



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: www.towersretreat.org.au

Cost 2019:

\$230.00 for the weekend

\$690.00 for 6 day retreat

\$50.00 deposit confirms the booking.

All tariffs are negotiable

The retreat begins with the following topics over the weekend:

- *Advent Longing
- *Longing in the Old Testament
- *Longing in the New Testament

Followed by:

- *The longing of Jesus' heart
- *The longing of our hearts
- *The Prayer of longing
- *Hope



Advent Longing 2019



St Mary's Towers Douglas Park

Prayer Weekend

29th Nov to 1 Dec

Guided Retreat

29th Nov – 5 Dec

Presented by Retreat Team

‘As a deer longs for running streams,
so my soul longs for you, O God. My
soul thirsts for God, for the living
God. When shall I come and behold
the face of God’ (Psalm 42:1-2).



‘You, O Lord, are my hope, my
trust, O Lord, from my youth. Upon
you I have leaned from my birth. It
was you who took me from my
mother’s womb’ (Psalm 71:5-6).

Just as a young woman waits for the
birth of her first-born, ready and in
anticipation but not knowing exactly
when the baby will come, we too are
called once again to prepare our
hearts for the birth of Jesus this
Advent. Advent reminds us to look
forward to this life with Jesus, a life
where we honour the trust he placed
in us when he asked us to "love one
another as I have loved you". We do
this by bearing him in our hearts, as
Mary taught us to do. It is a life
beyond death: the life of communion
with God we speak of as "heaven", for
the whole of creation, and for
ourselves and those we love.
Ultimately, for us as for Jesus himself,
this is our Advent longing.

Our church has a long tradition of
teaching on waiting, patience, and
preparing and guarding our hearts for
this life of communion with God. As
we do so, we are encouraged to look
to Jesus, as the revelation of God’s
love, in trusting hope, with
confidence, joy and peace.

*Let me hear what the Lord has to say,
a voice that speaks of peace:
peace to the people
who turn to God in their hearts.
Ps 85:8*

This retreat offers you the
opportunity to be present to the
longing in your heart as we prepare
and pray for the "coming of the Lord"
this Advent. During the retreat, you
will have the space to not only
prepare your heart but nurture it as a
place for the birth of Jesus in your life
once again. How are you being asked
to bear Jesus in your life this Advent?
How will you stay awake for the
opportunities Jesus wants to show you
in your life now?

