

*Cost 2019: \$1035
\$50:00 deposit confirms the
booking.*

All tariffs are negotiable

*Please note that this is an
intensive healing retreat. As
such, there is a detailed
application process involved
and this can take some time. It
is advised that you begin your
application as soon as possible
before the advertised dates so
that your place in the retreat
can be considered and
approved in good time. This is
especially the case if you are
travelling from overseas.*

For further details and application
forms, contact:
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>

*Accompanied and Presented by
Retreat Team*



Life's Healing Journey

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



***9 Day Retreat 2019
10-19 January
11-20 June***

*Open the doors of hurt
and let the goodness of
God's light shed new
warmth upon your pain.*



Life's Healing Journey is a silent retreat, which draws on the Spirituality of the Heart of Jesus. Any hurtful life experience, loss or painful memory can be brought for healing and transformation through the grace and power of God. There is no hurtful or limiting experience of ours that cannot be shared with Jesus. This retreat is a powerful experience that taps into Elizabeth Kubler Ross's stages of grieving and assists

participants to deal with pains, hurts and losses from their past. (Transformation takes place when we befriend all the hurts of life so far.

(Sebastian Moore)

This Retreat is a blend of daily input sessions, daily meetings with a Prayer Companion,



daily celebrations of Eucharist and celebrations of Anointing and Reconciliation.

The Life's Healing Journey retreat begins with the 6.00pm meal on the evening of the first date, followed by the first introductory session. It usually concludes after 1.45pm Eucharist on the last date shown.

Many who have experienced this retreat have found it life changing and a path to freedom to live from their true self, which is who God created us to be.

