now and beautiful sandy beaches and palm trees. Folklore also speaks of it as a mystical place – a place of refuge, safety and peace. So Mapuifagalele means ‘Rest in Fagelele’ or ‘Rest from the Storms of life’, so to speak.” In one Samoan word (Mapuifagalele), my instincts as an islander were gathered up, as if being ‘summoned’ and directed towards a deeper appreciation of what Shabbat (the Sabbath) means and what going on a retreat is for us who commit ourselves to doing so.

As a disciple and priest, I appreciated once more the gift of our catholic faith and understood in a new way the example of Jesus our Lord, who “would go off to some lonely place and pray” (Luke 5:16). To go on retreat is to ‘mapu’ (to rest) in God through silence and prayer. This follows in the footsteps of Our Lord. Through your ‘gifts from the pew’, the Vocation Centre is able to provide to all, and especially young people, opportunities to make a good retreat and follow the example of the Master. While we do not have the blessing to go to a place like Mapuifagalele, the same God who gives inner peace and purpose to the elderly who are cared for there, is the same God who waits for us in the silence of prayer.

We have organised a series of retreats that make available time and space for silence, reflection and prayer. I invite you to consider taking the time to withdraw from the busy world, rest a while in God, listen to him and converse with him in prayer at one or all of the retreats.

To go on retreat is always a helpful time to open our hearts to our merciful and loving Father, whose presence is warm, whose voice is ever so gentle, and whose gaze is breathtaking.

For more information contact the Vocation Centre | (02) 9300

“Discover what
the Lord wants
of you” - *(Ephesians 5:10)*



UPCOMING RETREATS

WOMEN'S DAY RETREAT

Location: St Patrick's Church Hill, The Rocks

Date: Saturday 8 June 2019

Time: 9am - 1:30pm

PENTECOST & WOMANHOOD: GIFT & MYSTERY

~ A Reflection Day for Women

Location: Our Lady of the Rosary, Fairfield

Date: Saturday 13 July 2019

Time: 9am - 1:30pm

SILENT RETREAT FOR MEN

Location: Mount Schoenstatt, Mulgoa

Date: Friday 28 - Sunday 30 June 2019

Time: 5pm (Friday) - 2pm (Sunday)

WOMEN'S RETREAT

Location: Mount Schoenstatt, Mulgoa

Date: Friday 11 - Sunday 13 October 2019

Time: 5pm (Friday) - 2pm (Sunday)

VOCATIONS CAMP FOR MEN

Location: BXVI Retreat Centre, Grose Vale

Date: Friday 18 - Sunday 20 October 2019

Time: 5pm (Friday) - 2pm (Sunday)

Winbourne offers a grand entrance for any event with peace and tranquillity

MANY PEOPLE comment they feel a sense of peace and tranquility when they visit historical 'Winbourne'. Perhaps it's the leafy, tree-lined driveway, the beautifully maintained gardens and newly refurbished accommodation, the country style meals, or simply the old world charm of yesteryear.

Situated at the foothills of the Blue Mountains, less than an hour from Sydney, the 100 hectare heritage estate of 'Winbourne' has a purpose-built retreat and conference centre with professional facilities and attentive service.

Dating back to 1824, Winbourne was originally owned by William Cox who was in charge of constructing the first road over the Blue Mountains.

Activities on the estate varied through the years from the Cox sheep industry, vineyards and wine production, cultivation of wheat and other cereal crops, fruit growing and dairying.

In 1901 the property passed from the Coxes and became renowned throughout the land as a superior Guest House for the next fifty years. There is still much evidence of days gone by, including a large stone building originally comprising stables and coach-house (c1822).

The Christian Brothers purchased the property in 1958 as a House of Studies for the young Brothers undertaking their teacher-training and in 1974, Winbourne began to be used as a Retreat Centre for students and adults who were looking for a place where



they might relax, reflect and pray.

Some sixty years later, the Centre continues to welcome groups and individuals from all walks of life including School Retreats (both students and teachers) Prayer & Parish Retreats, Meditation & Yoga Groups, Sporting Teams, Craft/Hobby Groups, Corporate Seminars, Funerals & Wakes, Weddings & Engagements.

Winbourne offers two styles of accommodation - the Cottages and the Bunya Lodge, both extensively and tastefully refurbished in late 2017. Each Cottage contains eight twin-share rooms (maximum of 48 guests

within the 3 cottages), all rooms with ensuite, television, heating and fans. Quality linen is supplied throughout and there is one room per Cottage with disabled access.

The Bunya Lodge is two storeys with a total of 22 bedrooms. Four rooms are twin-share with ensuite and the remaining multi-share rooms are serviced by newly refurbished bathroom facilities, located conveniently throughout the two levels.

Bed configurations range from two to six beds per room, with a combination of bunks and single beds. The total capacity within this building is 93 guests and is well suited

for school groups, sporting teams and youth retreats.

In addition, the Centre provides a choice of seven various sized function rooms offering modern facilities within magnificent sandstone buildings. Audio/visual equipment, internet access/wifi, on-site parking and wheelchair access are all available. Guests may also utilise the air-conditioned Recreation Room with table-tennis, pool table, lounge area and kitchenette. There is also a tennis court, basketball court, handball courts and a huge playing field with BBQ and picnic facilities.

Guests of Winbourne are delighted by the sumptuous dining experiences created in Lupe's Kitchen on-site, providing delicious and nutritious country cooking. Special function menus for Weddings, Birthdays, Funerals, Baptisms and other private events can be arranged to suit your needs, and special dietary options are available upon request.

Your next event deserves the best of everything... the peaceful country setting, touch of Australian history, comfortable accommodation and delicious food.

We can tell you why Winbourne is the place for your next event, but we would rather let you see for yourself.

Our Events Team is available Monday to Friday during business hours to help you plan your next event and guided site-tours are available upon request. Please phone Jenny or Leanne on (02) 4773 5555 to discuss your booking requirements.



Winbourne Retreat and Conference Centre



Historical Winbourne is a place of quiet reflection, peace and tranquillity, set on 100 acres in the picturesque Mulgoa Valley at the foothills of the Blue Mountains. Winbourne offers various sized conference rooms with modern AV equipment, two styles of accommodation for up to 150 guests and home-style catering.

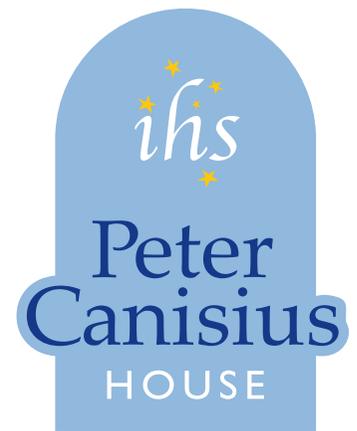
- School retreats
- Spirituality days
- Church groups
- Professional groups
- Sporting groups
- Craft and Hobby groups
- Weddings, Funerals, Wakes and Special occasions

02 4773 5555

info@winbourne.org

www.winbourne.org

1315 Mulgoa Road, Mulgoa, NSW 2745



Peter Canisius House welcomes all who seek a time of reflection, contemplation and prayer



Peter Canisius House is one of the Australian Jesuit Centres of Ignatian Spirituality. To see the complete program of our retreats go to www.pch.org.au

WE WELCOME...

- Overnight and day school retreats
- Overnight and day church, religious and meditation groups
- Community groups (Rotary, Lions Club etc)
- Individual directed retreats

WE OFFER... SPIRITUAL DIRECTION

Our trained spiritual directors accompany people in finding, knowing and feeling God's activity in their lives.

WE PROVIDE...

- 45 spacious twin share bedrooms
- 8 ensuite rooms
- Canisius Hall (seats 130)
- Multiple breakout spaces
- Modern AV equipment
- Chapel

- Blessed sacrament chapel
- 2 labyrinths
- Chef prepared meals

SILENT DIRECTED RETREATS IN THE IGNATIAN TRADITION

A silent retreat for a day, a weekend, a few days, 30 days or 30 weeks, can be an excellent way of opening oneself to God. There is a daily session with a spiritual director to guide you through your retreat.



P: 02 9488 4524 | E: bookings@pch.org.au | W: www.pch.org.au | 102 Mona Vale Road, Pymble 2073

Sacred place to listen to 'still, small voice' that calls us and loves us



SPACIOUS, HOSPITABLE and prayerful – these are the first thoughts that come to mind on visiting St Clement's on the Southern Slopes of NSW, two kilometres from the small village of Galong and just 1½ hours by car from Canberra. It is situated in Wiradjuri country where rocky outcrops, hills and creeks witness to a land etched in the memories of the Indigenous people; the past is a rich resource.

The family of the former convict, the Irishman Edward Ryan, bequeathed the land to the Redemptorist Congregation in 1918. The castle he built is a tribute to his land and home. The Redemptorists have absorbed this history and added their own chapter

with education, farming, retreats and hospitality. It is a rich and varied history and a glimpse of the endless change and faithful constancy of a living community. It is also a sacred place, somewhere to come aside and rest a while, somewhere to listen to the 'still, small voice' that is always calling, encouraging and loving us. St Clement's welcomes individuals and groups, for retreats and conferences.

The Retreat Centre also has its own programme, accessible via the website or by request to the Retreat Co-ordinator, info@stclement.com.au or (02) 6380 5222.



ST CLEMENT'S

RETREAT & CONFERENCE CENTRE








A UNIQUE PLACE WHERE YOU CAN MAKE A PILGRIMAGE, WALK A LABYRINTH AND VISIT A CASTLE - ALL IN ONE DAY!

Set in 800 acres St Clement's is ideal for your next retreat, conference, reunion, meeting or gathering. Fully refurbished accommodation for over 100 guests, modern conference facilities and unsurpassed hospitality are offered in this peaceful and historic country setting - just one and half hours drive from Canberra. A comprehensive spiritual and art retreat program ranging from a single day to a week is available. Groups with their own spiritual leaders are most welcome.

Such a beautiful and tranquil place ... everything about it brings a feeling of solitude, contentment and fulfilment

Retreat Program available on website
St Clement's Retreat & Conference Centre, Kalangan Road, Galong NSW 2585
www.stclement.com.au | E: info@stclement.com.au
P: 02 6380 5222 | Fax: 02 6386 7353

Religious art: a reminder of what our faith is about

The Ascension, an icon 90x120cm by Michael Galovic



THE RELIGIOUS art is a visual reminder of what our faith is about. It has an enormous power to substitute words and to give us a hint of the mystical, elusive nature of the Divine. Or, it is there to stand next to the words aiming to help us get closer to God.

Big words? Possibly, and that is why visual art is there to make a statement in colours and shapes, to surround us with a beauty of another world, to give us the sense of "otherness".

It has long been recognised that properly painted or written icons are the closest visual tool humanity has invented to depicting of the Mystical. That is why more and more churches and religious spaces decorate their spaces with an art so different from mundane renditions of human feelings, passion, faith, yearning, as people become more and more

aware of the power and the beauty the religious art can give us.

Michael Galovic began his journey with icon painting 50 years ago, of which the last 30 were in Australia where he creates religious art on a daily basis. During this time he has never been without commissions, with more than 100 churches and institutions in this country holding his works.

Whether it is a traditional icon people are after, or a contemporary, exciting and engaging piece, Michael endeavours to deliver his best at all times.

Have an icon or religious artwork painted by Michael, either for your personal devotional use or for your church, church hall or your college.

The Mystical Beauty Of Icons



The Wedding at Cana, an icon 100x70cm by Michael Galovic

Enquiries: michaelgalovic@gmail.com
www.michaelgalovic.com

Australian Centres of Ignatian Spirituality

IGNATIAN SPIRITUALITY offers a way to explore our experiences, grow in awareness, and perceive the presence in them of the spirit of the Mystery of life some call God. Spiritual direction is but one way that the Centres of Ignatian Spirituality assist individuals with this.

Our trained directors are ready to come and visit your place of worship or work with a program of reflection and prayer for a day or more. We have presented to school students and parish congregations, and we offer days of reflection for parish councils and school boards.

Individuals and groups may also come to stay at the residential Centres (Sevenhill, Melbourne, Sydney) to experience a retreat. A retreat is an opportunity to leave aside any stress of work and family, to find oneself, to reconnect with one's deeper values in life, to enjoy a rest for one's body and mind, and for those with faith, to feel the loving presence of God. Some of these retreats are conducted in silence.

For those of us trapped in an urban environment it can be very restful and healing to spend time in Nature. Some of our centres have landscaped gardens, or you may find a program that invites you into Nature on a reflective bushwalk.

Many people find paddling along a beach, walking in a forest, or sitting beside a lake or stream, is like being held by one who loves you. Doing this in a group is a richer experience since you appreciate that you are not the only one needing care and finding it amongst flowers and birds.

Another gift of the Centres of Ignatian Spir-



ituality has its origin in the life of St Ignatius of Loyola, namely, the discernment of the movements within us and around us that either lead us into peace, energy and joy, or into despondency and listlessness.

St Ignatius discovered how to become aware of these movements and how we can become free enough to better manage our direction in life. This gift, both a science and an art, can be learnt by anyone growing in self-awareness.



IGNATIAN SPIRITUALITY

Discovering God's presence in your life

Spiritual Directors

Ignatian spirituality is built around two key relationships: the relationship between a person and God, and the relationship between that person and his or her spiritual director. The spiritual director takes as a model the relationship between Jesus and his disciples, including the times when they withdrew to the mountains. Here Jesus had conversations with them and they prayed together before returning to daily life.

What do they offer?

Ignatian spirituality is about finding God in all things. This means finding purpose, meaning, light and joy in everything that crosses the path of life. Relationships, events, my feelings, what happens to me are all vehicles for God to lead me toward a richer life. This type of spirituality is for everyone regardless of status, gender, age or faith. We are all human beings and all created with gifts to give the world. Ignatian spiritual direction helps us to find the Mystery of God in all things of my life.

Ignatian Centres:

CAMPION Centre - 99 Studley Park Rd, Kew VIC 3101
Tel: 03 9854 8110

PETER FABER HOUSE - 102 Mona Vale Rd, Pymble NSW 2073 - Tel: 02 9488 4524

FABER Centre - 111 Sir Samuel Griffith Drive, Bardon QLD 4065 - Tel: 07 3368 2450

LOYOLA Centre - 137 William Street, Norwood SA 5067
Tel: 08 8364 3834

SEVENHILL Centre - 111 College Rd, Sevenhill SA 5453
Tel: 08 8843 4062

www.cis.jesuit.org.au

Need some time out? Visit Mt Carmel

MT CARMEL Retreat Centre is one of the hidden gems of the Diocese of Wollongong. Established in Varroville between Camden and Campbelltown over 50 years ago, the Retreat Centre sits on 300 acres of land and is an outreach of the Discalced Carmelite Friars. The Discalced Carmelite Friars are a contemplative order and trace their origins back to the reforms of the Church of Teresa of Avila in the 1500's.

Several notable saints have come through the Order, including St Teresa of Avila, John of the Cross, and St Teresa Benedicta of the Cross (Edith Stein). The Discalced Carmelite Order built a new Priory and refurbished the Retreat Centre in mid-2012.

Just last year a commercial kitchen was installed, and the dining room was renovated. We now have two dining rooms which can be combined into one for larger groups, seating up to 100.

The Retreat Centre has three conference rooms, the largest which can hold 80 and the others, 40 each. There are also numerous break-out rooms and two tea and coffee rooms. All 31 bedrooms have en suites. The Retreat Centre also has two Hermitages which are fully self-contained and have their own en suites.

Several well-marked tracks meander through the picturesque property, and quality seating has been installed along the tracks and around

the nearby dams.

UPCOMING RETREATS

Behold, I am the handmaid of the Lord

May 4: 10:00 am – 4:00 pm
Presenter: Br Emmanuel Noel, OCD
Let Mary lead us to a deeper relationship with the "Son of the Most High" (Lk 1:32).

Mary MacKillop, Woman of faith and Vision

May 17 – 19
Presenter: Sr Ann Morrison, RSJ
"Believe the whisperings of God to your own heart."

A week with the Carmelite Saints

May 27 – June 2
Presenter: Fr Aloysius Rego, OCD
How can the Carmelite Saints guide us in our journey to intimacy with God?

Directed retreat

May 27 – June 2
A time of reflection and prayer on your own spiritual journey with the help of a director.

He does not want us to despise ourselves

June 1: 10:00 am – 4:00 pm
Presenter: Sheila Upjohn
The day explores the reasons a 14th century book by Julian of Norwich has become so relevant in the 21st century.

The Light of Hope and Peace

June 14 – 16

Presenter: John Charadia and artist tutors
"Flesh and spirit, concealment and revelation, time and eternity, divine glory and vulnerability: these contradictions are all wrapped in the holy gift of Christmas." Verna Holyhead

A Spiritual Pot Pourri

July 5 – 7
Presenter: Bishop Peter Ingham
A Pot Pourri is a mixture of flowers, herbs and spices in a sachet or bowl to provide a gentle natural scent. Here it will be an unusual/interesting mixture of things of the Spirit so that we create a good impression after us.

The quest of being united and transformed by Love

July 6: 10:00 am – 4:00 pm
Presenter: Fr Ferdinand De La Cruz, OCD
"Our call to be transformed into God is call to enter into a God-loving life."

Living the gifts and fruits of the Spirit

July 8 – 14
Presenter: Bishop David Walker
Since the Spirit is our life, let us be directed by the Spirit (Gal 5:25).

The Love That Keeps Us Sane: A Day with Saint Therese of Lisieux

August 3: 10:00 am – 4:00 pm
Presenter: Br Phillip Tay, OCD
Making choices that keep us sane and rooted in God.

Facing Today's Spectre of Meaninglessness with St Therese of Lisieux

August 9 – 11
Presenter: Fr Paul Maunder, OCD
"I have given you power to tread underfoot serpents and scorpions and the whole strength of the enemy... Yet do not rejoice that the spirits submit to you; rejoice rather, that your names are written in heaven" (Lk 10.17).

Prayer

September 14: 10:00 am – 4:00 pm
Presenter: Mr Geoff Stumbles
How do we pray in the middle of a very busy and hectic life? How do we pray to cope with loss and grief and tragedy?

Freedom to rejoice!

September 27 – 29
Presenter: Fr Gerard Moran, OCD
Entangled in the web of desire, how can we escape to the joy of self-giving? Can John of the Cross help?

Write a Byzantine Icon

September 27 – 29
Presenter: Anna Prifti
Join us to paint an icon while listening to the birds at Mt Carmel.

"Where have you hidden?"

October 5: 10:00 am – 4:00 pm
Presenter: Sr Nory Ordiz, CM
On this retreat, The "Spiritual Canticle" of St John of the Cross will be our guide in exploring the hiddenness of God and in leading us to a journey of discovering and experi-

encing God's beauty within us.

The love and presence of God

November 2: 10:00 am – 4:00 pm
Presenter: Deacon Peter Presdee
The love and presence of God if accepted and welcomed changes lives.

Holiness

November 15-17
Presenter: Bishop Greg Homeming, OCD
The Holy Father in Gaudete et Exsultate has called us to Christian holiness. We will spend time pondering holiness, what it means and what we shall do to become contemporary saints in the 21st century.

"I will give you a future and a hope"

December 7: 10:00 am – 4:00 pm
Presenter: Fr Gerard Moran, OCD
The bright November sun cannot illumine places of dark shadow accessible only to the uncreated light of Christ: Come Lord Jesus!

Costs: \$300 per person (10 per cent discount for shared accommodation and for unemployed/pensioners/students).

Week-long retreats: \$800

Day retreats: \$30

For further information on these retreats or to make a booking visit www.carmeliteretreats.com.au, phone (02) 8795 3400 or email: retreats@carmelite.com



CHOOSE YOUR NEXT RETREAT WITH US.
Situated in a place of absolute beauty and tranquillity, the Mt Carmel Retreat Centre is only a 40-minute journey by car or train from central Sydney.





INVITATION
The Community and staff of Mount Carmel Retreat Centre, Varroville, invite you to come and spend time with us. We offer you solitude, the possibility of sharing in our prayer and, if you wish, some personal spiritual direction.

We also welcome church/parish groups and schools (staff and/or Years 10, 11 and 12 students).

LOCATION
Mount Carmel Retreat Centre is situated on a beautiful 300 acre property in the scenic hills green belt north of Campbelltown. The Centre

is only a 40 minute journey by car or train from central Sydney, near the M5 and the M7 and Minto railway station.

ACCOMODATION
All rooms contain double beds and ensuites.

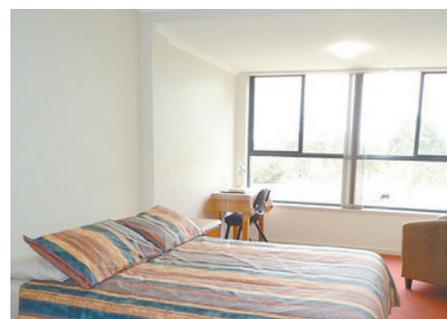
FACILITIES
As well as those you would expect in any retreat centre, there are beautiful walks on the property and a spirituality bookshop stocked with the works of the Carmelite saints.

HERMITAGES
For those who want more solitude, there are two self-contained hermitages with en suites at a

convenient distance from the Chapel and retreat house.

PROGRAM
Day, weekend and week-long retreats mainly presented by the Carmelites. Our facilities are also available for individuals or groups for their own retreats.

HISTORY
The centre is built on the land of the Dharawal people. It was a meeting place for the Aboriginal tribes from as wide afield as present-day Melbourne and Maroochydore. The property was acquired by the Carmelites in 1964.



247 St Andrews Road, Varroville, NSW 2566 | (02) 8795 3400 | Email retreats@carmelite.com | Web www.carmeliteretreats.com.au

Contemplating God in the beauty of Creation

Santa Teresa Spirituality Centre is a quiet and beautiful retreat and spiritual formation centre at Ormiston overlooking Moreton Bay with views to nearby North Stradbroke Island.



IT PROVIDES a quiet haven to come away and spend time in quiet prayer. The natural beauty of the setting coupled with the excellent facilities and an attentive staff provide a 'sacred space' to encounter God afresh.

Santa Teresa welcome groups undertaking Christian spiritual formation and individuals who wish to make a silent retreat or want simply to spend a few quiet days in peace and reflection. A series of outdoor prayer spaces where visitors can encounter God amidst the natural beauty of creation have been created. In his encyclical letter on ecology and climate, Pope Francis urges us to 'care for our common home' and 'to sow beauty not pollution and destruction' and 'to contemplate the Triune Lord in the beauty of the universe.'

Visitors can walk, sit, pray, meditate and reflect on their relationship with God as they spend time in the Cana prayer space with the dramatic sculpture of Mary telling the wedding stewards and us to 'Do whatever he (Jesus) tells you.' The large jars alongside the

sculpture invite us to cup some water (our hopes) and ask God to turn them into wine.

Other prayer spaces include the Quandamooka Psalm Prayer Walk with its seven stations of sandstone seats; the Labyrinth leading one to encounter God at the centre of our lives; and the Hermitage space with its Prayer Fence, where one can pin our prayer hopes and thoughts for others. Many simply want to gaze on the splendour of the sparkling waters beckoning us or relax in the shade of the gum trees, that provide a dining room and an elevated bed for local koalas.

Santa Teresa is a modern, well equipped centre for individuals and groups: lay, religious and clergy. You are welcome to come for a day, overnight or a longer stay.

Please contact our Centre Supervisor (Ph. 3286 4011) to make a booking to come and see this special place, where one can be delighted and refreshed amidst the beauty of God's creation or visit our website at: www.santateresa.org.au



Santa Teresa
Spirituality Centre

267 Wellington St.
Ormiston Qld 4160

For bookings contact
Centre Supervisor

PH: (07) 3286 4011

santateresa@bne.catholic.net.au
www.santateresa.org.au

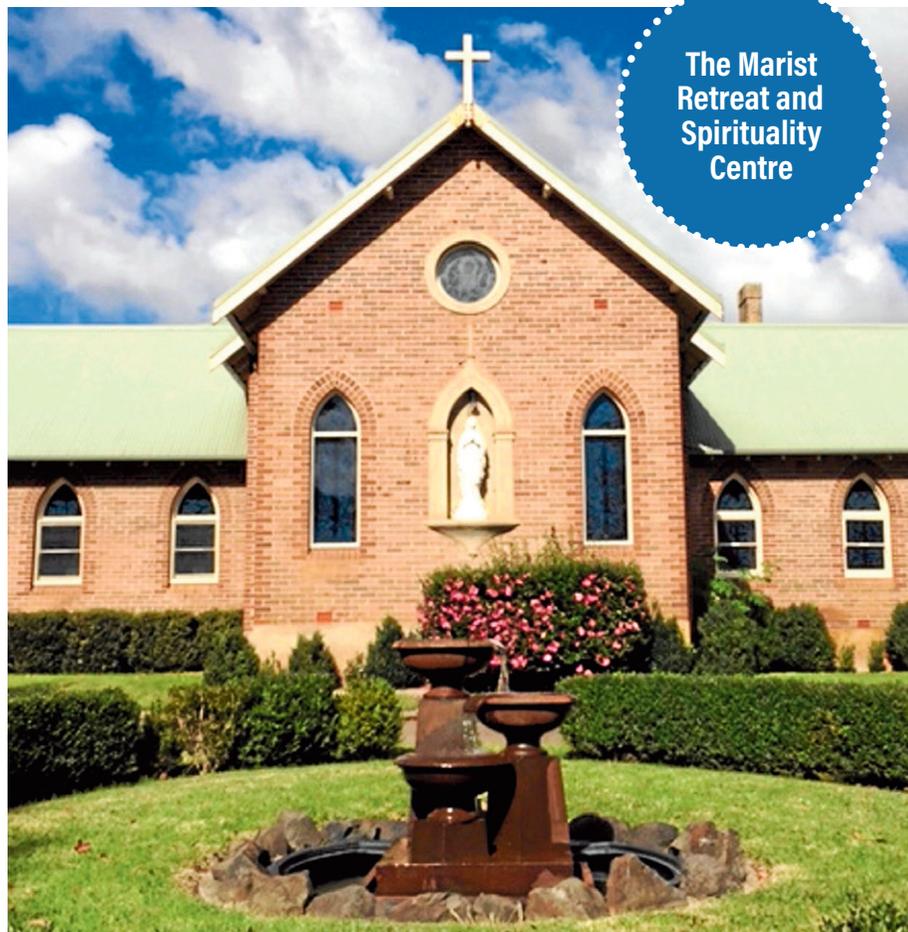
The Hermitage

A place of beauty, tranquillity and solitude in Mittagong

THE HERMITAGE, is the spiritual home for the Marist Brothers since 1906, and more recently for all members of the Association of the Marists of Champagnat and is set in the beauty of the southern highlands of New South Wales at Mittagong.

The property includes a Retreat and Spirituality Centre for adults called LaValla, and a separate centre for high school student retreats called Le Rosey. These names are significant places from the story of the Founder of the Marist Brothers, Marist priest Saint Marcellin Champagnat born at the time of the French Revolution. The property is also home to a large vineyard and beef cattle on agistment from local properties.

For many of the past 110 years, the La Valla site was the Novitiate for the Marist Brothers, and since then has been variously, a spiritual home for Marist Young Adults and Youth, and in more recent years has become a retreat and spirituality centre catering for groups in size from 40 plus, housed in newly renovated ensuited rooms in the Marcellin and Marian wings; or smaller groups in the 4 family cottages [Alan's Cottage; Dom's cottage, the Garden cottage, the Xavier suite] available on the property. More recently



The Marist Retreat and Spirituality Centre



TESTIMONIALS

Comments from recent guests attest to the attractiveness and satisfaction of their experiences here:

"It was a delight to spend time in the tranquillity of this beautiful place. It was not hard to find God here!"

"The facilities are outstanding and the staff service exceptional. Add to these practical details was the prayerfulness and solitude one experiences here."

"I had been here with my staff groups for reflection days and could not wait to return for some private quiet time and found it a delight! I loved the Chapel of the Visitation - an oasis of stillness."

two free standing hermitages for single persons on private, individual or accompanied Retreats are available.

Our facilities include the beautifully renovated Chapel of the Visitation; the Brother

Ludeke presentation hall, with its large fully equipped state of the art IT presentation area, plus five 'break-out rooms'; the Madonna of Silence Retreat Room for those seeking stillness for reading

or prayer. There is also a spacious and well catered dining area for guests.

Outdoors on the property there is the Labyrinth, the Stations of the Cross, and shrines to Our Lady of the

Hermitage at the dam, the Youth Cross on the main oval, and the small Lourdes grotto, behind Dom's cottage.

Most attractive to many is the access to the hundreds of hectares of fields for walking

and solitude.

Details of Retreats from 1 day events through to various extensions or negotiated programmes are available and can be found on our website: www.thehermitage.org.au

The Hermitage

A Centre of Spirituality

RETREATS AVAILABLE

- Accompaniment or Spiritual Direction
Private retreats
- Care for the Soul
retreats
- Contemplative
retreats

Director Br Bill Sullivan fms | 843 Old South Road, Mittagong NSW 2575 | Ph: 02 4872 1911