

A Special Place of Silence

St. Mary's Towers is steeped in a spirituality of the heart, a spirituality of the Missionaries of the Sacred Heart. All retreats are held in an atmosphere of silence to nourish and support prayer and healing. We offer a variety of retreat experiences throughout the year as well as day visits for individuals and groups. Retreats can be tailored to individual circumstances. Our Retreat Team is available during retreats and for ongoing direction.

Retreat Team

Ms Michelle Vass, Director

Sr Pauline Compton fdnsc

Fr Dominic Gleeson msc

Sr Katrina Zhang rsm

**Visiting Directors and presenters assist with the program throughout the year*

2022 Tariffs

Cost per day:	\$155.00
Prayer weekend:	\$310.00
6 day retreat:	\$930.00
8 day retreat:	\$1240.00
9 day retreat:	\$1395.00
30 day retreat: (33 nights)	\$5115.00
Brown corridor rooms:	\$130.00 per day

Tariffs are all inclusive, and negotiable with the Director. A non-refundable deposit of \$50 for retreats of 9 days or less, or \$150 for longer retreats, is required to confirm your booking. Where possible, online payment in advance is appreciated.

*Tariffs may be subject to change.



**Missionaries of the Sacred Heart
St Mary's Towers Retreat Centre**

**415 Douglas Park Drive
Douglas Park NSW 2569**

Phone: (02) 46300233

Email:

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Please see the Website for details

*To be on earth
the Heart of God*



ST MARY'S TOWERS RETREAT CENTRE

DOUGLAS PARK

AUSTRALIA

PROGRAM

2022



**A MINISTRY OF THE MISSIONARIES OF
THE SACRED HEART**

30 Day Retreat
1 Jan 2022 to 3 Feb 2022

January	3-11	Resting in the Heart of Creation with Jesus <i>Retreat Team</i>
	13-22	Life's Healing Journey <i>Retreat Team</i>
	24 - 1 Feb	Directed Retreat <i>Retreat Team</i>
FEBRUARY – CLOSED		

March	16-20 Wed-Sun	Welcome to the Inner Room* <i>Mr Lou Nulley and Michelle Vass</i>
	25-31	Luke's Gospel* <i>Retreat Team</i>
Apr	8-10	Palm Sunday* Prayer Weekend <i>Retreat Team</i>
	8-17	Easter Guided Retreat* <i>Retreat Team</i>
	14-17	Easter Triduum* <i>Retreat Team</i>
	22-28	Knowing who you are and how to live in God* <i>Dominic Gleeson msc</i>
May	6-12	Sinews of the heart: Exploring those elements of our spiritual lives that provide strength and bind us together. <i>Paul White</i>
	13-15	Men's Weekend Retreat* <i>Paul White</i>
	20-26	Living more deeply in God – Praying with Ignatius of Loyola* <i>Retreat Team</i>

2022 PROGRAM

* Indicates Prayer Weekend available

30 day retreats offer the choice of:

- Life's Journey Experience
- The Spiritual Exercises of St Ignatius
- Praying with the Mystics

June	3-9	Visiting the Well* <i>Jenny Scally rsj</i>
	10-18	Living a Grateful Life* <i>Michelle Vass</i>
	24-30	Become like Water* <i>Fr John Armstrong</i>

July	1-3	Women's Prayer Weekend: The Hidden Wisdom of Women of the Gospels* <i>Jenny Scally rsj</i>
	7-10 Thurs-Sun	Carer's Retreat : Come to me all you who are weary and overburdened ..." Mt 11:28* <i>Therese Compton</i>
	15-21	At Home in the Heart* <i>Therese Carroll rsj</i>

30 Day Retreat 1 August – 3 September 2022		
August	3-11	Peaceful Living <i>Retreat Team</i>
	13-22	Life's Healing Journey <i>Retreat Team</i>
	24-1	Directed Retreat <i>Retreat Team</i>

September	23-29 Fri-Mon	Teach me to pray* <i>Michelle Vass</i>
	30-8 Oct	Praying with the Mystics <i>Retreat Team</i>
October	21-27	Intimacy and Compassion* <i>Colleen Rhodes rsm</i>
	28-31 Fri-Mon	A Simple Prayer Weekend <i>Pauline Compton fdnsc</i>
November	11-17	A Week with St Therese of Lisieux Fr Aloysius Rego ocd
	18-24	The Gift of Ageing* <i>Kerin Caldwell sgs</i>
Dec	2-8	Advent Retreat* <i>Retreat Team</i>
	9-17	Directed Retreat* <i>Retreat Team</i>
30 Day Retreat – 1 Jan 2023 to 3 Feb 2023		
January	3-11	Praying with Jesus <i>Retreat Team</i>
	13-22	Life's Healing Journey <i>Retreat Team</i>
	24- 1 Feb	Directed Retreat <i>Retreat Team</i>