

# Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P/Code \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

## Retreat Selected

Title: \_\_\_\_\_

Dates \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

Cost: \_\_\_\_\_

Please submit completed Registration form to  
St Joseph's Centre Baulkham Hills  
by post, fax or email.

St Joseph's, 64 MacKillop Drive, Baulkham Hills  
PO Box 7386 Baulkham Hills BC NSW 2153  
Phone: 02 9634 2317 Fax: 02 9899 4249

Email: [frontdesk@stjosephscentre.org.au](mailto:frontdesk@stjosephscentre.org.au)

**Cheques payable to the Spirituality Ministry  
of the Sisters of St Joseph.**



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# Be Nurtured and Nourished

# Overview

## WEEKEND RETREATS

ONE OF THESE RETREATS COULD BE THE  
RIGHT ONE FOR YOU

### Sometimes you need...

*Time out from your day to day life*

*Some new insights,  
directions and inspiration*

*A break to go within,  
reconnect with self and Your God*

*Opportunities to immerse yourself  
in nature*

To look after the whole person, you, we need to  
consider the mental, emotional, physical  
and spiritual.

Often the spiritual is through faith based practice  
or other groups. To truly step forward and allow  
ourselves the gift of time with self,  
means to connect within.

These retreats aim to provide spiritually curious and  
open individuals with an experience of listening to  
fresh insights, reflection, some creative responses  
and prayer experiences.

We invite you to give yourself permission to step out  
of your world and look after you for a change.



# Be Nurtured and Nourished

COSTS - \$325.00 (CAT exempt)

\$357.50 (Inclusive of GST)

\$50 Half days including light lunch

February 17 - 19  
(Fr) Darryl Mackie

## I have called you by name, you are mine. Is 43:1

*This weekend retreat recognises Jesus' call to find a quiet place. Retreatants will be invited to be attentive to the presence of the sacred in their lives through scripture, reflection and celebration.*

February 25  
Half day  
10.00am – 2.00pm

## Jesus, His Life this side of the Grave

*A reflection / discussion seminar on the Human Jesus. The focus of this session is to support and enrich one's relationship of faith in Jesus that calls any person to consider just how Jesus handled his life when confronted with the everyday.*

May 6  
Half day  
10.00am – 2.00pm  
Leonard Blahut

## I have called you by name, you are mine. Is 43:1

*This weekend retreat recognises Jesus' call to find a quiet place. Retreatants will be invited to be attentive to the presence of the sacred in their lives through scripture, reflection and celebration.*

July 28 - 30  
(Fr) Darryl Mackie

August 4 - 6  
Loretta Brinkman

## From the Outside Looking In

*One of the greatest mysteries we have to solve is ourselves: why we are the way we are and what motivates our decisions and our passions. Using the enneagram as a tool this weekend will offer the time to gaze inward and explore the mystery of you, your unique view of the world, the innate fears and beliefs that influence you, and the compulsive behaviours and defence mechanisms that can sometimes inhibit us being compassionate with ourselves and others. No previous knowledge of the Enneagram is needed, simply discover how this ancient teaching can offer you a new lens through which to view and understand your own behaviour and habits and learn a universal growth process that can enhance your ongoing self awareness.*

August 8  
Half day  
10.00am – 2.00pm  
Sr Anne Morrison

## Mary MacKillop's Feastday

*Come along and hear about the story and the spirit of Mary MacKillop. We will have time for input, discussions, reflection and prayer. The reflective nature and the atmosphere of St Joseph's are very conducive to spending a day with Mary MacKillop.*



September 1 - 3  
Loretta Brinkman

## From the Inside Looking Out

*By our very nature as human beings we crave relationship with others, but this can often present us with challenges and frustrations. With an understanding of which we are illuminated through using the Enneagram as a tool, this weekend will then focus on how we can use this understanding of the motivations at play in us all to navigate our relationships with others with compassion. Delving beyond basic personality we will take the time to explore the new sub-type learnings which explore how our own habits and compulsions play out in our intimate relationships, with those who are in our inner circle and how we negotiate our social connections. No previous understanding of the Enneagram is necessary.*

September 8 - 10  
Sue Kane

## The Second Blooming

*"We turn not older with the years, but newer every day." (Emily Dickinson)  
The spiritual joys and challenges of life's second half - a reflective weekend for those who sense the arrival of the second blooming, as well as those who already know it as a good friend.*

October 20 - 22  
Julie Taylor

## Finding "Heart and Spirit" in your Work

*This weekend will explore the nature of the spirituality of work. We spend a significant percentage of our life time engaged in work (both paid and unpaid). Recognising and truly acknowledging the work we do as part of the lived expression of our spirituality can be life giving! Work is fundamental to our identity as human persons. Our sense of self is intrinsically bound up in the work we do and if not 'the work itself' then how we do the work we do!*

*"Human work is a significant way of collaborating in God's transformation of the world, a sharing in the creative activity of God." (John Paul II Laborem Exercens: On Human Work, 1981, 25)  
During this retreat you will be afforded the opportunity to reflect on the work you do and how it is an expression of your own spirituality. A range of informative, prayerful, reflective and creative processes will help facilitate this process*

October 27 - 29  
Laurie Woods

## Pathways to Simplicity

*The antidote for depression. This weekend is an invitation to reflect on ways to live honestly, creatively and openly. By embracing our gifts of imperfection we learn to let go, nourish healthy relationships and rejoice in the simplicity of uncluttered lives. Following a Scripture based spirituality we will explore the creativity, poetry and deep respect for self and the other that the human Jesus brought to all his relationships.*

November 10 - 12  
Sr Mary Baker

## Playing Me Softly ....

*A Music and Imagery Prayer and Reflection weekend. A time for allowing ourselves to enter 'the Flow, the Mystery' – through a process of listening to music in a relaxed state and processing the listening experience through use of colour and small-group sharing.*

November 17 - 19  
Julie Taylor

## Time to Nourish Your Heart

*As the season of Advent and our journey towards the end of the year approaches, this retreat will be an opportunity for you to take some time to connect in with and to nourish your heart - the core of your being! A range of experiences will be provided to enable personal & prayerful reflection on your life and what energises and nourishes you as well as what is in need of some attention. Practices such as mindfulness, prayer, meditation and a range of creative opportunities will be offered.*

December 8 - 10  
Sr Patty Andrew osu

## Celebrating the Ongoing Birth of God

*This weekend situated at the beginning of Advent, invites us to ponder the gift of God incarnate in our world. Reflective processes will be framed within an evolutionary spirituality which is grounded in God's continuous unfolding in our lives and in all creation. Immersing ourselves more deeply in this incarnational reality awakens us to our unique capacity to give birth to God in and through the experiences of our lives.*

