

Cost 2019: \$345.00 **3-day retreat**
\$50.00 deposit confirms the booking.

All tariffs are negotiable

BY CAR:

From SYDNEY:

*By M5/F5, 22 K past Campbelltown,
take **exit 88**.*

***Turn left** towards Wollongong. After 3km
turn left at the **WILTON/ALMOND ST** sign.*

***Then right** at the **APPIN** sign. (Argyle St.)*

*After 3km **turn left** into **DOUGLAS PARK**
DR.*

The Centre is 4km down on the left.

From CANBERRA:

*Leave the F5 at **exit 88**.*

***Turn right** and cross over the freeway.*

Follow the directions as above.

From WOLLONGONG:

*Come up **Mt Ousley Rd.***

Turn left** into **PICTON Rd

*After 20km **turn right** at the **MACARTHUR**
DR. sign to Douglas Park.*

*At the T junction **turn right** and **then left**
into Douglas Park Drive.*

The Centre is 4km down on the left.

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>



Retreat Presenter

Fr. Dominic Gleeson, msc

The Art of Film – Take it to Heart



*St. Mary's Towers
Douglas Park*

Guided Retreat

*Friday to Monday
12-15 July, 2019*



The art of film making has been captivating society for well over a century –

speaking to the experience of our human condition and helping us to be in touch with those lived experiences.

So many movies that we see articulate and touch that felt presence of the Divine deep within us and viewing them can give meaning, value and bring challenge to our ordinary everyday lives.



Movies are a sure way to gift us with a profound religious experience just waiting to be uncovered and explored.....

This retreat will help us to be in-tune with the experiences we have when we engage with the screen and how this art form in its many descriptions, themes and colours can lead us to a profound place of being – being in heart.

How often have you really engaged with your 'self' when you reflect on what you have experienced after having watched a movie?



There will be morning and some evening 'showings' and the opportunity to share with a spiritual companion as well as some group reflection.

