

## **Retreat Mornings** – 9.30am – 12.30pm

(Registration and coffee from 9am)

5 Mornings across the year offering a time of stillness for reflection and peace.

### **Bookings essential**

**Saturday 12 March 2022**– Lent – Healing for my soul

**Saturday 7<sup>th</sup> May 2022** – Easter – Moving to the light

**Saturday 9<sup>th</sup> July 2022** – Midyear - Winter of my life

**Saturday 24<sup>th</sup> September 2022** – A walking retreat – Finding myself in God's creation

**Saturday 3<sup>rd</sup> December 2022** – Advent – Making room in my heart

## **Retreat Weekends – An opportunity for personal time, stillness and nurturing input and conversation.**

Commencing with Dinner Friday evening concluding prior to the 6pm Mass Saturday (you are most welcome to stay on and join our 6pm Parish Mass)

### **Women's Weekend Retreat – Woman at the well**

27<sup>th</sup> – 28<sup>th</sup> May 2022

### **Weekend Retreat – Touching Creation: Clare and Francis of Assisi**

12<sup>th</sup> – 13<sup>th</sup> August 2022

### **Men's Weekend Retreat – To be my best self**

18<sup>th</sup> – 19<sup>th</sup> November 2022

## **Silence and Stillness Retreats.**

All retreats include accommodation, all meals and daily mass. 3 Options of attending are available:

**Care for the Soul** Retreat – quiet, personal time (included the option of attending some talk)

**Preached Retreat** – themed – included 2 daily sessions

**Directed Retreat** – Daily direction

**These 3 retreat options are available on:**

### **Friday July 15<sup>th</sup> – Friday 22<sup>nd</sup> July 2022 - 7 night 6 day Retreat**

Friday evening (commencing with Dinner) concluding with Breakfast the following Friday.

### **Sunday 2<sup>nd</sup> October – Saturday 8<sup>th</sup> October 2022 -6 night 5 day Retreat**

Sunday evening (commencing with Dinner) concluding with Breakfast the following Saturday

**BOOKINGS ESSENTIAL – CONTACT THE RETREAT AND CONFERENCE TEAM FOR FURTHER DETAIL OR REGISTRATION OF INTEREST – [conference@themonastery.net.au](mailto:conference@themonastery.net.au) or 08 83388700**