

Peter Canisius House

2019 Retreat Program

Individual Residential Directed Retreats can be provided any time subject to availability of a director and accommodation.

Retreats for Parishes, School Staff can be organized and adapted for one or two days, weekends or weekdays subject to the availability of accommodation and director if required.

The Full Spiritual Exercises in Daily Life

Cost \$2,100.

This Retreat in daily life is available on request. Offered with Spiritual Direction over a 30 week period. Previous experience of contemplative prayer either on a retreat or involving regular Spiritual Direction over an extended period is desirable but not necessary.

Full Spiritual Exercises: the 30 day retreat

Wednesday 1st May – Friday 31st May.

Cost \$6,130 (including accommodation and meals)

Deepen your relationship with God in Silence, with guidance from a Spiritual Director through the Spiritual Exercises of St Ignatius. Previous experience of contemplative prayer either on a retreat or involving regular Spiritual Direction over an extended period is desirable.

Contemplative Retreat with Caroline Coggins.

Friday 8th March 2.00pm - Sunday 10th 3.00pm.

Cost \$370 (including accommodation and meals)

But the silence in the mind. *But the silence in the mind is when we live best, within listening distance of the silence we call God. This is the deep calling to deep of the psalm-writer, the bottomless ocean. We launch the armada of our thoughts on, never arriving. It is a presence, then, whose margins are our margins; that calls us out over our own fathoms. What to do but draw a little nearer to such ubiquity by remaining still.* R. S. Thomas

Perhaps you long for a deeper taste of this stillness. Most of us have had moments when our thoughts vanish, when we are whooshed from our surface mind into Reality, away from our superficial mind. A death, a diagnosis, a painting, a meeting, or the dark silence of a river at night. Many things invite us deeper than our busy minds can fathom. And yes, then we are drawn a little nearer to this ubiquity.

The retreat will be conducted in silence, except in the afternoons when we will have spiritual conversation. We will be in the room together for the meditation sessions.

Labyrinth Retreat with Kathy Cave.

Sat 23rd March from 9.30am – 4.00pm.

Cost \$110 (including lunch and refreshments)

When we long for refreshing ways to pray, the labyrinth offers us a pathway to step on to, and allows us to be led into rich encounters with our God. Canisius has two labyrinths, one a Chartres pattern and one the Classical pattern. Each invites us into a different experience. This retreat is for anyone who would like to explore ways to pray with the labyrinth. Each labyrinth retreat offered through the year will follow various themes.

Silent Directed Retreat 5 days or 8 days

Both commence Sun 5th (5.00pm) May – 5 day concludes Sat 11 May (after breakfast)

8 days conclude Tuesday 14th May (after breakfast)

5 days - Cost \$1,130; 8 days - Cost \$1,730 (incl. accommodation and meals)

Deepen your relationship with God in Silence, with guidance from a Spiritual Director and ample time for prayer and reflection.

Life Revision Course – Where have I been and where am I going?

Part 1: Thursday 25th July 4.30pm – Sunday 28th July 4.00pm

Dieter Weinand and Kathy Cave

Cost of Part 1: \$550 (Including accommodation & meals)

This course is comprised of two parts, where Part 2 builds on Part 1. Using a rhythm of silence and solitude alongside sessions of input with process and group work, the course invites us to review of the paths we have taken thus far in life, and then to be able to more ably choose our pathways forward. Some of the things we are dealt in life have not been of our choice, yet we can choose the way we respond to these. Participants who have previously done this course have found a great sense of camaraderie and community develop, whilst also honouring the spaciousness required for deep prayer and silence as each person takes the time to review their life thus far, notice patterns of decision making, and to discern some ways of proceeding into the future. Those who are at intersections in their lives find this particularly useful, as do those who simply want to stop and take stock of where they have come from and where they are going to. All are welcome. Participants need to enroll for both Part 1 and Part 2.

Introduction to Christian Meditation with Guy Yeomans

Monday 10th June day from 9.30am to 4.00pm

Cost \$110 (including lunch and refreshments)

For those new to Christian meditation, this day offers several approaches to prayer.

Silent Directed Retreat 5 days or 8 days:

Both commence Sun (5.00pm) 28th July; 5 day concludes Saturday 3rd August (after breakfast); 8 days conclude Tuesday 6th August (after breakfast)

5 days - Cost \$1,100; 8 days - Cost \$1,730 (incl. accommodation and meals)

Deepen your relationship with God in Silence, with guidance from a Spiritual Director and ample time for prayer and reflection. (Retreats commence 5.30pm and conclude after breakfast.)

Life Revision Course – A way of proceeding: driven or drawn?

Part 2 : Thursday 26th September 4.30pm – Sunday 29th September July 4.00pm

Dieter Weinand and Kathy Cave

Cost \$550 (Including accommodation & meals)

This course is comprised of two parts, where Part 2 builds on Part 1. Using a rhythm of silence and solitude alongside sessions of input with process and group work, the course invites us to review of the paths we have taken thus far in life, and then to be able to more ably choose our pathways forward. Some of the things we are dealt in life have not been of our choice, yet we can choose the way we respond to these. Participants who have previously done this course have found a great sense of camaraderie and community develop, whilst also honouring the spaciousness required for deep prayer and silence as each person takes the time to review their life thus far, notice patterns of decision making, and to discern some ways of proceeding into the future. Those who are at intersections in their lives find this particularly useful, as do those who simply want to stop and take stock of where they have come from and where they are going to. All are welcome. Participants need to enroll for both Part 1 and Part 2.

Labyrinth Retreat with Kathy Cave.

Saturday 14th September from 9.30am – 4.00pm.

Cost \$110 (including lunch and refreshments)

When we long for refreshing ways to pray, the labyrinth offers us a pathway to step on to, and allows us to be led into rich encounters with our God. Canisius has two labyrinths, one a Chartres pattern and one the Classical pattern. Each invites us into a different experience. This retreat is for anyone who would like to explore ways to pray with the labyrinth. Each labyrinth retreat offered through the year will follow various themes.

Spiritual Exercises Flexibly with Guy Yeomans

4 days over four months

Cost \$498

The full or 30 day, “Spiritual Exercises”, of St Ignatius provide an invaluable and time tested framework for a powerful and life-changing encounter with God. But given the huge commitment of time required, few are able to undertake them. If you still have a deep desire to benefit from the *Exercises* but in a more realistic time frame, this more accessible option might be for you. You will experience a concise version, covering the key exercises of all four 'Weeks' over approximately four months.

Each of the “Four Weeks – of the Spiritual Exercises” will be introduced with a ***retreat day*** (including refreshments, lunch and individual spiritual direction). Then in the month or so that follows, at home you will need to commit to five prayer periods each week of at least 30 minutes (one should be for an hour), following a printed guide. There will be a ***final spiritual direction*** session at the conclusion of the four months.

All retreat days, and final spiritual direction session will be at mutually convenient times with Spiritual Director, Guy Yeomans.

It would be helpful, but not essential, for participants to have had spiritual direction and experienced a silent retreat of at least two days. It would also be helpful if participants can engage in additional spiritual direction each month and to extend one or more of the monthly day retreats to two days (at additional cost).