

Cost

\$250 for the weekend:
Friday evening to Sunday after lunch

\$375 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

Website: 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

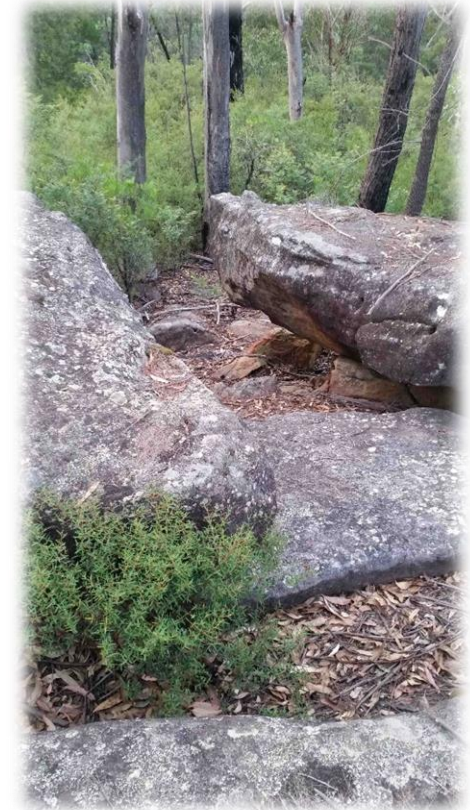
Let Your God Love You

*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.
Let your God –
Love you.*

Edwina Gately *In God's Womb*

Retreat Weekends

2020



*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 start 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		MAY		JULY
		1-3	Meeting God in Silence and Solitude <i>Michelle Vass</i>		3-5 Contemplation for the Professional Person <i>Mr Lou Nulley</i>
6-8	The Gift of Ageing <i>Sr Kerin Caldwell SGS</i>				10-12 Praying the Psalms with Jesus <i>Michael Fallon msc</i>
13-15	Mindfulness and the Presence of God <i>Michelle Vass & Lou Nulley</i>	8-10	Song of Songs ... Living the Song <i>Pauline Compton fdnsc</i>		24-26 Women's Prayer Weekend My Beloved is Mine – Song: 2:16 <i>Pauline Compton fdnsc</i>
20-22	Paul's Letter to the Galatians <i>Michael Fallon msc</i>	22-25 <u>Fri-Mon</u>	Dawning Dispelling Darkness <i>Paul White</i>		
27-29	Men's Prayer Weekend <i>Dominic Gleeson msc</i>	29-31	The Art of Film <i>Dominic Gleeson msc</i>		AUGUST PERSONAL RETREAT
	APRIL				14-16 PERSONAL RETREAT
3-5	Palm Sunday Weekend <i>Retreat Team</i>	26-28	Living in the Sacred Heart of Jesus, <i>Thang Nguyen msc</i>		21-23 PERSONAL RETREAT
17-19	Matthew's Gospel <i>Michael Fallon msc</i>	29-2 July	Carer's Retreat: Come to me all you who are weary and overburdened – Mt 11:28 <i>Therese Compton</i>		OCTOBER Praying with Julian of Norwich <i>Pauline Compton fdnsc</i>
					2-4 PERSONAL RETREAT
					16-18 Paul's Letter to the Ephesians Michael Fallon msc
					NOVEMBER Trinity: Heart of our Desiring Colleen Rhodes rsm
					20-22 PERSONAL RETREAT
					27-29 Jn 15:1-9 "Live in Me" <i>Pauline Compton fdnsc</i>