



## AUGUST

- 1-2 **Women in Leadership: a gift to the world**  
Principal Presenter: Dr Leoni Degenhardt  
Other presenter: Sr Hilda Scott osb

Available to women from any background who wish to develop their leadership skills. An interactive workshop open to both day and overnight participants.

## SEPTEMBER

- 9 **Art Retreat**  
Sr Veronica Chandler osb

A day retreat. Our visual language, can enable a deeper listening for God's Presence and healing. Letting ourselves express our experiences through art can show us God's activity in our lives.

- 23 **The Seasons of the Heart**  
Sr Mechtild Crawford osb

An autumn retreat day. Spend a day of pottering in the Abbey farm garden with Sr Mechtild, listening and tuning into the wisdom of the seasons as you experience it in your own heart.

- 30 **Sophia in Bee Ecology**  
Sr Veronica Chandler osb

Sophia is God's Wisdom reflected in nature. A day retreat which looks at our bee ecology in the wisdom of the Benedictine Tradition.

## OCTOBER

- 7 **Prayer of the Heart and the Jesus Prayer**  
Sr Hannah Massey-Green osb

A day retreat. Spend a day discovering the ancient wisdom of inner prayer, particularly the meditative form of prayer that has come to be known as the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me".

- 27-29 **Aging and Awakening: God's Surprising Gifts!**  
Sr Kerin Caldwell sgs

An opportunity to reflect and explore the possibilities, surprise and new life for this important phase of life, the later years.

## NOVEMBER

- 4 **Nature Mystics**  
Sr Veronica Chandler osb

A day retreat. Listen with the ear of your heart to the presence of God in nature. A day to reflect in the light of St. Benedict, Hildegard of Bingen, Joan Chittister and others.

- 10-12 **Oblate Retreat**  
Sr Hildegard Ryan osb

A weekend retreat for oblates of Jamberoo Abbey with the Rule of St Benedict.

- 17-19 **The Welcoming Prayer and the Sacrament of the Present Moment**  
Sr Magdalen Mather osb

A silent centering prayer weekend walking with Jean-Pierre de Caussade and the Sacrament of the Present Moment.

## DECEMBER

- 2 **Advent Retreat**  
Sr Hilda Scott osb, Sr Magdalen Mather osb and  
Sr Hannah Massey-Green osb

A day retreat. An opportunity for you to reflect on the "new start" that God wants to give you this Advent. Perhaps you might like to make this day of prayer as a Christmas Gift for someone else.



## ADDRESS

Jamberoo Abbey  
695 Jamberoo Mountain Road  
Jamberoo NSW 2533

## BOOKINGS

To make your booking and for further retreat details including accommodation and retreat costs:

Phone (02) 4236 0533  
E-mail cottageretreats@jamberooabbey.org.au

## OFFICE HOURS

Mondays-Fridays  
10.00am - 4.30pm

VISIT OUR WEBSITE & FACEBOOK PAGE

[www.jamberooabbey.org.au](http://www.jamberooabbey.org.au)

[facebook.com/jamberooabbey](https://facebook.com/jamberooabbey)

Retreat  
Program 2017

JAMBEROO ABBEY



## FEBRUARY

**4** *Tools for the Year Ahead*  
Sr Hilda Scott osb

A day retreat. Who knows what this year ahead holds for any of us. Our day of reflection will look at “the tools” found in prayer, the Scriptures and various other sources which will enable us to come through this year more certain of God and ourselves.

**17–19** *The Prayer of Letting God*  
Sr Magdalen Mather osb

A silent centering prayer weekend. We will explore this central attitude and gesture of Jesus, that of “Letting Go” through the teachings and in the practice of Centering Prayer.

**25** *Aspects of Lent, the Call of God*  
Sr Hilda Scott osb

A day retreat. Lent is basically a time of renewal and an opportunity to “get back on track”, a time for hearing the God who is calling to us through everything that happens, good and bad. This day offers such an opportunity.

## MARCH

**4** *Seasons of the Heart – Retreat Day for Gardeners*  
Sr Mechtild Crawford osb

An autumn retreat day. Spend a day of pottering in the Abbey farm garden with Sr Mechtild, listening and tuning into the wisdom of the seasons as you experience it in your own heart.

**24–26** *Oblate Weekend*  
Sr Hildegard Ryan osb

A weekend for Oblates with the Rule of St Benedict.

## APRIL

**24–27** *With Eyes Wide Open*  
Sr Mechtild Crawford osb

*Monday 3.30 pm to Friday after 9.00 am Eucharist.*

A retreat that engages the heart and the hands. Many people in our communities are moved by the cry of the earth, the ecological devastation but seek to know how they might respond to this in their daily lives. This retreat will be an opening, a space to shift concerns into dreams and into actions.

## JUNE

**3** *Introduction to Centering Prayer*  
Sr Magdalen Mather osb

A silent weekend retreat which will explore kenosis (self-emptying) - the practice at the heart of Christian meditation practices.

**16–18** *Praying With Icons*  
Sr Hannah Massey-Green osb

A silent weekend retreat. What is it that icons can teach us about our faith and how can we use them to enrich our prayer life? After an introduction to the rich and symbolic language of icons we will look at a number of famous icons such as Our Lady of Vladimir, the Pantocrator of Mt Sinai and the Rublev Trinity as well as a few that are less well known.

**30** *The Name(s) of God*  
Sr Hilda Scott osb

A day retreat. This retreat day, through Scripture, prayer and shared experience, will focus on some of the Names of God and particularly on the Name that calls most loudly to you.

## JULY

**1** *Ecological Perspectives in the Rule of St. Benedict*  
Sr Veronica Chandler osb & Sr Mechtild Crawford osb

A day retreat. Inherent in the Rule of St Benedict is a sense of the sacred in all things and a stewardship of the earth. Join us for a day of exploring the Rule of St Benedict and the Benedictine spirit.

**14–16** *Prayer of Unknowing*  
Sr Magdalen Mather osb

A silent centering prayer weekend. We will walk this weekend with the classic spiritual text “The Cloud of Unknowing”. Explore some of its rich teachings and practice integrating them into the practical “how” of daily centering prayer practice.

**21–23** *Vocation Weekend*  
Sr Hilda Scott osb

“Listen” said St. Benedict, “with the ear of your heart” and you are invited to do just that; to listen to God as He is speaking to your heart, to hear His Voice as it calls to you, to know the promises He has already made to you. We will look at the Scriptures, we will pray with the monastic community, spend time in Adoration, reflect on the Rule of St. Benedict and the direction of our own lives.

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