



30 DAY RETREATS

St. Mary's Towers Retreat Centre

When you pray,
go into your own
heart and the
Father who lives
in that secret
place will reward
you (Mt 6:6)

30 Day Retreats

St. Mary's Towers is an ideal place for those wishing to make a 30 day retreat. The silence of this sacred space is at the service of a serious commitment to a spirit of prayer. In this context the retreatant is led to meditate upon God's love for them and their relationship with God.

To assist in this process, there are two days of preparation before the 30 days. Afterwards there are another two days to help transition from the silent retreat experience. Retreats begin with a 5.40pm Welcome on the first evening, followed by dinner and an introduction to the retreat. They usually conclude with lunch on the final day.

There are three ways to make a 30 day retreat at St. Mary's Towers.

Life's Journey Experience Retreat



A month of renewal and healing for your life's journey, opening and building a deeper intimacy with your God.

A Program of Renewal

1. **8 Day Guided Retreat** - *this retreat draws on particular themes opening the retreatant to the action of grace over the coming weeks.*
2. **9 Day Life's Healing Journey** - *drawing on the spirituality of the Heart of Jesus. Any hurtful life experience, or loss, is within the scope of this retreat.*
3. **8 Day Contemplative Directed Retreat** - *deepening my covenant relationship with God.*



Spiritual Exercises of St. Ignatius

of Loyola Ignatius and his followers knew that anyone seeking God was not meant to wait for visions, but had only to seek God in an intelligent and humble way and then with God's grace could "find God in all things". His method involved

Spiritual Exercises of the mind, memory, will and imagination. These Exercises

enable one to deepen their relationship with God, to find the divine will and so conform their will to the will of God.

The Spiritual Exercises of St. Ignatius of Loyola are personally directed by your spiritual director over the duration of the retreat. They are made in an atmosphere of complete silence.



30 Days with a Mystic This 30 day retreat is offered to those seeking to deepen their experience of prayer by immersing themselves in the spirituality of a particular mystic. The aim of this style of retreat is to journey in the company of the mystic, using both samples of their writings and relevant scriptural texts. The emphasis is on a contemplative approach to nurture the retreatant's prayer and their own spiritual journey. The structure of the retreat can follow either specific works or particular themes.

Some possibilities include St Teresa of Avila, St John of the Cross, Julian of Norwich, Thomas Merton, St Elizabeth of the Trinity, Meister Eckhart and the Beguine Mystics. The choice of mystic and writings can be negotiated in consultation with the Retreat Team.

Cost: Please enquire at the office
All tariffs are negotiable

\$150:00 deposit confirms the booking.



We will be happy to provide transport from and to the local railway station if necessary.

Application Forms available from:
The Administrator
St Mary's Towers Retreat Centre
PO Box 19A
Douglas Park 2569
Ph. 02 4630 0233
Email: contact@towersretreat.org.au

Web site:
<http://towersretreat.org.au>