

Lou Nulley Introduction

Lou has had a successful career holding senior executive positions in both the public and private sector, and at the same time together with his wife Gabrielle, raised a family of 3 boys. Leading a contemplative life characterized by interior silence and prayer has been central in Lou's life for over 20 years.

Today, Lou is a qualified meditation and mindfulness teacher and is the Co-founder and Director of the REACH for Nepal foundation, a not for profit charity that is facilitating some great work in Nepal after the 2015 earthquakes.

Application Forms available from:
The Coordinator
St Mary's Towers Retreat Centre
PO Box 19A
Douglas Park 2569
Ph. 02 4630 0233

Email: contact@towersretreat.org.au

Web site:

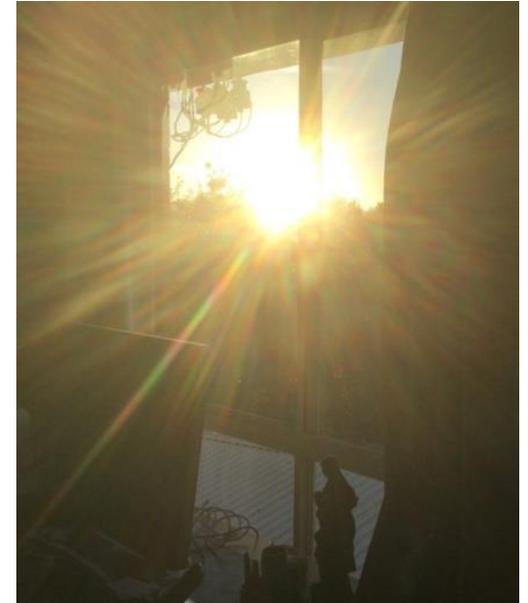
<http://www.towersretreat.org.au>

Cost 2019: \$230.00 for the weekend
\$50.00 deposit confirms the booking.

All tariffs are negotiable



'The Contemplative Professional Retreat'



*St Mary's Towers Retreat Centre
Presenter:
Lou Nulley*

Prayer Weekend 19-21 July 2019

This retreat is primarily directed at the lay-person or professional who would like to lead a more contemplative life amidst the pressures of every day responsibilities and commitments.

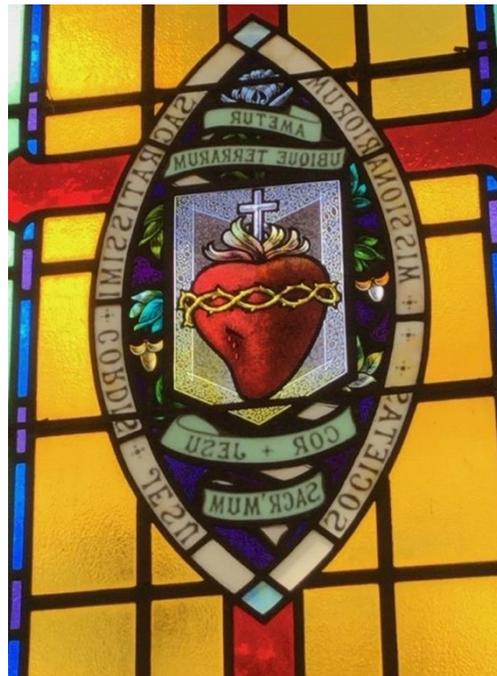
The retreat will provide some valuable insights and methods to allow you to live a more contemplative life through prayer, mindfulness and meditation practices. It will also provide a framework to enable you to experience a more balanced life, achieving what's most important to you.

*Let nothing disturb thee
Let nothing affright thee
All things are passing
God alone is changeless
Patience obtaineth all things
Who has God wants for nothing
God alone sufficieth
(Saint Teresa of Avila)*

Drawing on both Christian prayer practices (including meditation and an awareness of God's presence in every moment of our lives) and advances in contemporary disciplines (enabling

alignment of our decisions with what we define as our purpose), this two day retreat provides a theoretical and practical way to live a more contemplative life in today's secular society.

The retreat includes a combination of presentations and practices, with much time for personal reflection, spiritual accompaniment and private and group meditation.



*Each of us needs an opportunity
to be alone and silent
to find space in the day or week
just to reflect and listen to the
voice of God that speaks deep
within us.*

*Our search for God is only our
response to His search for us
He knocks on our door
But for many people their lives are
too preoccupied for them to be
able to hear.*

(Cardinal Basil Hume)

