

*Cost 2021: \$1305  
\$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](mailto:contact@towersretreat.org.au)

Web site:

<https://towersretreat.org.au>

*Accompanied and Presented by  
Retreat Team*



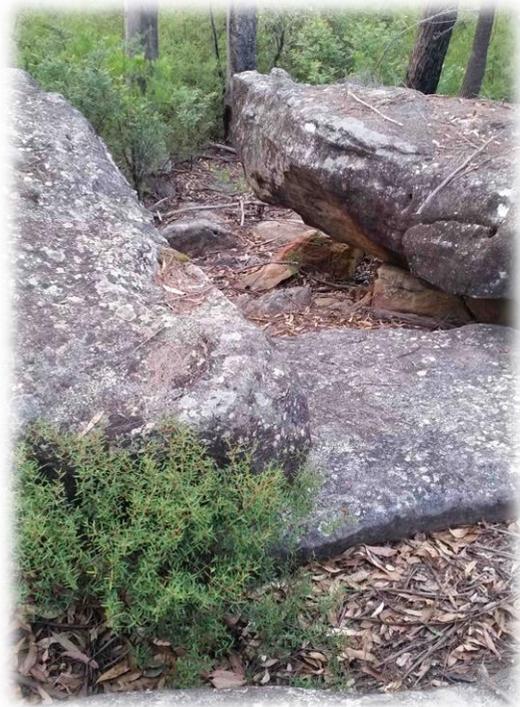
## *Life's Healing Journey*



*St Mary's Towers  
Douglas Park*

*9 Day Retreat - 12-21 January 2021*

*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.

