

2025 Retreats



Spirituality Ministry



2025 Reflection Days & Retreats

The Sisters of Saint Joseph, in the spirit of Mary MacKillop and Julian Tenison Woods, have a long history of responding to spirituality and faith formation needs. After the Second Vatican Council, Spirituality Centres were established as the Sisters opened their hearts to the needs of the Church, other religious communities and the wider public. Our Centres span the country and have been beloved for many years.

As the Spirituality Ministry of the Sisters of Saint Joseph enters a new chapter, we have endeavoured to diversify, broaden and increase our offerings for 2025. We are delighted to be offering these reflection days, retreats and sabbaticals as opportunities to nurture one's spirit. These programs are an invitation to all to encounter the sacred in their lives.

Registration Information

Please register for your desired reflection day, retreat or sabbatical directly with the relevant Spirituality Centre.

Contact information for each Centre is available on pages 36–39.



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Reflection Day Facilitators



Anna Barber



Geraldine Kearney SGS



Virginia Bourke RSJ



Cecilia King



Stephanie Brabin



Chris McCabe



Val De Brenni



Paul Murphy



Linda Di Sipio



Eamonn Pollard



Vicki Hancock



Nicole Rotaru RSM



Peter Hay



Mary Ryan RSJ



Lillian Van Brussel

Reflection Days

A Taste of Presence

18 January
St Joseph's Baulkham Hills
Norwest, NSW

Facilitator: Vicki Hancock

\$120 excl. GST | \$132 incl. GST

Josephite School Culture: What Does It Offer a Catholic School Today?

28 February
Mary MacKillop Precinct
Adelaide, SA

Facilitators: Paul Murphy and Mary Ryan RSJ

\$180 excl. GST | \$198 incl. GST

Time to Rejuvenate

8 February
St Joseph's Baulkham Hills
Norwest, NSW

Facilitator: Vicki Hancock

\$180 excl. GST | \$198 incl. GST

Finding Meaning in Our Ecological Reality

13 March
Mary MacKillop Heritage Centre
East Melbourne, VIC

Facilitator: Peter Hay

\$180 excl. GST | \$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

20 February
St Joseph's by the Sea
Williamstown, VIC

Facilitator: Peter Hay

\$180 excl. GST | \$198 incl. GST

St Joseph: Beloved of his Abba, a Man Who Moved from Being of Two Minds to One Heart

19 March
Kilmolee
Safety Bay, WA

Facilitator: Virginia Bourke RSJ

\$180 excl. GST | \$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

20 March
St Joseph's by the Sea
Williamstown, VIC

Facilitator: Peter Hay

\$180 excl. GST | \$198 incl. GST

A Spirituality for the Second Half of Life

29 March
Mary MacKillop Heritage Centre
East Melbourne, VIC

Facilitators: Eamonn Pollard
and Linda Di Sipio

\$180 excl. GST | \$198 incl. GST

Notice God's Presence Amidst Arrays of Ways to Pray

5 April
Mary MacKillop Precinct
Adelaide, SA

Facilitator: Lillian Van Brussel

\$180 excl. GST | \$198 incl. GST

Wisdom of the Body

12 April
St Joseph's Baulkham Hills
Norwest, NSW

Facilitator: Cecilia King

\$180 excl. GST | \$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

15 May
St Joseph's by the Sea
Williamstown, VIC

Facilitator: Peter Hay

\$180 excl. GST | \$198 incl. GST

Time to Rejuvenate

15 June
St Joseph's Spirituality and Education
Centre
Kincumber South, NSW

Facilitator: Vicki Hancock

\$180 excl. GST | \$198 incl. GST

Soak in Peacefulness

16 June
St Joseph's Spirituality and Education
Centre
Kincumber South, NSW

Facilitator: Vicki Hancock

\$180 excl. GST | \$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

19 June
St Joseph's by the Sea
Williamstown, VIC

Facilitator: Peter Hay

\$180 excl. GST | \$198 incl. GST

And You Held Me

21 June
Mary MacKillop Precinct
Adelaide, SA

Facilitators: Stephanie Brabin
and Chris McCabe

\$180 excl. GST | \$198 incl. GST

Soak in Peacefulness

21 June
St Joseph's Baulkham Hills
Norwest, NSW

Facilitator: Vicki Hancock

\$180 excl. GST | \$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

17 July
St Joseph's by the Sea
Williamstown, VIC

Facilitator: Peter Hay

\$180 excl. GST | \$198 incl. GST

Nurturing Your Creative Soul Through the Arts

19 July
Mary MacKillop Precinct
Adelaide, SA

Facilitator: Val De Brenni

\$180 excl. GST | \$198 incl. GST

Soak in Peacefulness

27 July
St Joseph's Spirituality and Education
Centre
Kincumber South, NSW

Facilitator: Vicki Hancock

\$180 excl. GST | \$198 incl. GST

Time to Rejuvenate

28 July
St Joseph's Spirituality and Education
Centre
Kincumber South, NSW

Facilitator: Vicki Hancock

\$180 excl. GST | \$198 incl. GST

Unleashing Creativity: A Bold Response to the Words of Mary MacKillop

26 August
Mary MacKillop Heritage Centre
East Melbourne, VIC

Facilitator: Anna Barber

\$180 excl. GST | \$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

28 August
St Joseph's by the Sea
Williamstown, VIC

Facilitator: Peter Hay

\$180 excl. GST | \$198 incl. GST

Time to Rejuvenate

6 September
St Joseph's Baulkham Hills
Norwest, NSW

Facilitator: Vicki Hancock

\$180 excl. GST | \$198 incl. GST

Wisdom of the Body

13 September
St Joseph's Baulkham Hills
Norwest, NSW

Facilitator: Cecilia King

\$180 excl. GST | \$198 incl. GST

Treasuring our Later Years

23 September
St Joseph's by the Sea
Williamstown, VIC

Facilitator: Nicole Rotaru RSM

\$180 excl. GST | \$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

25 September
St Joseph's by the Sea
Williamstown, VIC

Facilitator: Peter Hay

\$180 excl. GST | \$198 incl. GST

Women in the Gospels; Mary Magdalene

11 October
Mary MacKillop Precinct
Adelaide, SA

Facilitator: Val De Brenni

\$180 excl. GST | \$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

16 October
St Joseph's by the Sea
Williamstown, VIC

Facilitator: Peter Hay

\$180 excl. GST | \$198 incl. GST

Prepare the Way: Moments of Peace

15 November
Mary MacKillop Precinct
Adelaide, SA

Facilitator: Lillian Van Brussel

\$180 excl. GST | \$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

20 November
St Joseph's by the Sea
Williamstown, VIC

Facilitator: Peter Hay

\$180 excl. GST | \$198 incl. GST

Soak in Peacefulness

29 November
St Joseph's Baulkham Hills
Norwest, NSW

Facilitator: Vicki Hancock

\$180 excl. GST | \$198 incl. GST

Retreat Facilitators



Annette Arnold RSJ

Annette is a Sister of Saint Joseph, a Spiritual Director, a giver of the Ignatian Spiritual Exercises and a Supervisor in the Kardia Heart Wisdom Program. Formed in the Ignatian tradition in the Kardia Heart Wisdom program, Annette brings the gifts and wisdom of her years in education, counselling and leadership to this role.



Virginia Bourke RSJ

Virginia Bourke is a Sister of Saint Joseph. Early in her religious life she experienced inter-cultural theological study at the East Asian Pastoral Institute with the Jesuits in the Philippines. After years of teaching and leading in Catholic schools, she studied theology formally with the Catholic Institute of Sydney. Since 1995 she has been engaged in adult faith enrichment, in various teacher education programs in NSW and in Josephite rural women's support projects in NSW and SA. Virginia is a Sacramental theologian with a commitment to exploring God's Self-Revealing in human experience. She studied more recently in the Ignatian ecological spirituality program with the Jesuits in Guelph, Canada. She currently lives and ministers in North Sydney.



Mary-Ann Casanova RSJ

Mary-Ann has been a Sister of Saint Joseph for 40 years. She has a passion for all things eco and her work conveys complicated concepts in simple, engaging ways. She has held positions with Catholic EarthCare Australia, Rahamim Ecological Centre, and is currently the Josephite Laudato Si Action Plan Project Officer. Mary-Ann completed her Doctoral Studies in 2023. Her research looked into the relationship between mysticism and science in the lives of Julian Tenison Woods and Teilhard de Chardin.



Belinda Chapman

Belinda is an experienced spiritual director and giver of the spiritual exercises, based in George Town in Tasmania. She delights in providing space and opportunity for people to deepen their relationship with God in whatever form that relationship is best nourished at the time of life or season within which they discover themselves. Her style of spiritual direction is creative, engaging and inclusive.



Mandy Cox

Growing up in Melbourne, Mandy has worked in ministry with her husband around Australia whilst raising their three children. Settling in Newcastle NSW in 2019, she now runs her own business, Urban Sparrow Counselling & Supervision Services, providing counselling, supervision and spiritual direction to her clients. Mandy also facilitates workshops and retreats, focusing on grief, loss and transformation.



Daniel de la Motte

Daniel is a husband and father of four with a background and education in youth and young adult ministry, teaching, science, theological studies and law. Following Christ has led him into the Catholic Church through Pentecostal, Anglican, and Evangelical Christian traditions; committed to Christian unity and sharing how God has seized and moved him with beauty, truth, and goodness. He provides faith formation for mission to Catholic schools with the Sisters of Saint Joseph, coordinates Catholic University Chaplaincy in Tasmania, and tours as a Catholic speaker.



Carmel Drew RSJ

Carmel is a member of the Sisters of Saint Joseph of the Sacred Heart. With a background in education, Carmel has ministered in the areas of spiritual direction, supervision, retreat facilitation and faith formation for the last 20 years.



Dr Pina Ford

As a team leader in Catholic Education WA (CEWA) over the last 25 years, Doctor Pina has provided adult faith formation in scripture, theology and spirituality to a wide range of participants. These include catechists, school staff and leaders participating in CEWA's leadership programs and retreats.



Vicki Hancock

Vicki is passionate about nurturing people to well-being and inner wisdom through offering experiential reflective retreats. She has experience and qualifications in meditation, relaxation, yoga, mindfulness, contemplation, imagery, soul collage and teaching. She's a practicing spiritual director who is committed to her own spiritual journey.



Dr Kerrie Hide

Doctor Kerrie Hide is a spiritual director, retreat giver and mystical theologian whose lifelong work interweaves deep heart wisdom about contemplation from the Christian mystical tradition. Her book, *Gifted Origins to Graced Fulfilment: The Soteriology of Julian of Norwich*, won first prize in the Catholic Press Awards. Kerrie's most recent book, *Love's Oneing: A Book about Contemplation*, develops and deepens this foundational work on soteriology. You can find out more about Kerry on her website.



Geraldine Kearney SGS

Geraldine is a Sister of the Good Samaritan of the Order of St Benedict. She holds a Master of Education, and a Masters in Counselling from Australian Catholic University Sydney, and a Doctor of Ministry in Cross Culture from Catholic Theological Union in Chicago. She is also a qualified Psychodrama Therapist, counsellor, and facilitator. With a background in Catholic education, Geraldine took up her role in the congregation in Formation; a role which she held for almost 20 years. She currently works as a cross-cultural consultant, mainly in the Asia Pacific and Australia, with several congregations, especially in the areas of leadership, mission, formation, and culture.



Cecilia King

Cecilia is a registered counsellor, dance movement psychotherapist, and expressive therapist specializing in developmental trauma, religious trauma recovery, and neuroaffirmative support. Her passion lies in nurturing reflective spaces for individuals of all ages to process life experiences and challenges through body, mind and spirit integration.



Fr David King C.P.

Father David King C.P. is a priest of the Congregation of the Passion of Jesus Christ, most commonly known as The Passionists, founded to contemplate and preach the passion of Jesus as the most overwhelming sign of God's love for us. He has ministered in faith education and spirituality for most of his 34 years as a priest and hopes to affirm fellow travellers on this journey amidst the demands of the modern world. He is passionate about ministry in spirituality, assisting others to explore and deepen their relationship with God.



Frances Maguire RSJ

Frances is one of Mary MacKillop's Women, born in Kalgoorlie and educated by the Sisters of Saint Joseph. She has been a teacher and leader in Catholic secondary schools then in adult faith and personal development throughout WA, including 6 years as Director of Mirrilingki Spirituality Centre in Warmun in the East Kimberley. Frances has been involved in spiritual accompaniment and leading retreats online and in person in Australia and Peru. She is growing in awareness of the oneness, interconnectedness and interdependence of Earth and all her creatures, especially those made poor and on the margins.



Rita Malavisi RSJ

Rita has been a Sister of Saint Joseph for over 30 years. Originally a primary school teacher, working in city and country schools, Rita is currently involved in adult faith formation at the Mary MacKillop Heritage Centre in Melbourne. She is a trained Spiritual Director and is the current National Chair of one of the Spiritual Direction Networks.



Maureen McDermott RSJ

Maureen is a Sister of Saint Joseph in the New South Wales region. In 1995 – 96, she trained in Spiritual Direction at the Centre for Religious Development in Cambridge, Massachusetts. Since returning from Boston, Maureen has been involved in programs at Baulkham Hills and spiritual direction and retreats in other centres throughout Australia. In recent years Maureen has been involved in Mission Ministry in Aged Care and Parish Ministry in small parishes where there was no resident priest.



Chris McPhee MSC

Chris McPhee MSC, is a former Parish Priest, Novice Master, Provincial Superior, and General Councillor for the Missionaries of the Sacred Heart. He has conducted numerous retreats, both contemplative and preached, across Australia and internationally. His retreats are dedicated to spiritual growth, reflection, and renewal, emphasizing the core values of compassion, love, freedom, justice, and community. Drawing on his extensive experience in religious formation, parish ministry, leadership, and retreats, he creates a welcoming and contemplative atmosphere that unites participants with their faith and spirituality. These aspects are integrated with prayer, meditation, and reflective conversation.



Ann Morrison RSJ

Ann is a Sister of Saint Joseph of the Sacred Heart, currently residing in the beautiful Blue Mountains at Katoomba NSW. Ann’s main ministry is retreat facilitation, spiritual direction and adult faith formation. Ann endeavours to use educational, pastoral, scriptural and life experiences to develop more deeply her call to be aware of the activity of God in life and use it to live more authentically.



Lorainne Muir

Lorainne has an extensive background as an educator, pioneer and passionate advocate in the areas of specialised dementia care, palliative care and ageing. She is well known for her work in South Australia and New South Wales, where she lived for 26 years. Loraine is a member of the World Community for Christian Meditation (WCCM), a former student of Tabor College, a published short story writer and poet. She is the creator and presenter of the four sessions of, ‘Elderflowering – The Inner Face of Conscious Eldering’.



Jennifer Scally RSJ

Jennifer is a Sister of Saint Joseph of the Sacred Heart, with 30 years of experience in the spirituality space. She has worked in many schools, in the diocese and as a spiritual director, retreat facilitator and supervisor in various ecumenical settings. Jennifer’s work focuses on the need to listen within to allow for continual growth in every aspect of life. She is committed to assisting others as they grow in awareness of their own ever deepening relationship with their God and their personal growth.



Anne Slingo

Anne is a teacher with nearly forty years of experience in Catholic primary and secondary classrooms. She works with Catholic organisations, opening up charism, teaching new ways of praying, discernment, sacred listening and conversation. With a background in Ignatian Spirituality and as a giver of the First Spiritual Exercises of St Ignatius, Anne brings an approach to formation that enables receivers to make sense of who they are, as they are gently accompanied.



Moya Unthank RSJ

Moya is a Sister of Saint Joseph, who has been engaged in education firstly in primary schools, and then in adult education. The spiritual formation and spiritual direction of adults, and facilitating retreats has been the particular focus and interest of her ministry.





Pricing Information

The Sisters of Saint Joseph have generously subsidised retreat programs at our Centres for many years. The newly formed Spirituality Ministry is working towards financial sustainability while also remaining committed to making sure that nobody is unable to do a retreat due to the cost. To this end, participants who are unable to afford a retreat may apply for a discount or waiver.

Retreats

The Gift of Emotions

31 January – 2 February
St Joseph's Baulkham Hills
Norwest, NSW

In this two-day retreat, we will delve into the profound wisdom embedded in our emotional experiences. This transformative journey invites you to explore the richness of your emotions through mindfulness practice, introspective sessions and creative expressions, encompassing art, music, sounds and movement. Discover both light and dark emotions as a source of healing, self-discovery, and personal growth. Immerse yourself in a retreat that honours the depth and beauty of your emotional landscape, offering insights and tools to embrace emotions as allies on your human journey towards inner harmony and fulfilment.

Facilitator: Cecilia King

\$500 excl. GST | \$550 incl. GST

The Hospitality of God (Guided)

23 February – 2 March
St Joseph's Baulkham Hills
Norwest, NSW

Through this silent, contemplative and guided retreat, we are invited into the deep embrace of the Trinity to experience the Hospitality of God. The early 15th century Russian iconographer Andrei Rublev provides a beautiful depiction of the Trinity inviting us into the circle dance of Divine Love. Over one week, we will contemplate and explore the many invitations of this icon calling us into the very heart of God to experience the divine embrace and take that love into our everyday life. Richard Rohr is a key reference for this retreat, along with other scholars.

Guide: Ann Morrison RSJ

\$1,550 excl. GST | \$1,705 incl. GST

Directed Retreat

23 February – 2 March
St Joseph's Baulkham Hills
Norwest, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

Director: Jennifer Scally RSJ

\$2,150 excl. GST | \$2,365 incl. GST

My Story, Our Story

24 February – 26 February
Mary MacKillop Heritage Centre
East Melbourne, VIC

This retreat will introduce receivers to a ‘taste’ of the Spiritual Exercises of Saint Ignatius. Using an Ignatian paradigm, or way of proceeding, you will be guided to reflect with hope on your own story, your faith and your mission. Your desires and your life experiences will be brought into this way of praying. We will explore the connections between the story of Ignatius and Mary MacKillop. We will listen to each other (sacred listening) and converse (spiritual conversation) about what has come up for us. We will see how the Trinity is at work in our lives, how God works best through us. We can realise we are not alone. It will be an opportunity to stop, ground ourselves, settle in peace, in deep consolation.

Facilitator: Anne Slingo

\$425 excl. GST | \$467.50 incl. GST

Servant Leadership – More Than Foot Washing

26 February – 28 February
Josephite Mission and History Centre
Hobart, TAS

This will be a time of prayer and reflection on the theme of service, connecting more deeply with the scripture story of Jesus washing the disciples’ feet. This retreat is for anyone seeking to spend time with Jesus as a model and guide for their own meaningful encounters. Each day will include input, individual reflective time, individual spiritual direction and group spiritual conversations, allowing you to experience a rich and inviting encounter with Jesus and scripture that offers the open heart a feast of nourishment for serving and leading in a fulfilled and flavoursome way.

Director: Belinda Chapman

\$540 excl. GST | \$594 incl. GST

An Invitation to Wisdom– Mission, Conversion and Transformation (Sabbatical)

2 March – 13 April
St Joseph’s Baulkham Hills
Norwest, NSW

This sabbatical focuses on transitions and is suitable for those who are at the crossroads of life and ministry. With an integrative and holistic approach, this retreat is an invitation to openness, vulnerability and spiritual growth.

Director: Rita Malavisi RSJ

\$14,700 excl. GST | \$16,170 incl. GST

Authentically human, happy and holy: as Jesus was

7 March – 9 March
Kilmolee
Safety Bay, WA

This is a guided retreat which seeks to deepen participants’ awareness of their God-seeded identity as human beings and their appreciation of God’s Self-Revealing in the experiences of their lives. There will be a focus on living humanity as Jesus did. Sessions will be varied, with group and personal prayer, reflective input using imagery and music. Sessions will show the influence of ecological spirituality on contemporary approaches to Christian life.

Guide: Virginia Bourke RSJ

\$300 excl. GST | \$330 incl. GST

Pay Attention to Your Life

14 March – 16 March
St Joseph’s Baulkham Hills
Norwest, NSW

This two-day retreat will help you understand and invoke mindfulness. There will be space to pay attention in the present moment to wisdom just below your conscious awareness. Movement done with attention to your body sensations, progressive muscular relaxation, and guided stillness-based meditation will help you be present in a way that allows this wisdom to be experienced and integrated into your consciousness.

You will also be able to immerse yourself in soul collage – the simplistic act of making soul cards draws you into being creatively present in the moment. Potential outcomes for you are igniting intuition, encouraging self-discovery, and provision of personal guidance for your life. Opportunities to engage with poetry will lead you into reflection and self-awareness and some poems will entice you to commune with nature. Being truly present in this beautiful location with an abundance of bird song is bound to enhance your appreciation of nature.

“Some of the fruits of paying attention to your life are having a deeper awareness of the body, inner wisdom and living in the present moment.”

Facilitator: Vicki Hancock

\$500 excl. GST | \$550 incl. GST

Allowing Nature to Nurture in the Midst of a Changing Climate

22 March – 23 March
St Joseph’s Spirituality and Education Centre
Kincumber South, NSW

Using grief as a doorway to find new hope in the midst of climate despair, this retreat will provide a space to reflect, listen and come together as a community in order to express some of the impacts that our changing climate is having on us on a day-to-day basis.

Over the two days there will be opportunities to reconnect with nature through the serene and beautiful surrounds of the Retreat Centre; to stop and listen to some of the deeper feelings and expressions that form the grief that you may be experiencing; and to allow the transformative nature of grief to move you into a place of hope and action as you re-enter your world.

“When we look (at our grief), when we take it in our hands... then it turns. It turns to reveal its other face, and the other face of our pain for the world is our love for the world, our absolutely inseparable connectedness with all life.” (Joanne Macy, in an interview with Krista Tippett).

“Is sorrow the true wild? And if it is — and if we join them — your wild to mine — what’s that? For joining, too, is a kind of annihilation. What if we joined our sorrows, I’m saying. I’m saying: What if that is joy?” Ross Gay (taken from *The Book of Delights*).

Facilitator: Mandy Cox

\$500 excl. GST | \$550 incl. GST

Diversity Ordered to Unity

29 March – 30 March
Josephite Mission and History Centre
Hobart, TAS

God said humankind, was made in “our image” and Christ revealed to us God’s nature as Trinity – a diverse unity of three. This retreat is your opportunity to harmonise with the unifying order of God. Come to a deeper understanding of yourself and those around you, celebrate the dignity of every individual, male and female, and become a field hospital that holds space for you, your spouse, children, family, friends, neighbours, adversaries and all with whom you live and work. The retreat includes meals, workshops and lectures unpacking scripture, icons, music, psychology and anthropology, sacred tradition and sacramental life, as well as time for prayer, dialogue and solitude, and opportunities for celebrating mass and reconciliation.

Facilitator: Daniel de la Motte

\$360 excl. GST | \$396 incl. GST

Pay Attention to Your Life

29 March – 31 March
St Joseph’s Spirituality and Education Centre
Kincumber South, NSW

This three-day retreat will help you understand and invoke mindfulness. There will be space to pay attention in the present moment to wisdom just below your conscious awareness. Movement done with attention to your body sensations, progressive muscular relaxation, and guided stillness-based meditation will help you be present in a way that allows this wisdom to be experienced and integrated into your consciousness.

You will also be able to immerse yourself in soul collage – the simplistic act of making soul cards draws you into being creatively present in the moment. Potential outcomes for you are igniting intuition, encouraging self-discovery, and provision of personal guidance for your life. Opportunities to engage with poetry will lead you into reflection and self-awareness and some poems will entice you to commune with nature. Being truly present in this beautiful location and with an abundance of bird song is bound to enhance your appreciation of nature.

Some of the fruits of paying attention to your life are having a deeper awareness of the body, inner wisdom and living in the present moment.

Facilitator: Vicki Hancock

\$700 excl. GST | \$770 incl. GST

Lenten Retreat – Accompanied by Love

5 April – 6 April
Kilmolee
Safety Bay, WA

The journey of Lent draws us into the deepest mysteries of life and into the suffering heart of love. It shelters our deepest questions: Who am I for God? Where is God in the anguish of our world and of our lives? You will get to engage in personal reflection through the content offered, guided prayer and meditation, music, poetry, silence and conversation. You will also dip into Pope Francis’ encyclical Dilexit Nos (He loved us) and other writings.

Facilitator: Dr Pina Ford

\$250 excl. GST | \$275 incl. GST

Life is a Journey

6 April – 11 April
Mary MacKillop Heritage Centre
East Melbourne, VIC

This retreat is a reflective, prayerful excursion that contemplatively aligns our personal journeys with the journey of Jesus, focusing on transforming our past through the intimacy of God’s love. It emphasises healing, liberation, freedom, and spiritual growth by reframing our life experiences. The retreat aims to transform pain into love, leading to deeper intimacy and joy, love, in and through the heart of Christ Jesus.

Guide: Chris McPhee MSC

\$1,300 excl. GST | \$1,430 incl. GST

Authentically human, happy and holy: as Jesus was.

10 April – 13 April
St Joseph’s by the Sea
Williamstown, VIC

This is a guided retreat which seeks to deepen participants’ awareness of their God-seeded identity as human beings and their appreciation of God’s Self-Revealing in the experiences of their lives. There will be a focus on living humanity as Jesus did. Sessions will be varied, with group and personal prayer, reflective input using imagery and music. Sessions will show the influence of ecological spirituality on contemporary approaches to Christian life.

Guide: Virginia Bourke RSJ

\$750 excl. GST | \$825 incl. GST

Journeying in Love

14 April – 17 April
Mary MacKillop Heritage Centre
East Melbourne, VIC

In this Year of Jubilee, we enter into Holy Week as “Pilgrims of Hope”. You are invited to journey with Jesus in his final days. During the days of this guided, silent retreat, you will have the opportunity to reflect on your journey in the light of the Paschal Journey of Jesus. There will be two inputs each day. If you’re seeking a reflective preparation to celebrate the great feasts of our faith in the Act of Outpouring Love in the Self-Giving and Rising of Jesus in this Jubilee Year, you may find the days of this retreat valuable.

Guide: Maureen McDermott RSJ

\$750 excl. GST | \$825 incl. GST

Silent Ignatian Directed Retreat

21 April – 28 April
Kilmolee
Safety Bay, WA

The retreat will be offering contemporary materials using the Arts, based on Marlene Marburg's contemporary expression of the Ignatian Spiritual Exercises in Grace Upon Grace. Daily spiritual direction will be available as well as a short daily shared reflection time.

Director: Annette Arnold RSJ

\$2,150 excl. GST | \$2,365 incl. GST

Hildegard of Bingen: A Woman for our Time

24 April – 26 April
St Joseph's by the Sea
Williamstown, VIC

Hildegard is an inspiration for us in her passion for God, her visionary artistic and musical gifts and especially in her ability to discover the exuberant Spirit of the Divine alive in all creation. Through pondering on selected writings and illustrations of this remarkable medieval woman, participants will be surprised, inspired and encouraged by this rich encounter.

Facilitator: Moya Unthank RSJ

\$700 excl. GST | \$770 incl. GST

Keeping our Connection with God Open and Active (Semi Silent)

2 May – 4 May
St Joseph's Baulkham Hills
Norwest, NSW

We all long to be known and loved. "Indeed, we are made for love" *, says Ron Rolheiser. However, we often fail to recognise that our restless hearts are pushing us towards our God. How do we fulfil that deep yearning and longing? Over these two days we will explore ways to keep our connection with God open and free. Times of silence will be weaved through this time.

*© 2013 Ronald Rolheiser Prayer: Our Deepest Longing Franciscan media, p vii

Facilitator: Ann Morrison RSJ

\$500 excl. GST | \$550 incl. GST

Storylines

3 May – 4 May
Mary MacKillop Precinct
Adelaide, SA

Stories and parables have been passed on through oral or written tradition in every spiritual culture for thousands of years. They carry knowledge, cultural traditions, insights and wisdom. Stories are powerful. Our inner journey also has a story, a story about us, how we see our world, how we see ourselves, what we believe and why we believe it. Our stories can limit us, but they can also help us remove barriers and create beautiful narratives about who we truly are, who we can become and what stories we choose to pass on to the world as we align with our spiritual journey.

Facilitator: Loraine Muir

\$360 excl. GST | \$396 incl. GST

A Healing Journey... Living into Hope

4 May – 11 May
St Joseph's by the Sea
Williamstown, VIC

All of us have regrets, hurt, grief and pain that we carry. Our loving God knows this and is always encouraging us to bring it into the open space of you and God. This silent retreat offers time and space to be in these hard experiences with your God and to grow in awareness of what living into hope looks like for you on your journey of healing.

Guide: Jennifer Scally RSJ

\$2,150 excl. GST | \$2,365 incl. GST

Earthy Life

16 May – 18 May
Kilmolee
Safety Bay, WA

Across this two-day experience, we will consider our personal relationship with Earth. The layers of our planet and the ongoing geological processes which form Earth will act as a metaphor. We will draw inspiration from Teilhard de Chardin's description of being a terrestrial and child of Earth, and from Julian Tenison Woods' love of rocks and Earth. Time will be given to personal reflection, group conversation, through writing, photography, collage and other forms of creative expression.

Facilitator: Mary-Ann Casanova RSJ

\$300 excl. GST | \$330 incl. GST

The Call – Opportunity for Silence

17 May – 18 May
Josephite Mission and History Centre
Hobart, TAS

Beauty calls, truth enlightens, and goodness is worthy of attention and imitation. Our hunger for them is infinite; no one man, woman, sunset or painting contains all beauty, no single word or phrase contains all truth, and no one act contains all goodness. Each call us to the adventure of discovering the infinite beauty, truth and goodness that is God. An infinite God for our infinite hunger: a restful dwelling for the restless heart. Spend a weekend being reawakened to Christ as the revelation of beauty, truth and goodness. The retreat includes meals, workshops and lectures that unpack scripture, art, wisdom from the saints, sacred tradition and the sacramental life, time for prayer, dialogue and solitude, and opportunities for celebrating mass and reconciliation.

Facilitator: Daniel de la Motte

\$360 excl. GST | \$396 incl. GST

Directed Retreat

26 May – 2 June
St Joseph's Spirituality and Education Centre
Kincumber South, NSW

This is a time of silent contemplation, listening to God through the Scriptures of your life, with daily opportunity of sharing with a Spiritual Companion allowing a deepening of one's experience of God in daily life. It is about noticing what is God up to in your life.

Directors: Ann Morrison RSJ

\$2,150 excl. GST | \$2,365 incl. GST

Directed Retreat

26 May – 2 June

St Joseph's Spirituality and Education Centre
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

Directors: Fr David King C.P.

\$2,150 excl. GST | \$2,365 incl. GST

God, I Want You to Be

26 May – 2 June

St Joseph's Spirituality and Education Centre
Kincumber South, NSW

During this silent retreat, there will be the opportunity to reflect on who God is for you and your response to the call of God. Tomáš Halík writes, "... it is not what I think about God's existence but what I profoundly want or do not want God to be".

Guide: Maureen McDermott RSJ

\$1,550 excl. GST | \$1,705 incl. GST

Enneagram – a Tool for Life... An Introduction

30 May – 1 June

St Joseph's Baulkham Hills
Norwest, NSW

Most of us experience at times in our life a deep inner restlessness. Over this weekend, we will hear some important and significant insights in the form of the Enneagram – a tool, which has its wisdom in various ancient traditions. We will explore the Three Centres – Head, Heart and Gut, and how the centre you live from effects all aspects of your life.

Facilitator: Jennifer Scally RSJ

\$500 excl. GST | \$550 incl. GST

Easter to Ascension (Guided)

1 June – 8 June

St Joseph's Baulkham Hills
Norwest, NSW

"You believe because you can see me: Happy are those who believe without seeing me."

This retreat will explore some of the post-resurrection stories of Jesus' presence with the disciples and his absence. Allow the scripture characters to come alive and reveal their insights.

Guide: Jennifer Scally RSJ

\$1,550 excl. GST | \$1,705 incl. GST

Explore~Embrace~Embody: Teilhard de Chardin

12 June – 15 June

Josephite Mission and History Centre
Hobart, TAS

This Explore~Embrace~Embody: Teilhard de Chardin experience is designed for those who are attracted to and curious about Teilhard's thinking and writings, but don't necessarily find his work easy to read. Each session will include a creative mix of exploring and embracing, and will offer suggestions for embodying Teilhard's ideas.

Guide: Mary-Ann Casanova RSJ

\$720 excl. GST | \$792 incl. GST

Keeping our Connection with God Open and Active

28 June – 29 June

St Joseph's Spirituality and Education Centre
Kincumber South, NSW

We all long to be known and loved. "Indeed, we are made for love" *, says Ron Rolheiser. However, we often fail to recognise that our restless hearts are pushing us towards our God. How do we fulfil that deep yearning and longing? Over these two days we will explore ways to keep our connection with God open and free. Times of silence will be weaved through this time.

*© 2013 Ronald Rolheiser Prayer: Our Deepest Longing Franciscan media, p vii

Facilitator: Ann Morrison RSJ

\$450 excl. GST | \$495 incl. GST

Answering the Call of Pope Francis: Let's Become Pilgrims of Hope

4 July – 6 July

St Joseph's Baulkham Hills
Norwest, NSW

"Everyone knows what it is to hope," said Pope Francis. "In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future may bring." This two-day retreat provides space and time to allow a climate of change to emerge through exploring how our lives can be lived more vibrantly through reverence, truth, beauty and goodness. Times of silence will be weaved through this time and it would be helpful to bring along a journal.

Facilitator: Ann Morrison RSJ

\$500 excl. GST | \$550 incl. GST

From Inside Out

7 July – 14 July

Mary MacKillop Heritage Centre
East Melbourne, VIC

In 2024, the sequel to Inside Out was released, nine years after the original. What insights can we draw from this film? This guided retreat will deepen your understanding of your core emotions and connect them with relevant saints and scripture passages. In a quiet and contemplative way, reflect on Psalm 51:10 – "Create in me a clean heart, O God, and renew a right spirit within me". You even get to watch and reflect on Inside Out (the original) and Inside Out 2.

Guide: Rita Malavisi RSJ

\$1,550 excl. GST | \$1,705 incl. GST

Directed Retreat

7 July – 14 July

St Joseph's Spirituality and Education Centre
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

Directors: Dr Kerrie Hide

\$2,150 excl. GST | \$2,365 incl. GST

Directed Retreat

7 July – 14 July

St Joseph's Spirituality and Education Centre
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

Directors: Maureen McDermott RSJ

\$2,150 excl. GST | \$2,365 incl. GST

The Hidden Wisdom of Women in the Gospels

7 July – 14 July

St Joseph's Spirituality and Education Centre
Kincumber South, NSW

The gospels speak of many women but with very little detail. To learn more about these women, we need to learn to read between the lines with our own intuitive hearts. This silent retreat is a chance to allow some of these women to come alive and speak to us in our lives today. We will spend time with Martha and Mary, the Samaritan Woman at the Well and Mary of Magdala.

Guide: Jennifer Scally RSJ

\$1,550 excl. GST | \$1,705 incl. GST

Authentically human, happy and holy: as Jesus was.

8 July – 10 July

Josephite Mission and History Centre
Hobart, TAS

This is a guided retreat which seeks to deepen participants' awareness of their God-seeded identity as human beings and their appreciation of God's Self-Revealing in the experiences of their lives. There will be a focus on living humanity as Jesus did. Sessions will be varied, with group and personal prayer, reflective input using imagery and music. Sessions will show the influence of ecological spirituality on contemporary approaches to Christian life.

Guide: Virginia Bourke RSJ

\$540 excl. GST | \$594 incl. GST

Let's be Pilgrims of Hope

11 July – 18 July

Kilmolee
Safety Bay, WA

This silent, contemplative and guided retreat attempts to answer Pope Francis' call to create a climate of hope within each of us which then flows into our world. We must take this call seriously, allowing our action and prayer to be the spiritual breath of our life that never ceases – awakening beauty, truth and goodness to open new, vibrant ways of being in the world.

Guide: Ann Morrison RSJ

\$1,800 excl. GST | \$1,980 incl. GST

Sabbath Invitation: Come, Rest a While... (Guided)

13 July – 20 July

St Joseph's Baulkham Hills
Norwest, NSW

This Jubilee year invites us to pause and step aside from the pace of life around us. These days of silence offer an opportunity to be nourished by the spirit and mystery of Sabbath.

Guide: Carmel Drew RSJ

\$1,550 excl. GST | \$1,705 incl. GST

Be Kind to Yourself

1 August – 3 August

St Joseph's Baulkham Hills
Norwest, NSW

This two-day retreat will offer further understanding and opportunities to experience self-care possibilities through movement, deep relaxation, guided meditation, picture cards, and poetry. Movement from the space of your heart allows energy to flow freely and in a peaceful way. The guided relaxation and meditation offered are designed to enhance your personal experience of comfort and contentment. Gazing upon photographic picture cards will allow your own connections to images to emerge. Picture cards stimulate the imagination, extract meaning and can touch the emotions, allowing self-acceptance and personal empowerment to occur. Through the depth of universal wisdom underpinning poetic expression, you will find deep personal satisfaction within your heart and soul. Self-kindness will be enhanced.

Facilitator: Vicki Hancock

\$500 excl. GST | \$550 incl. GST

The Dance of Forgiveness – Retreat in Daily Life (Semi Silent)

2 August – 14 September

Josephite Mission and History Centre
Hobart, TAS

This retreat (with two book-ending weekends, 2-3 August and 13-14 September) is about discovering the joy of dancing with God within the grace of forgiveness, by infusing everyday life with the grace of God. Expect an invigorated relationship with the master Dance Partner (God). The weekends will include input, individual silent reflective time, individual spiritual direction and creative resources. Prayer resources will be provided, and participants will commit to around 45 minutes of prayer each day and a one-hour spiritual direction session each week.

Director: Belinda Chapman

\$870 excl. GST | \$957 incl. GST

The Gift of Emotions

8 August – 10 August

St Joseph's Baulkham Hills
Norwest, NSW

In this two-day retreat, we will delve into the profound wisdom embedded in our emotional experiences. This transformative journey invites you to explore the richness of your emotions through mindfulness practice, introspective sessions and creative expressions, encompassing art, music, sounds and movement. Discover both light and dark emotions as a source of healing, self-discovery, and personal growth. Immerse yourself in a retreat that honours the depth and beauty of your emotional landscape, offering insights and tools to embrace emotions as allies on your human journey towards inner harmony and fulfilment.

Facilitator: Cecilia King

\$500 excl. GST | \$550 incl. GST

Retreat in Daily Life – Pilgrims of Hope

10 August – 17 August
St Joseph's Baulkham Hills
Norwest, NSW

"Retreat in Daily Life" provides a unique opportunity to draw closer to God in personal prayer at home, by following a set pattern of prayerful ruminations on various readings and Scripture passages over several days, while continuing your daily routine of living and working. It has a rich dimension as it enables people to integrate prayer and spirituality into living ordinary everyday life. It is an opportunity to be affirmed in prayer and to experience different ways of praying. This form of retreat is suitable for people of all ages and church backgrounds, or no religious affiliation at all.

This retreat is bookended with mandatory group gatherings of approx. 2 hours; the first providing input, theme setting and general information; the second will evaluate the retreat experience with reflective prayerful input, sharing time and claiming further direction for individuals. Retreatants will have opportunity to meet individually with Spiritual Companion at least twice over the week.

See website for more details and description of this retreat.

Director: Ann Morrison RSJ
\$260 excl. GST | \$286 incl. GST

Be Kind to Yourself

15 August – 17 August
St Joseph's Spirituality and Education Centre
Kincumber South, NSW

This two-day retreat will offer further understanding and opportunities to experience self-care possibilities through movement, deep relaxation, guided meditation, picture cards, and poetry. Movement from the space of your heart allows energy to flow freely and in a peaceful way. The guided relaxation and meditation offered are designed to enhance your personal experience of comfort and contentment. Gazing upon photographic picture cards will allow your own connections to images to emerge. Picture cards stimulate the imagination, extract meaning and can touch the emotions, allowing self-acceptance and personal empowerment to occur. Through the depth of universal wisdom underpinning poetic expression, you will find deep personal satisfaction within your heart and soul. Self-kindness will be enhanced.

Facilitator: Vicki Hancock
\$500 excl. GST | \$550 incl. GST

God, I Want You to Be

17 August – 24 August
St Joseph's by the Sea
Williamstown, VIC

During this silent retreat, there will be the opportunity to reflect on who God is for you and your response to the call of God. Tomáš Halík writes, "... it is not what I think about God's existence but what I profoundly want or do not want God to be".

Guide: Maureen McDermott RSJ
\$2,150 excl. GST | \$2,365 incl. GST

Go to Joseph: Strength Ordered to Love

23 August – 24 August
Josephite Mission and History Centre
Hobart, TAS

Men are being challenged to show-up, there is a deep hunger for authentic masculinity. Half our kids will go to bed at night without saying goodnight to their father. Loud voices proclaim there is no heavenly father. Young people tell us they feel increasingly lost and lonely while women hope for a worthy partner. Men want more too. In similar times, God chose a father and husband to stand by his Son, and the Son's mother. Who was this silent, yet present, confident and competent man? Find and give voice to that man within yourself and your fellow men. He is the man the world needs: comfortable in his own skin, confident in the face of opportunities and challenges, and competent to speak his mind and act for the greater good. Answer this challenge guided by Saint Joseph in scripture and sacred tradition, and leading research into relationships and the well-ordered life. The retreat includes meals, men's circles, workshops and lectures, challenges, hiking in the foothills of Mt Wellington, the Jesus prayer with breathwork, and opportunities for mass, and reconciliation.

Facilitator: Daniel de la Motte
\$360 excl. GST | \$396 incl. GST

Jesus and the Samaritan Woman

29 August – 31 August
St Joseph's Baulkham Hills
Norwest, NSW

This weekend retreat is an opportunity to use the scripture of the woman at the well and our own lived experience. A story of encounter, having our eyes opened, being vulnerable, going deeper, times of dryness, transformation and new life and being asked to proclaim the good news.

Facilitator: Jennifer Scally RSJ
\$500 excl. GST | \$550 incl. GST

How do we Pray in These Changing Times?

30 August – 31 August
Kilmolee
Safety Bay, WA

Join us for a transformative retreat where we will explore the depths of prayer in the context of our rapidly changing world. Reflective sessions will help you understand the essence of prayer amidst modern challenges. Interactive workshops will deepen your spiritual practice. You will also get to have meaningful discussions about shared experiences, helping you discover new ways to nurture your spiritual life and find peace in the midst of change.

Facilitator: Frances Maguire RSJ
\$250 excl. GST | \$275 incl. GST

Directed Retreat

14 September – 21 September
St Joseph's by the Sea
Williamstown, VIC

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

Director: Jennifer Scally RSJ
\$2,150 excl. GST | \$2,365 incl. GST

Spring Whispers Wisdom

15 September – 20 September
St Joseph's Spirituality and Education Centre
Kincumber South, NSW

During these days of silence, the invitation is to allow our senses to awaken to the mystery of creation and to respond to its beauty, hidden wisdom and inter-connectedness within this beautiful setting.

Guide: Carmel Drew RSJ
\$1,050 excl. GST | \$1,155 incl. GST

Pilgrims of Hope

19 September – 25 September
Mary MacKillop Heritage Centre
East Melbourne, VIC

In this Year of Jubilee, this pilgrimage includes visits to sacred sites associated with Mary MacKillop's story, inviting participants to serve as "Pilgrims of Hope". This retreat is for people looking for a quiet time, a break from routine and a deeper understanding of how to be a pilgrim of hope by following in the footsteps of Mary MacKillop.

Director: Rita Malavisi RSJ

\$1,300 excl. GST | \$1,430 incl. GST

Become a Pilgrim of Hope in our World

26 September – 28 September
St Joseph's Baulkham Hills
Norwest, NSW

Over these two days, we will aim to accept the invitation of Pope Francis, "to find suitable ways of ... celebrating with deep faith, lively hope and active charity...the beauty of creation and care for our common home." It is possible to create a climate of change within ourselves by awakening beauty, truth and goodness and thereby creating new, vibrant ways of being a living example of hope in the world.

Facilitator: Ann Morrison RSJ

\$500 excl. GST | \$550 incl. GST

Life is a Journey

5 October – 10 October
St Joseph's by the Sea
Williamstown, VIC

This retreat is a reflective, prayerful excursion that contemplatively aligns our personal journeys with the journey of Jesus, focusing on transforming our past through the intimacy of God's love. It emphasises healing, liberation, freedom, and spiritual growth by reframing our life experiences. The retreat aims to transform pain into love, leading to deeper intimacy and joy, love, in and through the heart of Christ Jesus.

Guide: Chris McPhee MSC

\$1,800 excl. GST | \$1,980 incl. GST

Earthly Life

25 October – 26 October
Mary MacKillop Precinct
Adelaide, SA

Across this two-day experience, we will consider our personal relationship with Earth. The layers of our planet and the ongoing geological processes which form Earth will act as a metaphor. We will draw inspiration from Teilhard de Chardin's description of being a terrestrial and child of Earth, and from Julian Tenison Woods' love of rocks and Earth. Time will be given to personal reflection, group conversation, through writing, photography, collage and other forms of creative expression.

Facilitator: Mary-Ann Casanova RSJ

\$360 excl. GST | \$396 incl. GST

Time of Sage (Sabbatical)

1 November – 30 November
St Joseph's Baulkham Hills
Norwest, NSW

This sabbatical is for religious women and men living 'the Time of the Sage': that rich time of life in your 80s.

Director: Rita Malavisi RSJ

\$10,150 excl. GST | \$11,165 incl. GST

Directed Retreat

10 November – 17 November
St Joseph's Spirituality and Education Centre
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

Directors: Fr David King C.P.

\$2,150 excl. GST | \$2,365 incl. GST

Directed Retreat

10 November – 17 November
St Joseph's Spirituality and Education Centre
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

Directors: Jennifer Scally RSJ

\$2,150 excl. GST | \$2,365 incl. GST

Let's be Pilgrims of Hope

10 November – 17 November
St Joseph's Spirituality and Education Centre
Kincumber South, NSW

This silent, contemplative and guided retreat attempts to answer Pope Francis' call to create a climate of hope within each of us which then flows into our world. We must take this call seriously, allowing our action and prayer to be the spiritual breath of our life that never ceases – awakening beauty, truth and goodness to open new, vibrant ways of being in the world.

Guide: Ann Morrison RSJ

\$1,550 excl. GST | \$1,705 incl. GST

Morning Comes: An Advent Journey into Hope

28 November – 30 November
Kilmolee
Safety Bay, WA

The Advent mystery continues to unfold through time, and more urgently in uncertain times. When our hearts are stilled and our vision adjusts, we may notice in the darkness that hope is being seeded again and again – often unexpectedly. In this retreat, delving into the Advent scriptures and wisdom writings from the Tradition and beyond will enable you to distinguish Christian hope from psychological optimism. The content offered will be supported by poetry and music, shared conversations and times for stillness and personal reflection.

Facilitator: Dr Pina Ford

\$300 excl. GST | \$330 incl. GST

Pilgrims of Hope Journey into the Season of Advent

30 November – 7 December
St Joseph's Baulkham Hills
Norwest, NSW

This silent, contemplative retreat provides an opportunity to anticipate, honour and rejoice in the company of those close to the birth of Jesus, Mary the mother of Jesus, Elizabeth mother of John the Baptist and Anna the Prophetess at the Temple of Jerusalem.

Guide: Ann Morrison RSJ

\$1,750 excl. GST | \$1,925 incl. GST

Advent: Awaiting the Light at the Heart of all Life (Guided)

30 November – 7 December
St Joseph's Baulkham Hills
Norwest, NSW

During this time of Advent, silence invites us to awaken to the light flowing through all things – it is the same light in the 'Big Bang', in the Bethlehem Star and in the human heart.

Guide: Carmel Drew RSJ

\$1,750 excl. GST | \$1,925 incl. GST

Reflect, Renew, Revive

5 December – 7 December
St Joseph's Spirituality and Education Centre
Kincumber South, NSW

This retreat offers a unique opportunity for participants to embrace transition and change. It will be a time to reflect on what has been, renew their spirit at this moment in time and revive their aspirations and hopes to navigate the future. Participants can expect to reset their sails, creating a clearer path forward. Throughout the retreat, they will listen, reflect, pray, and create, helping them engage in a transformative experience.

Facilitator: Geraldine Kearney SGS

\$500 excl. GST | \$550 incl. GST

Be Kind to Yourself

12 December – 14 December
St Joseph's Spirituality and Education Centre
Kincumber South, NSW

This two-day retreat will offer further understanding and opportunities to experience self-care possibilities through movement, deep relaxation, guided meditation, picture cards, and poetry. Movement from the space of your heart allows energy to flow freely and in a peaceful way. The guided relaxation and meditation offered are designed to enhance your personal experience of comfort and contentment. Gazing upon photographic picture cards will allow your own connections to images to emerge. Picture cards stimulate the imagination, extract meaning and can touch the emotions, allowing self-acceptance and personal empowerment to occur. Through the depth of universal wisdom underpinning poetic expression, you will find deep personal satisfaction within your heart and soul. Self-kindness will be enhanced.

Facilitator: Vicki Hancock

\$500 excl. GST | \$550 incl. GST



Spirituality Centres

Registration Information

Please mark all email reflection day correspondence **Attention: Reflection Days.**

Please mark all email retreat correspondence **Attention: Retreats.**

Alternatively, some Centres offer enquiry forms and can organise registrations through the phone.

Mary MacKillop Precinct, Adelaide

4 High St, Kensington SA 5068

Tucked away in the inner Adelaide suburb of Kensington, the Centre is located on the very site where Mary lived, worked, and prayed from 1872 to 1883. It is a welcoming place of spirituality, hospitality, education, and pilgrimage where Mary's legacy lives on.

Phone: (08) 8130 5910

Email: admin.mmpsa@sosjspirit.org.au



St Joseph's Baulkham Hills

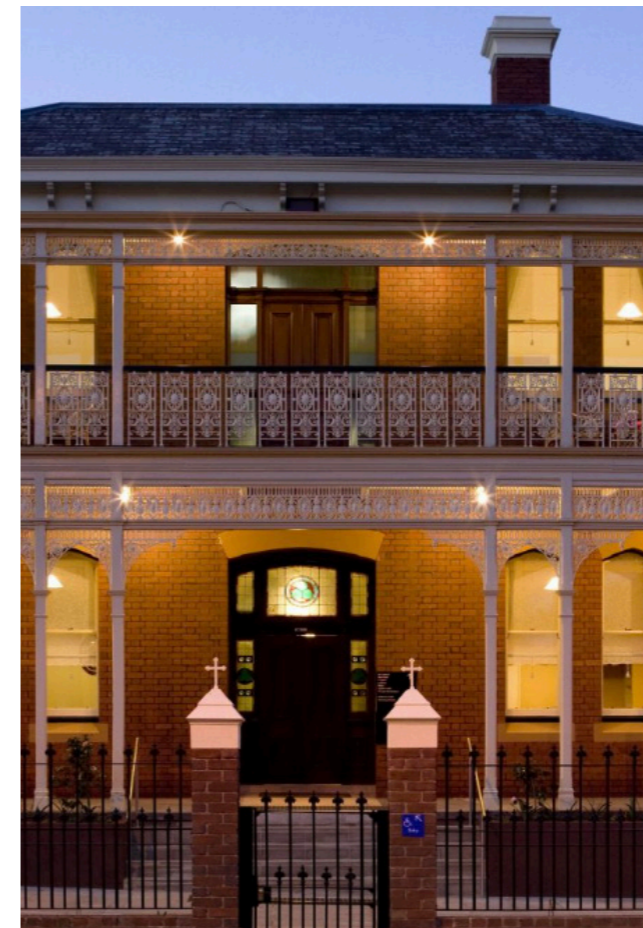
33 Barina Downs Rd, Norwest NSW 2153

Located beside Norwest Business Centre, this Centre sits in a perfect location, 40 minutes from Sydney's CBD. Founded in the spirit of Mary MacKillop and in the tradition of the Sisters of Saint Joseph, the centre's hospitality and services reach out to everyone, everywhere.

Retreat Application Enquiry

Phone: (02) 9634 2317

Email: reception.sjc@sosjspirit.org.au



Mary MacKillop Heritage Centre, East Melbourne

362 Albert St, East Melbourne VIC 3002

Heritage listed and in a prime location adjacent to Melbourne's CBD, Fitzroy Gardens, MCG and theatres, this Centre offers opportunities for all to experience and be challenged by the creative spirit and dynamism of Saint Mary MacKillop's life and work and the contribution of the Sisters of Saint Joseph.

Phone: (03) 9926 9300

Email: reception.mmhc@sosjspirit.org.au



Josephite Mission and History Centre, Hobart

67 Clare St, New Town TAS 7008

Established in 1907 as the Mother House of the Tasmanian Josephites, the former Sacred Heart Convent at New Town is steeped in the stories of Mary MacKillop, Julian Tenison Woods and the early Sisters. It is a beautiful and unique place to be inspired.

Phone: (03) 6228 1628

Email: jmhc@sosjspirit.org.au



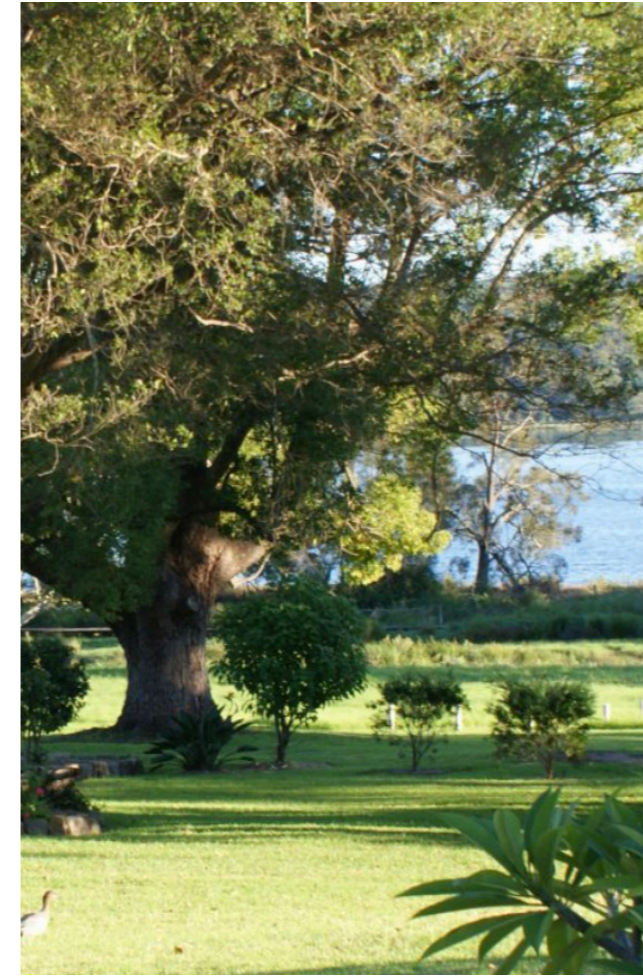
Kilmoree, Safety Bay

182 Arcadia Dr, Safety Bay WA 6169

Situated right on the coast of Safety Bay with spectacular ocean views, splendid sunrises, glorious sunsets and beach walks, Kilmoree facilitates a deepening of relationship with God and Creation in a hospitable, peaceful setting.

Phone: (08) 9527 3240

Email: safety.bay@sosjspirit.org.au



St Joseph's Spirituality and Education Centre, Kincumber South

8 Humphreys Rd, Kincumber South NSW 2251

Located in a natural bushland setting in a quiet corner of Kincumber South on the beautiful Central Coast of NSW, the spacious grounds from the Kincumber Broadwater create an atmosphere of tranquillity and peace, enhancing the spiritual and reflective nature of the Centre. Come and be recharged, re-energised and spend precious time connecting with each other and nature.

Phone: (02) 4368 2805

Email: reception.sjr@sosjspirit.org.au



St Joseph's by the Sea, Williamstown

16 Esplanade, Williamstown VIC 3016

On the land of the Bunurong people, with views of Port Phillip Bay, St Joseph's by the Sea is only a short train ride from Melbourne CBD. It is a gathering place for all who seek to nurture contemplation, explore and celebrate the wonders of the universe and earth and nourish body, mind and spirit.

Phone: (03) 9397 6012

Email: admin.sjbts@sosjspirit.org.au



Spirituality Ministry