

## Cost

\$230 for the weekend:

Friday evening to Sunday after lunch

\$345 for "extended weekends" – Fri - Mon

Costs are negotiable with the Director.

**Application forms** available on our website or from the office.

Missionaries of the Sacred Heart  
St Mary's Towers Retreat Centre  
415 Douglas Park Drive  
Douglas Park NSW 2569

Phone: (02) 4630 0233

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

Website: [towersretreat.org.au](http://towersretreat.org.au)



### Retreat Team

Ms Michelle Vass, Director

Sr Pauline Compton fdnsc

Fr Michael Fallon msc

Fr Dominic Gleeson msc

Fr Thang Nguyen msc

## *Let Your God Love You*

*Be silent.*

*Be still.*

*Alone.*

*Empty Before your God*

*Say nothing.*

*Ask nothing.*

*Be silent.*

*Be still.*

*Let your God*

*Look upon you.*

*That is all.*

*God knows.*

*God understands.*

*God loves you*

*With an enormous love,*

*And only wants*

*To look upon you*

*With that love.*

*Quiet.*

*Still.*

*Be.*

*Let your God –*

*Love you.*

Edwina Gately *In God's Womb*

## Retreat Weekends

# 2019



*St Mary's Towers*  
*Douglas Park*

## Welcome to your Retreat Weekend



Our manner of living today is generally noisy and busy. From time to time we need to give ourselves the space to enter into the silence and be in the presence of our loving God. You are always welcome to come and visit St Mary's Towers

Retreat Centre for a weekend of prayer. During your stay, all facilities are available for your use and Spiritual Accompaniment with one of our retreat team can be arranged.

Retreats commence at 5.40pm on the first date and conclude with a 1.45pm Eucharist on the final date. Following are dates this year for weekend and long weekend retreats.

### MARCH

- 8-10 Directed Retreat, includes one day "A Taste of Silence" on 9 April  
*Michelle Vass*
- 22-24 Letter to the Hebrews  
*Fr Michael Fallon msc*
- 29-31 Trinity: Heart of our desiring  
*Colleen Rhodes rsm*

### APRIL

- 12-14 Palm Sunday Weekend

### MAY

- 3-5 Luke's Gospel  
*Fr Michael Fallon msc*

### JULY

- 12-15 **Fri – Mon** The Art of Film: Taking it to Heart  
*Fr Dominic Gleeson msc*
- 19-21 The Contemplative Professional  
*Mr Lou Nulley*

### AUGUST

- 2-4 Praying the Psalms with Jesus (Ps 51-60)  
*Fr Michael Fallon msc*
- 16-18 Living the Song: Prayer with the Song of Songs  
*Pauline Compton fdnsc*

- 23-25 I hold you, I see you: God enfolding us in Love  
*Fr Dominic Gleeson msc*

- 30 – 1 Sept Men's Prayer Weekend  
*Mr Paul White*

### SEPTEMBER

- 27-30 **Fri – Mon** Lifting the Veil – Living in liminal space  
*Fr John Armstrong*

### OCTOBER

- 4-6 Flowing in the Light – Prayer with Mechthilde of Magdeburg  
*Michelle Vass*
- 25-27 I call you Friends – Jn 15:15 Exploring Jesus' Friendship with us  
*Michelle Vass*

### NOVEMBER

- 1-3 Women's Prayer Weekend – Women Mystics  
*Michelle Vass & Pauline Compton fdnsc*
- 15-18 **Fri – Mon** Mindfulness & Prayer  
*Mr Lou Nulley & Michelle Vass*

- 22-24 Entering the Mystery of Contemplation with Teresa & John  
*Fr Michael Fallon msc & Michelle Vass*

- 29-1 Dec Advent Retreat - *Retreat Team*

### DECEMBER

- 6-8 Personal Retreat

