

Reflection Topics include:

- \* Walking with Jesus
- \* Jesus the Wisdom of God
- \* Pilgrimage and Prayer –  
Lectio, Walking Meditation
- \* The importance of knowing  
the real Jesus
- \* Jesus' communion with God
- \* Follow me, enter my gaze
- \* Jesus' trusting obedience to  
the Father
- \* Leaning into Jesus, becoming  
the light
- \* Jesus living in us: our sharing  
in Jesus' compassion,  
obedience and prayer.

The daily format will include two morning  
reflections an afternoon Eucharist, and

Resting in Silence and relaxing in the  
beauty of nature

Nurturing awareness and stillness

Spiritual accompaniment and the  
celebration of Eucharist and  
Reconciliation

Cost \$920.00 all inclusive.  
Non-refundable deposit : \$50

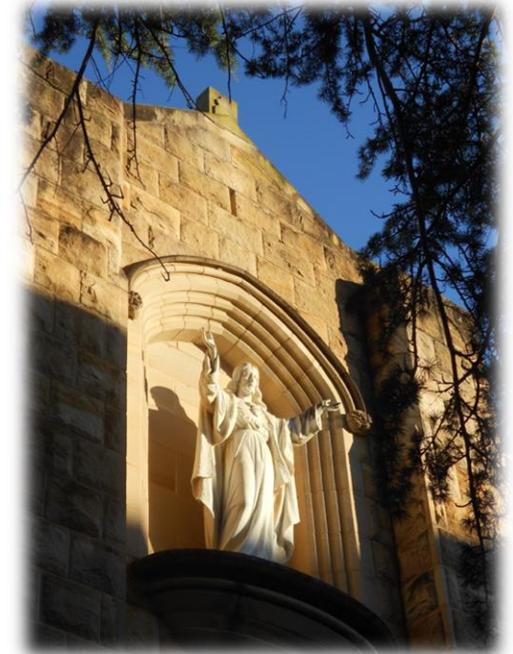
For further details and application forms,  
contact:

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## ***St Mary's Towers Douglas Park***



***'Come to me and find rest  
for your soul' (Mt 11:28).***

**31-Dec 8 Jan 2019**

**Michael Fallon msc  
& Michelle Vass**

I have come that you may live and live to the full. Jn 10:10

As a new year begins, this retreat offers time to be with the Word and so come to know Jesus and the abundant life of love that he longs to share with each one of us.

In the person of Jesus, we know the communion of divine love. Through him, we also come in touch with the beauty of Wisdom and Creation. He teaches us to pray.

Who is Jesus for you?  
How do you share life with him?  
What rest do you seek in him?

“Being a Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives life a new horizon and a decisive direction” (Pope Benedict, *God is love*, 1).  
With time to explore the riches of the gospel stories, you will be able to embark on your own pilgrimage with Jesus. Walking, praying and pondering are

constant themes in the Gospels. Jesus often walks to places of prayer, and the disciples talk about their experiences with him. Keeping in mind Paul’s assertion that our bodies are temples of the Holy Spirit (1 Cor 6:19), this retreat encourages Lectio Divina and meditative walking as ways of opening up to contemplative prayer.

Using scripture and many of the features of the property, such as the gardens and extensive bushland, you will be able to immerse yourself in the life of Jesus in a



new way.

Very early in the morning, before daylight, Jesus went off to a lonely place where he prayed. Mk 1:35

‘A true missionary, who never ceases to be a disciple, knows that Jesus walks with them, speaks to them, breathes with them, works with them. They sense Jesus alive with them in the midst of the missionary enterprise. A person who is not convinced, enthusiastic, certain and in love, will convince nobody’ (Pope Francis, *The Joy of the Gospel*, n. 266).

‘We declare to you what we have heard, what we have seen with our eyes, what we have looked at and touched with our hands ... so that you may have communion with us; and truly our communion is with the Father and with his Son Jesus the Messiah.’ (1John 1:1).

‘I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord ... I want to know Christ and the power of his resurrection’ (Philippians 3:8,10).