



## 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 so 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, listen-ing 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]

## Catalina Conference Centre, Rathmines

The Centre is situated on the western shores of beautiful Lake Macquarie, between Toronto and Morisset.

A spacious, very comfortable, single-level facility, it is surrounded by parks and walkways. The former RAAF base hospital has been renovated and transformed into a multi-purpose venue. The building was bought in 2014 by Disability Life Enrichment, a charity committed to improving the quality of life for people with disabilities.

It is a beautiful and peaceful place 'to be still with God' as we explore the theme, 'We will face tomorrow in the Spirit's power'



## Anglican Women Diocese of Newcastle



## LENTEN SILENT RETREATS FOR WOMEN, 2018

**Venue: Catalina Conference Centre,  
171 Dorrington Rd, Rathmines**

Theme: 'We will face tomorrow in the  
Spirit's power'



**Retreat Conductor:** The Rev'd Mel Nelson  
**Retreat 1 (w/end):** Friday 4pm 16/2/18 to  
3pm Sunday 18/2/2018

**\*Retreat 2 (w/day):** Tues. 4pm 20/2 to  
3pm Thurs. 22<sup>nd</sup> February 2018  
(\*if we have sufficient numbers)

### Day Options:

Saturday 17/2/2018;  
\*Wednesday 21/2/2018  
(8.45am to 5 pm)



## About our Retreat Conductor, The Rev'd Mel Nelson

Fr Melbourne Nelson, (Mel as he is generally known in our Diocese), grew up in Fiji and New Zealand and studied for the ministry in St John's

College, Auckland. He was ordained a deacon in 1967 and a priest in 1968 in the Diocese of Bathurst for ministry in the Diocese of Polynesia, which he took up in 1969 following his marriage to Vivienne.

Mel served in Polynesia from 1969 to 1976 before coming to Newcastle with his family where he was appointed to the Parish of Bulahdelah-Tea Gardens. In 1981 Mel, having been invited to be Dean of Suva Cathedral, returned to Polynesia for 3 years.

Since then, Mel has served in the parishes of Nelson Bay and Kincumber and was Anglican Chaplain to John Hunter Hospital from 1997 to 2003 before entering retirement after a 3 month chaplaincy at the Sunderland Royal Hospital in the UK.

Mel and Vivienne (who is a renowned artist) live in Mayfield and have three married children and five grandchildren.

Mel has a great interest in drama and is actively involved in the ministry of the L'Arche community.

## Residential Retreats (\$280) include:

Accommodation x 2 nights, plus

Day 1 – Dinner

*(Welcome & introductions at 5.45pm, dinner 6.30)*

Day 2 – Breakfast, m/afternoon teas, lunch, dinner

Day 3 – Breakfast, morning tea and lunch

*(You do NOT need to bring own linen.)*

## Day attendance 8.45am – 5pm (\$55) includes:

Morning and afternoon teas, lunch

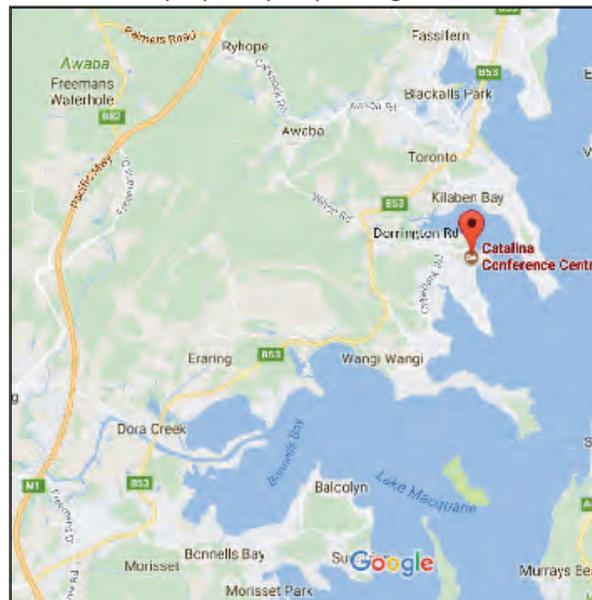
## REGISTRATIONS CLOSE: 1<sup>st</sup> February 2018

Accommodation is in single rooms, though you can share if desired.

### Early bird discount of \$20 for bookings for full retreat before 16 January!

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

**Directions:** If travelling by train: to Fassifern – can be picked up if we are notified (Julie: 4951 2443, Marion 4971 2205 mob 0426 194 092; Conf. Centre 4975 3055- Mgr Peter Brown: 0402 460 000 If car, see map - plenty of parking.



## Registration Form

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

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

\_\_\_\_\_ P/code \_\_\_\_\_

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

Contact in emergency: \_\_\_\_\_

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

Parish: \_\_\_\_\_

Special diet: \_\_\_\_\_

I play an instrument: \_\_\_\_\_

I will travel by car/ train: \_\_\_\_\_

### Full Residential attendance: \$280

#### Residential Options *(please tick)*

Retreat 1 (weekend): 16/2 to 18/2/2018

Arrive Friday 16<sup>th</sup> February from 4pm

Retreat 2 (weekday): 20 to 22 February 2018

Arrive Tuesday 20 February from 4pm

or double room, share with \_\_\_\_\_

#### Day Options *(please tick)* 8.45am-5pm, Cost \$55

Saturday 17 February;  Wed. 21 February

**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 1 February to: *(or email the above information)*

Julie Van Homrigh, Retreat Co-ordinator,  
P O Box 515, Wallsend 2287 ph: 4951 2443

Email: julie.i.vanhomrigh@gmail.com

**(NB Cancellation:** over 14 days:100% of fee refundable) over 5 days 50% of fee refundable.)

**Note: Early Bird Discount!**