

*Love is the soul's inclination, strength, and power for the soul in making its way to God, for love unites it with God. The more degrees of love it has. The more deeply it enters into God and centers itself in him" (Flame 1.13).*



*Seek him in faith and love, without desiring to find satisfaction in anything...other than what you ought to know. Faith and love are like the blind person's guides. They will lead you along a path unknown to you, to the place where God is hidden. (Canticle 1.11)*

Cost 2019:

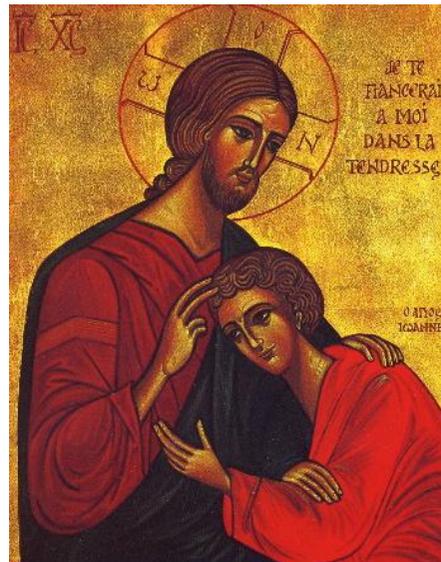
\$690.00 for the 6 day retreat  
\$230.00 for the Weekend  
\$50.00 deposit confirms the booking.

All tariffs are negotiable

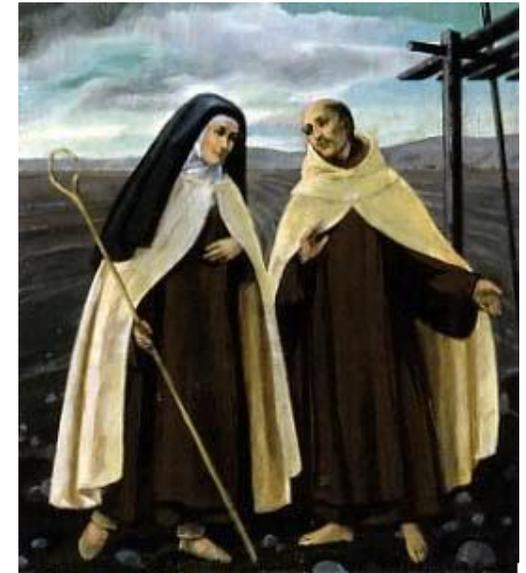
Application Forms available from:  
The Coordinator  
St Mary's Towers Retreat Centre  
PO Box 19A  
Douglas Park 2569  
Ph. 02 4630 0233

Email: [contact@towersretreat.org.au](mailto:contact@towersretreat.org.au)

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



## ***Entering the Mystery of Contemplation with St Teresa of Avila & St John of the Cross***



***St Mary's Towers retreat Centre  
Presenters: Michelle Vass &  
Michael Fallon msc***

***Guided Retreat  
22-28 November 2019***

***Prayer Weekend  
22-24 November 2019***

Jesus often withdrew to lonely places and prayed. Lk 5:16

“Let anyone who is thirsty, come to me, and let the one who believes in me drink. As the scripture has said, “Out of the believer’s heart shall flow rivers of living water.”

Jn 7:37,38

"You know the Spirit of truth, because the Spirit abides with you and will be in you."

(John 14:17).

This retreat is an invitation to Mystery, where something of the divine is revealed. Prayer engages the heart and draws a person into this divine communion. The art of contemplative prayer is a gift of God’s grace that transforms our souls so that, like Saint Paul, we will be able to say: ‘I live, no longer I, but Christ lives in me’ (Gal 2:20). Our mind is being transformed into

the mind of Christ. Our heart is becoming his heart. It is his communion of love which we are being invited to experience.

To help us on our way, this retreat will focus on the writings and teachings of two great Carmelite Doctors of the Church, St Teresa of Avila and St John of the Cross. Both saints had a profound love for Jesus and an ability to share this love with their readers in wise advice on the prayer and the spiritual life.

As we learn from them, we will be better able to nurture and sustain a contemplative way of living today. They remind us that we are invited to live the divine life, and to love others so that their joy too may be complete.

Prayer for Teresa is essentially something very simple.

She speaks of it as *‘an exercise of*

*love’(Life 7.12),*

*‘an intimate sharing between friends ...*

*taking time frequently to be alone with God who we know loves us’(Life 8.5).*

*‘Not everyone has the kind of imagination that makes meditating possible, but everyone is capable of loving ... Progress does not lie in thinking much but in loving much’(Foundations 5.2).*

