



WHY A SILENT RETREAT?

First things first, when you go on a retreat you don't have to prepare meals, keep your room tidy or even drive anywhere.

As women, we often find ourselves too busy running things that we leave ourselves short on time to nurture ourselves. It is important for us to find a balance between doing and being.

This retreat is designed to give you a break from the distractions of everyday life in order that you might spend a little more time thinking about how being a Christian woman affects the way you live out your life.

Letting Go

It can be tough at first, but we want you to relax, unwind from all your commitments and take this opportunity to have your mind extended, share with other women and spend time with God.

"The most effective listening to God is achieved when our silence allows us to be more receptive to Him. To do this we need few distractions. Reflecting, meditating, mulling, thinking, listening and travelling are attempts of the soul to perceive the divine.

The essence of a retreat is to grasp at the divine and to live it from within, to embrace the divine with all our pain and grief and to offer them to God's greater love."

Courtesy Mothers' Union HQ UK

Venue: St Joseph's Spirituality Centre

After many years of meeting at the Monastery, Stroud, safety concerns have forced us to consider other venues. So this year we will gather at St Joseph's Spirituality & Education Centre at Kincumber South, in a natural bushland setting in a quiet corner of the beautiful Central Coast.

The spacious grounds front the Kincumber Broadwater, creating an atmosphere of tranquility and peace that enhances the spiritual and reflective nature of the Centre.

The quality and presentation of the accommodation add to the overall prayerful ambience. Comfortable, well-appointed twin or single rooms have modern en-suites. You can have a room to yourself, or share if desired with a friend. All areas have fans/heating, some main areas air conditioning.

The common areas include conference rooms, Chapel, comfortable lounge areas, a small prayer room, Library/reading room, garden meditation areas, walking tracks, a Labyrinth and pool.



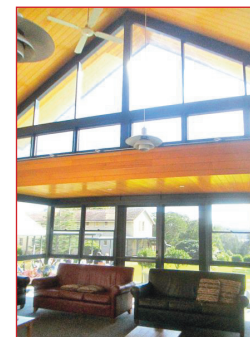
Anglican Women Diocese of Newcastle



LENTEN SILENT RETREATS FOR WOMEN, 2017

Venue: St Joseph's Spirituality Centre, Kincumber

Theme: JOY



Retreat Conductor: The Rev'd Jane Trigg
P-in-C Parish of Branxton-Greta-Lochinvar

Retreat 1 (w/end): Friday 4pm 3 March to
3pm Sunday 5/3/2017

Retreat 2 (w/day): Tues. 4pm 7/3 to 3pm
Thurs. 9th March 2017

Day Options:

Saturday 4/3/2017; Wednesday 8/3/2017
(9am to 4pm)



About our Retreat Conductor, The Rev'd Jane Trigg

The Rev'd Jane Trigg has been the Priest-in-Charge of the Parish of Greta-Branxton-Lochivar since February 2016.

She writes:

"A cradle Anglican, and only child of two professional musicians, I was born and grew up in Melbourne.

My life to date has been an incredibly rich, diverse and at times challenging one. . . I have moved home nineteen times, lived in five different Dioceses, had ministry training and stipendiary positions in parishes and chaplaincies, endured the challenges of relationships, have one living parent, raised two daughters, loved numerous pets, played in orchestras, sung in choirs, sailed on seas, and have been present and nurtured in diverse faith communities from evangelical to anglo-catholic.

Those who have inspired my spiritual journey are St Ignatius of Loyola, Thic Nhat Hanh and of course, Jesus. Also women like Amy Carmichael, Mother Theresa and Nadia Bolz-Weber.

I also love icons, prayer beads, labyrinths, water, and all of God's creation. . . journaling, doodling, retreating and endeavouring to find God in all things.

I am looking forward to sharing with you in March."

"Behold God beholding you . . . and smiling."

Anthony de Mello, SJ

Directions:

St Joseph's Spirituality Centre, **8 Humphreys Road, Kincumber South**, is about 30 mins drive from Gosford, and an easy drive from Newcastle.

Take F3 freeway as far as the Gosford exit. From the north take Gosford exit (Central Coast H'way).

OR get a train to Woy Woy Station, where there is a lift, and then a taxi. (or if notified of time of arrival, we might be able to arrange a car to meet you.)

(See www.stjosephskincumber.org.au/ for more details)



Residential Retreats include:

Dinner on arrival evening
Accommodation x 2 nights, plus
Day 1 – Breakfast, m/afternoon teas, lunch, dinner
Day 2 – Breakfast, morning tea and lunch
(You do NOT need to bring own linen.)

Residential attendance cost: \$325

Day attendance 9.00am – 4.00pm includes:

Morning and afternoon teas, lunch

Day attendance cost: \$60

REGISTRATIONS CLOSE: 3rd February 2017

Take: toiletries incl. soap, insect repellent, comfortable clothes, Bible, notepad, pen.

Registration Form

Name: _____

Address: _____

_____ P/code _____

Phone: _____ mob: _____

Contact in emergency: _____

Email: _____

Parish: _____

Special diet: _____

I play an instrument: _____

Full Residential attendance: \$325

Residential Options (please tick)

- Retreat 1 (weekend): 3/3/2017 to 5/3/2017
Arrive Friday 3th March from 4pm
- Retreat 2 (weekday): 7/3/2017 to 9/3/2017
Arrive Tuesday 7th March from 4pm
- or double room, share with _____

Day Options (please tick) 9am-4pm, Cost \$60

- Saturday 4 March; Wednesday 8 March
 - Direct Deposit** to: 'Anglican Women of Newcastle Diocese', a/c no: 120037 BSB 032-512, noting 'Retreat no. & your name'. **OR –**
 - Cheque payable to:** Anglican Women of Newcastle Diocese (please include stamped envelope)
- My Payment: \$ _____

Please send your registration & payment by 3 February to: (or email the above information)

Jacqui Currey, Retreat Co-ordinator,

7 Laurina Avenue, Thornton 2322

Email: jacqui@eleken.com.au Ph: 0438 581 087

(NB Cancellation: over 7 days: 100% of fee refundable)