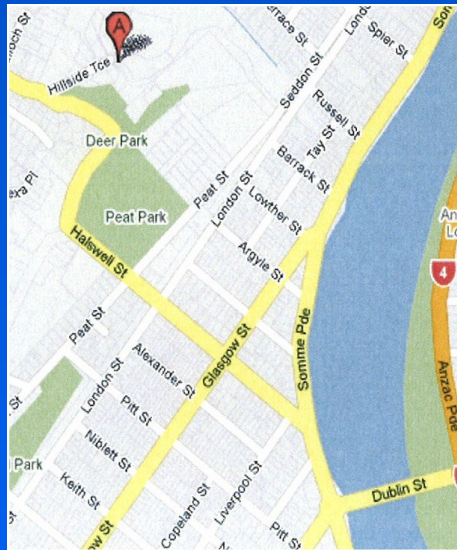


Te Punanga o Hōhepa



Josephite Retreat Centre

Mt St Joseph
14 Hillside Terrace, Whanganui
PO Box 777, Whanganui, 4541



To register:

Phone 06 345 5047 x 3
Email: ssjoseph@ssj.org.nz

*Registrations are essential
for programme events.
Early registrations encouraged.*

Groups & individuals are welcome to hire the Centre.

www.sosj.org.au

Te Punanga o Hōhepa



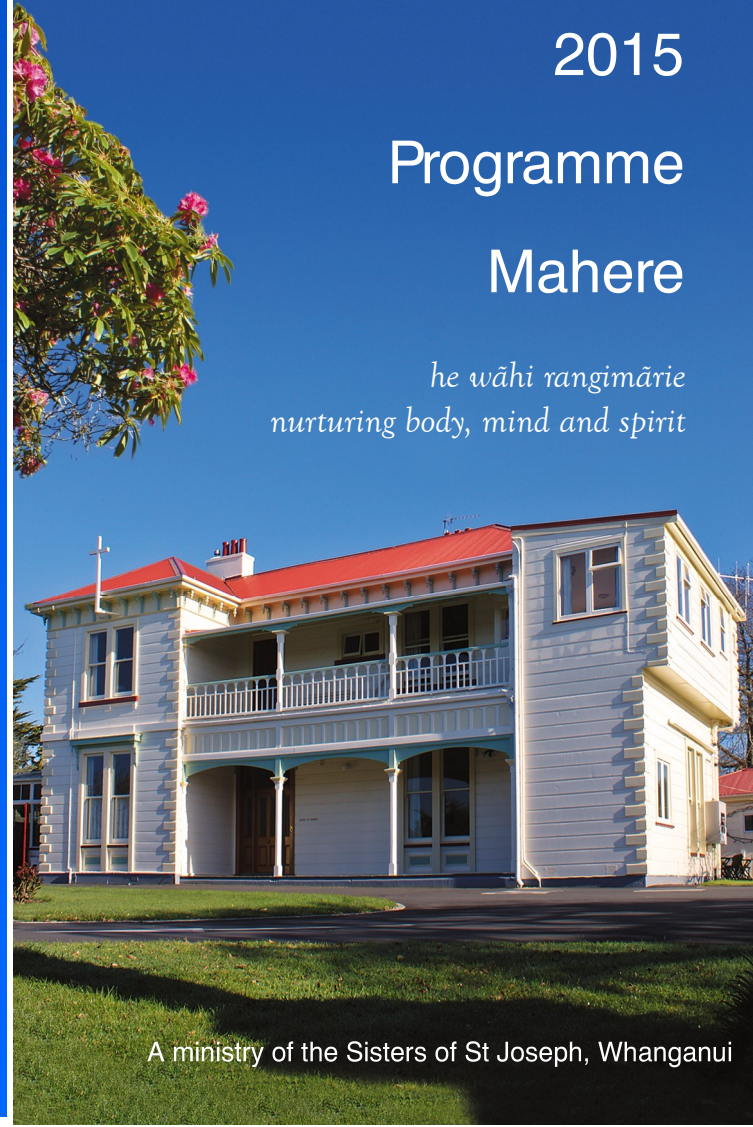
Josephite Retreat Centre

2015

Programme

Mahere

*he wāhi rangimārie
nurturing body, mind and spirit*



A ministry of the Sisters of St Joseph, Whanganui

**Kia ora! Welcome to our 2015 programme
COME, SEE MORE!**

This is our invitation for the 2015 year...it is the international year of light, when we celebrate the history of light and its impact on human beings and our planet. It is 1000 years since Ibn Al-Haytham gave the first explanation of human vision, and yet only 50 years since Penzias and Wilson discovered the Cosmic Wave Background, an electromagnetic echo of the very creation of the universe.

Light is the means by which we humans see ourselves, each other, and our place in the universe. Light has impacted in society because it inspires art, music, literature and philosophy across the centuries. It unifies humanity - all peoples see the same sun rise and fall on the horizon, and all cultures express the same wonder at the natural beauty of light seen in effects such as the rainbow.

Last year the Sisters of St Joseph had their planning meeting for the next 6 years - part of our vision statement reads:

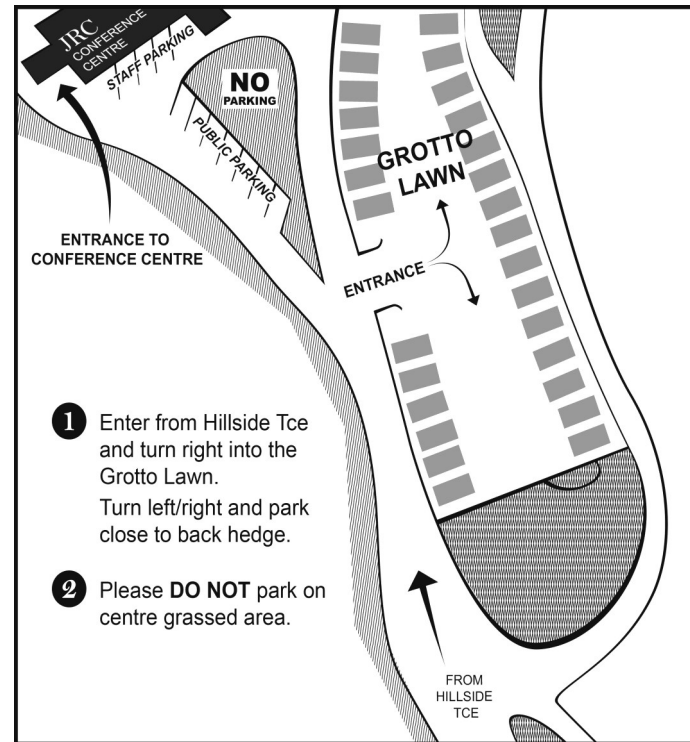
Awakening to the creative vitality
of our abundant and exuberant God
we will immerse ourselves more consciously
in the evolving mysteries of the universe,
of Earth, of humanity.

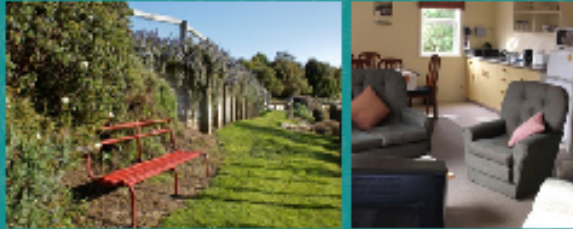
We are invited to walk together contemplatively
with open eyes, attentive to the violence and
beauty, the wonder and heartache,
the desolation and radiance in ourselves
and beyond.

This year we invite you to observe this world and yourself with clear, well-lit vision. One aspect of turning on lights is that we create shadows; we also become more aware of the dust which is around, and so more aware of darkness both exteriorly and inside ourselves. Leonard Cohen - along with good psychology - assures us that this is not a problem to be ignored but to be welcomed:

“There is a crack in everything, That's how the light gets in”.

PARKING





ACCOMMODATION

Visitors Wing (in house)

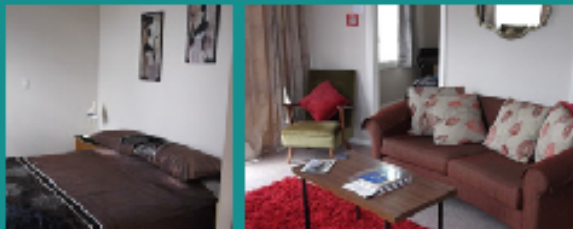
- 2 double bedrooms
- Lounge/Dining/Kitchenette
- Bathroom

Atawhai Flat (Independent)

- 2 Bedrooms (1 Double, 2 Singles)
- Lounge/Kitchenette
- Deck
- Wheelchair bathroom with wet-floor shower

ACCOMMODATION FEES (prices include GST)

- \$30 per person per night B&B
- \$25 per person per night no breakfast
- \$90 per night for Family B&B
- \$80 per night for Family no breakfast
- \$20 each extra person over 4 people



Again we are relying on the experience of Whanganui presenters and those from beyond. We will be using workshops, liturgies, reflection days and inspirational speakers to provide enlightenment.

Through these means and together, we shine the light on the realistic challenges of social justice, self knowledge and spiritual growth and development. We will look at new norms for life so that we can all SEE what life could be. Let us hope to experience a new way of seeing, of seeing with a sacred scent, sensing the whole and realising the interconnectedness with all creation. With this kind of seeing, we can bring new possibilities into the world.

The eye is the lamp of the body

If your eyes are good, your whole body will be full of light.

Matt 6:22

SO, COME, SEE MORE!

Liturgies

Every 3rd Sunday of the month from 4 - 5pm. Our liturgies are prepared by various individuals and groups and may reflect the seasons of the year or the 2015 theme of light.

Tending the Soul - Quiet Days of prayer & reflection

On some Mondays, these days give an opportunity for time out to reflect, imagine, to see what is around and in us. We also have a six-day **Guided Retreat** this year in August.

DVD Evenings

A selection of interesting and challenging films.

'This I Believe...'

A series of talks by people from our local and the wider community, who inspire us with their dedication, wisdom, ideas, skills, and sheer hard work.

Exploring ECO-Spirituality Group for those interested in discovering, through various media, more about the links between ecology and spirituality. Newcomers welcome any time.

Facilitators

Ngā Kaiwhakarite

Marie Skidmore rsj is a counsellor & supervisor, with an interest in linking psychology & spirituality, as an aid to unravelling the sacred in our everyday experiences.

Jillian Wychel & David James have been active in social justice & adult education for many years including exploring the Treaty of Waitangi & the responsibilities that flow from it. In 2011 they received the Queen's Service Medal for their work in education.

Erena Metekingi-Anson has been involved in Maori artwork for 20 years including harakeke flax weaving, stone carving & framed miniature korowai. She has also done much catering over the years & is a hands-on mother & grandmother to her whanau.

Lyn Nikoloff is a trained celebrant & ritual maker, communication consultant, writer, editor & educator.

Ann Neven rsj is an educator & facilitator with experience and interest in encouraging the deepening of spirituality & understanding of oneself.

Noelene Landrigan rsj practices permaculture & organic gardening & runs programmes seeking to convey a new understanding of cosmology. She believes this is essential for shaping our future as a planet.

Rita Cahill rsj has many years of teaching experience & working in Parish Pastoral ministry. Music has always featured strongly within the various ministries she has been involved with.

Lyndall Brown: "I am a Josephite, a Spiritual Director, currently living in Auckland. I enjoy working with adults developing the interface of Spirituality & Psychology. I feel privileged to accompany people in their lives enabling them to attend to their own personal journeys."

Rev Dr Neil Darragh is a theologian, lecturer & well-known author of many books and articles. His research interests include ecological theology & spirituality.

Margaret Rowley rsj came to live in Whanganui in 2014. She has had a lifelong interest in poetry. In ancient & modern poetry she finds a way of exploring the wonder & mystery of life in a world that is 'charged with the grandeur of God'.



CENTRE HIRE

- Chairs/Tables
- Kitchen
- Crookery/utensils
- Conservatory
- Quiet Room
- Projector/Laptop
- 55" LED Smart TV/Web browser
- SKYPE camera through TV
- DVD/Blu Ray Player
- CD/Cassette Player
- Microphones
- Sound System
- Wireless Internet
- Catering



CENTRE FEES (prices include GST)

- Community \$20 per hour max \$100
- Commercial \$30 per hour max \$150
- Quiet Room Community \$40/day
- Quiet Room Commercial \$60/day
- Catering available on request

Extra charges may apply for some equipment used

Facilities at JOSEPHITE RETREAT CENTRE

Josephite Retreat Centre is the perfect venue for seminars, conferences, personal and professional development programmes, business meetings, interviews and retreats.

The Josephite Retreat Centre is housed in the historic building, Mount Saint Joseph, surrounded by well-established grounds, farmland and native bush with ample parking available.

The Retreat Centre boasts state of the art facilities offered in a relaxed and tranquil setting. Our conference centre setting combines the effective use of natural light and plenty of space. The result - an environment conducive to learning which ensures a successful event for everyone!

The conference room is well equipped with a variety of layout configurations for up to 40 people, with a conservatory and courtyard adjoined. Complementing the conference room is a quiet room with seating for up to 30 people. On-site accommodation is available.

The latest AV equipment is available, 55" LED Smart TV with in-built Internet and Skype capability. Projector, Interwrite-board, Wireless Internet, Audio System with microphones, Laptop and presenter aid.

Catering can be provided and we are proud to be offering our "Brain Food" menu which is designed for "boosting brain power" and keeping the mind invigorated throughout the day! A kitchenette is available fully equipped should you wish to self-cater.



Kura Simon, devoted wife of the late Morvin Simon & mother of 11 children & many mokopuna, includes in her many skills & work much support at Kaiwhāiki Marae & co-tutors many government departments & community groups.

Kahurangi Simon, as eldest son of Morvin & Kura Simon, te reo Māori me ōna tīkanga were a staple diet at Kaiwhāiki Marae. After 20 years in Māori radio, Kahu now runs his own Internet Radio from home, with a popular reggae programme.

Maree Hickey rsj has a wide range of interests & hobbies in the areas of complementary health programmes & processes.

Patricia Stevenson rsj has been an adult educator, teacher & leader of retreats for many years, with an interest in scripture, the human journey, & the contribution of modern science to our religious understanding. She wrote the book on psalms "Songs from a pierced heart", along with Sunday readings & a programme for the Lenten journey (see www.sosj.org.au)

Tina Kapeli rsj is currently ministering in St Paschal's Parish Ngatea as Pastoral Assistant. She is a member of the Association of Christian Spiritual Directors & enjoys facilitating Prayer Days for parish groups.

Jill McLoughlin rsj is currently on the TransPacífico Regional leadership team based at Mission Bay. Jill has a keen interest in spirituality & enjoys being able to offer people the opportunity to reflect on their lives & to take time to nourish their own spirituality. She has a great love of music & enjoys using this gift to enhance the ministries she is involved in.

Dorothy Gibbs is a wife, mother & grandmother. She is responsible for the flower ministry at St Theresa's Parish, Pimmerton, & is a passionate gardener.

Marie Mullins has always had a love for making pickles, chutneys, jams, vinegar, brandy fruit cakes & shortbread. She has a pickle shop in Sanson.

Carlotta Penton learned to make beautiful stars in her homeland Germany & enjoys sharing her knowledge & skills with others.

Adrienne Whitehead rsm has worked as a primary school teacher, 20 years in a Mercy Hospital, 10 years doing art tuition, has helped with reading recovery and currently does a reflection every Sunday on Catholic Radio.

Liturgy - Light & Joy

Sunday 15 February 4 - 5pm

Shrove Tuesday celebration with breakfast

Tuesday 17 February 9.15 - 10.30am

**Exploring ECO-Spirituality Group**

Thursday 19 February 7 - 9pm

Marie Skidmore rsj

**DVD Evening - Abel's Field**

Left motherless by tragedy & abandoned by his father, 17 year old Seth is left to support his two sisters - he finds support & understanding from groundskeeper Abel...

Thursday 26 February 6.30pm *Supper provided* Koha**Treaty of Waitangi Workshop - Local matters**

Explore Te Tiriti o Waitangi with a focus on Whanganui matters: local history, the river settlement & current issues.

Tuesday 3 March 9.30am - 4pm \$20

Jillian Wychel & David James

Harakeke Flax Flowers

Weave beautiful flowers in harakeke flax.

Friday 6 March 9.30am - 12pm \$10

Erena Metekingi-Anson



'This I Believe...' Mike Webber, well-known as an optometrist in Whanganui, also worked many times on 'eye missions' in several countries & was co-founder of Volunteer Ophthalmic Services Overseas, a Trust which sends about three teams a year consisting of Eye Specialists & Optometrists, restoring sight to people of the Pacific Islands.

Mike will talk about his role in the 'eye mission' project in Cambodia. Followed by questions & supper.

Wednesday 11 March 7 - 9pm Koha

Email Reminders and Advertising

If you would like to receive monthly email reminders of the upcoming events please email your details to ssjoseph@ssj.org.nz

Include your postal address if you would like to receive a copy of the programme posted to you at the beginning of the year.

All workshops and quiet days are advertised regularly in the *River City Press - What's On* column, are featured on the *Wanganui.com* website, and in *Midweek - Happenings*.



Tea & coffee provided.
 BYO lunch unless otherwise noted.
 Registrations are essential for
 programme events.



Liturgy - Light and Colour
 Sunday 15 March 4 - 5pm



'This I Believe...'

Hadleigh Reid was born & bred in Palmerston North. He came to Whanganui after graduation in 2001 & feels very much at home here. He has served as a dentist here & in other countries with local groups, Mercy Ships & YWAM. Join us to hear Hadleigh talk about his beliefs & experiences. Followed by questions & supper
 Wednesday 18 March 7 - 9pm Koha

Exploring ECO-Spirituality Group

Thursday 19 March 7 - 9pm
 Marie Skidmore rsj



Marriage Enrichment Weekend - How to build a healthy marriage that lasts a lifetime. Over a weekend, couples will be invited to discuss & reflect privately on their marriage relationship including the art of communication, resolving conflict, the power of forgiveness, parents & in-laws, good sex & love in action. Based on Christian principles, the course is suited to both married & de-facto couples from both faith & non-faith backgrounds.

Friday 20 March 7-9pm, Sat 9-5.30pm, Sun 9-3pm
 Lyn Nikoloff \$20 P/P

April Paenga-whâwhâ

Mary MacKillop Day

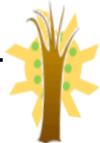
A window into Mary MacKillop's life - a woman who lived the Gospel - and whose spirit & spirituality can speak to & inspire us in our lives today.

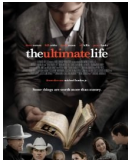
Saturday 11 April 10am - 3pm \$20
 Ann Neven rsj

Tending the Soul - Let there be Light!

Let's explore how light links mystery and matter.

Monday 13 April 10am - 3pm Koha
 Noelene Landrigan rsj





DVD Evening - The Ultimate Life

A touching story of faith & family values - a follow-up to *The Ultimate Gift*.

Wednesday 15 April 6.30pm Koha
Supper provided

Exploring ECO-Spirituality Group

Thursday 16 April 7 - 9pm
Marie Skidmore rsj



Harvest Liturgy - A Time to Share the Fruits of Our Labour

Sunday 19 April 4 - 5pm



May

Haratua

Tending the Soul - Music for the Soul

Monday 11 May 10am - 3pm Koha
Rita Cahill rsj



World Fair Trade Day - High Tea & Collection for Oxfam

Tuesday 12 May 2.30 - 3.30pm

Enneagram Workshop

The Enneagram is a tool to enable us to explore our own inner journey, focusing on 9 personality types, addressing the gifts & strengths of each type.

Saturday 16 May 9.30am - 4.00pm
Lyndall Brown rsj



\$20



Liturgy - Lumen Christi
Sunday 17 May 4 - 5pm



Pickles & Sauces to tempt the taste buds

Join in a morning of tasting & talking as Marie shares her passion for pickles, chutneys & jams.

Saturday 10 October 9.30am - 12.30pm \$10
Marie Mullins

Exploring ECO-Spirituality Group

Thursday 15 October 7 - 9pm
Marie Skidmore rsj



Liturgy - Enlightenment

Sunday 18 October 4 - 5pm



November

Whiringa-â-rangi

Window Stars for Christmas

Join us for a practical workshop making prism-like stars for Christmas decorations.

Saturday 7 November 9.30am - 12.30pm \$10
Carlotta Penton



Liturgy

Sunday 15 November 4 - 5pm

Exploring ECO-Spirituality Group

Thursday 19 November 7 - 9pm
Marie Skidmore rsj



Advent Reflection Day

Saturday 28 November 10am - 3pm \$20
Adrienne Whitehead rsm

December

Hakihea

Liturgy - Mere Kirihimete (*Please bring a non-perishable food item to assist those in need at this time*)

Sunday 20 December 4 - 5pm





DVD Evening - I Am Gabriel

When things are at their darkest in a failing town, a boy named Gabe wanders in from the wilderness with a message: there is no hope without Jesus Christ.

Thursday 27 August 6.30pm *Supper provided* Koha

September

Mahuru

Spring Colours

This is an invitation to reflect creatively on a few significant changes in one's life and to discover how one's perspective has been coloured by them.

Saturday 12 September 10am - 3pm

Tina Kapeli rsj



\$20

Exploring ECO-Spirituality Group

Thursday 17 September 7 - 9pm

Marie Skidmore rsj



Liturgy - Hildegard Von Bingen

Sunday 20 September 4 - 5pm

Treaty of Waitangi Workshop

An opportunity to look at & discuss the history of the Treaty along with current issues and developments.

Tuesday 29 September 9.30am - 4pm \$20

Jillian Wychel & David James



October

Whiringa-â-nuku

Fun with Flowers

A day to enjoy creating floral arrangements, with time for a tour of the beautiful gardens at the Josephite Retreat Centre.

Saturday 3 October 9.30am - 4.30pm

Dorothy Gibbs



\$20

'This I Believe...' David Scoullar was a career journalist, later spending 3 years working as a teacher in PNG with the Catholic Overseas Volunteer Service. He has been the Catholic chaplain at Wanganui Hospital for nearly 12 years. Join us to hear David talk about his life, beliefs & work.

Followed by questions & supper

Tuesday 26 May 7 - 9pm

Koha



DVD Evening - God's Not Dead

An atheist philosophy professor insists his students declare "God is dead" but Josh is challenged to defend his faith so he stands up & takes on the challenge.

Thursday 28 May 6.30pm *Supper provided* Koha

June

Pipiri



Tending the Soul - Field of Compassion

All great religious traditions have at their heart the conviction that we must live in peace & love. Let's reflect together on the intricate connectedness of the physical & spiritual worlds.

Monday 8 June 10am - 3pm

Noelene Landrigan rsj

Koha

'This We Believe...'

Cullinane College Students will speak about their beliefs & ideas. Followed by questions & supper.

Thursday 18 June 7 - 9pm

Cullinane College Students



Koha

Liturgy - Light and Shadow

Sunday 21 June 4 - 5pm



Fairness in New Zealand society: Christian understandings of social justice

What is fair? *and* What does being Christian have to do with people being equal or unequal?

New Zealanders have traditionally valued fairness in our society, but today economic inequality threatens the welfare of many. These sessions are concerned with Christian understandings of social justice and how these are being worked out or ignored in New Zealand society.

Saturday 4 July 9.30am - 12.30pm \$10
Rev. Neil Darragh

Tending the Soul - Touching God Through Poetry – The Bible and Beyond

Monday 6 July 10am - 3pm Koha
Margaret Rowley rsj



DVD Evening - Heaven is for Real

The true story of a small-town father who must find the courage to share his son's extraordinary experience with the world.

Thursday 9 July 6.30pm *Supper provided* Koha

A Spirituality of Joy

Does Christian joy, which flows from believing in the good news, mean I am supposed to be happy all the time? Unlike happiness, joy is not simply a fleeting feeling or a short-lived emotion. It is a permanent result of one's connection to God.

Saturday 18 July 10am - 3pm \$20
Jill McLoughlin rsj

Liturgy - Seeing the Light

Sunday 19 July 4 - 5pm



Waiata, Kōrero & Karakia

Join us as we celebrate Māori Language Week 2014.

The theme is **Ngā Mātua / Whāngaihia te reo Māori ki ngā Mātua** To support parents to whāngai the language to their tamariki.

Tuesday 28 July 10am - 12noon *Light lunch provided*

Kura & Kahu Simon



August

Here-turi-kōkā

Nurturing Day - Moveable Feast

A hands-on day taking care of your body.

Saturday 1 August 10am - 3pm \$20
Maree Hickey rsj

How Science Gifts our Spirituality Conversation

Our Spirituality encompasses all of who we are, therefore our conversations need to embrace all aspects of life. We will explore the contribution of science as an important part of our growth.

Saturday 8 August 9.30am - 3pm \$20
Patricia Stevenson rsj

Six Day Guided Retreat - At our beginnings, the spiritual journey and the impact of new discoveries

Sunday 9 August 5.30pm - Saturday 15 August
Patricia Stevenson rsj \$575 Live In/\$425 Live Out

Liturgy - Light & Energy

Sunday 16 August 4 - 5pm



Dreams

Dreams Workshop This workshop will help enable participants to work with their dreams and discover the many ways dreams speak to us the truth of our lives.

Saturday 22 August 9.30am - 4pm \$20
Lyndall Brown rsj