

JAMBEROO ABBEY

# Retreat Program 2018

*Slow down  
Breathe in the mountain air  
Let stress and worry fall away  
Soak in the silence  
Bask in the presence and love of God*

## FEBRUARY

- 3 ***Lent a Time to Choose, a Time to be Chosen:*** Ancient wisdom tells us that “love is self-sacrifice”. Lent remembers the ultimate self-sacrifice of Jesus. This day offers an opportunity to reflect on the ways that has played out in your life.

Presenter: Sr Hilda Scott osb

- 16-18 ***Oblate Retreat:*** A weekend retreat for oblates of Jamberoo Abbey.

Presenters: Sr Hildegard Ryan osb  
& Sr Hannah Massy-Greene osb

- 23-25 ***The Wisdom of the Desert:*** A silent centering prayer retreat exploring how the wisdom of the desert mothers and fathers can inform us in our daily life and spiritual practice.

Presenter: Sr Magdalen Mather osb

## MARCH

- 3 ***“Seasons of the Heart”- Autumn Retreat Day for Gardeners:*** Autumn – the time for letting go and making way for the new. Spend a day of pottering in the Abbey Farm garden with Sr Mechtild, listening and tuning into the wisdom of the seasons.

Presenter: Sr Mechtild Crawford osb

## APRIL

- 12-15 ***Women in Leadership: a Gift to the World:*** Available to women of any background who wish to develop their leadership skills. An interactive workshop.

Principal Presenter: Dr. Leoni Degenhardt.

Other Presenter: Sr Hilda Scott osb

## JUNE

- 2 ***Centering prayer with the Desert Mothers and Fathers:*** A day retreat of silence, prayer and practice using wonderful stories from the desert tradition.

Presenter: Sr Magdalen Mather osb

- 15-17 ***Praying in the Cloud:*** A silent centering prayer weekend retreat spent in the heart of the Cloud of Unknowing. We explore its rich teachings, and practice integrating them into the “how” of daily prayer.

Presenter: Sr Magdalen Mather osb



- 30 ***Art Retreat Day:*** Our visual language can enable a deeper listening for God's presence and healing. Expressing experiences through art can show us God's activity in our lives. Limited places.

Presenter: Sr Veronica Chandler osb

## JULY

- 7 ***“Seasons of the Heart”- Winter Retreat Day for Gardeners:*** Winter – the time for resting deeply and waiting. Spend a day of pottering in the Abbey Farm garden with Sr Mechtild, listening and tuning into the wisdom of the seasons.

Presenter: Sr Mechtild Crawford osb

- 13-15 ***Praying with Icons:*** Icons have always been an integral part of the devotional life of Christians in the Orthodox east. More than decorative works of art, they have been described as “doorways to the soul” and “theology in lines and colour”. What can icons teach us about our faith and prayer life?

Presenter: Sr Hannah Massy-Greene osb

- 28 **Does the Forest Pray?:** A contemplative awareness of our environment and ecology can bring healing and hope. A day retreat listening to the Spirit and exploring our monastic tradition to refocus our concerns for ecology.

Presenter: Sr Veronica Chandler osb

## SEPTEMBER

- 8 **Centering prayer and the Cloud of Unknowing:** A silent centering prayer retreat day spent in the heart of the Cloud of Unknowing. We explore its rich teachings, and practice integrating them into daily prayer. Limited places.

Presenter: Sr Magdalen Mather osb



- 15 **Sophia in Bee Ecology:** Sophia is God's Wisdom reflected in nature. A day retreat looking at bee ecology in the wisdom of the Benedictine Tradition.

Presenter: Sr Veronica Chandler osb

## OCTOBER

- 6 **"Seasons of the Heart"- Spring Retreat Day for Gardeners:** Spring – the time for the rising of new inner life. Spend a day of pottering in the Abbey Farm garden with Sr Mechtild, listening and tuning into the wisdom of the seasons.

Presenter: Sr Mechtild Crawford osb

- 26-28 **Centering prayer and Lectio Divina:** A silent centering prayer retreat looking at the practice of lectio divina and the ways in which it holds our centering prayer practice in sacred "space and time".

Presenter: Sr Magdalen Mather osb

## NOVEMBER

- 3 **Centering prayer and Lectio Divina:** A silent day retreat holding our centering prayer practice in the sacred framework of lectio divina. Limited places.

Presenter: Sr Magdalen Mather osb

- 9-11 **Oblate Retreat:** A weekend retreat for oblates of Jamberoo Abbey.

Presenters: Sr Hildegard Ryan osb & Sr Hannah Massy Greene osb



- 16-18 **Prayer of the Heart – an introduction to the Jesus Prayer:** St Paul exhorts us to "pray without ceasing" (1 Thess 5:16). A weekend retreat discovering the ancient wisdom of meditative prayer, particularly the Jesus Prayer, "Lord Jesus Christ, Son of God, have mercy on me, a sinner."

Presenter: Sr Hannah Massy-Greene osb

## DECEMBER

- 1 **The Lord's Mercies are always "Advent New":** Advent brings us a consoling message, "This is what I will tell my soul and so recover hope. The favours of the Lord are not exhausted, His mercies have not ended. They are new every morning, so great is His faithfulness" (Lam 3:21-23). This retreat day offers a chance to stop and claim again the cool breeze of His love over your life.

Presenter: Sr Hilda Scott osb

## 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@bigpond.com

### **Cottage Retreat office hours**

*Mondays–Fridays*

10.00am - 3.00pm

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