



Mount St Benedict  
*Centre*

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Mount St Benedict  
*Centre*

A Ministry of the Sisters of  
the Good Samaritan

*Program*  
2018

# “Is there anyone here who yearns for life and longs to see good days?”

*Prologue, Rule of St Benedict*

*The Mount St Benedict Centre is a ministry of the Sisters of the Good Samaritan who seek to respond to the deep longings of our world. The Centre Program for 2018 contains a diverse range of offerings including workshops, reflection days and residential retreats.*

*This year's program includes two special offerings in partnership with the Rahamim Ecology Centre Bathurst, the "Rockforest Reawakening Retreat" in April and the "Weaving Threads - Women of Earth Workshop Series" in July-August. In September the Centre will also offer a day of reflection in partnership with the Diocese of Broken Bay entitled "Benedict's Tools for Peace".*

*Throughout 2018 the Centre will also have Yoga each Friday morning (during school terms).*

*Details for enquiries or bookings are contained on page 11 of this brochure.*

*We look forward to welcoming you to the Centre in 2018.*

**Natalie Acton**  
CENTRE DIRECTOR

## February

### LENTEN REFLECTION DAY

Lent calls us to renew and deepen our Christian call to the faithful seeking of God. The biblical story of God and God's people invites us into relationship with God. We seek God because God has first sought us. We will explore selected passages from Genesis, the Psalms, Prophets and the Gospels to discover more about this desire of God for us, and our response in seeking God.

The format of the day will include input, conversation and quiet reflection.

Facilitator: Dr Michele Connolly rsj  
Date: Saturday 17 February, 10.00–3.30pm  
Cost: \$30 Morning Tea provided. Bring your own lunch.  
Bookings by: Monday 12 February

## March

### WRITING YOUR OWN SPIRITUAL STORY

“Story is a way in which we come to know and understand ourselves, others, the world around us, and even God” *Kevin M Bradt SJ*

You might have read the spiritual classics and stories told by others, but you may never have had the opportunity to write down parts of your own spiritual journey. This day combines time for participants to reflect on writings from the desert monastics to Augustine, Benedict and Pope Francis, children's stories and poetry as inspiration for writing down stories from their own spiritual journey. No previous writing experience is necessary.

Facilitator: Dr Peter Mudge  
Date: Thursday 15 March  
Time: Gather at 9am for a 9.30 start. Session concludes at 3.30pm.  
Cost: \$30 Morning tea provided, bring your own lunch.  
Bookings by: Friday 9 March

## April

### DISCOVERING YOUR SACRED VOICE

“Let everything that breathes sing praises to the Lord!”  
*Psalms 150*

This day offers a deep exploration into prayer through music, discovering sacred languages in song.

Free your sacred voice with gentle breath meditations and choral singing, learn to really open your hearts and voices to prayer!

Facilitator: Carmella Baynie  
Dates: Thursday 5 April 10am–3.30pm  
Saturday 7 April 10am–3.30pm  
Cost: \$30 Morning tea provided,  
bring your own lunch.  
Bookings By: Thursday 29 March

### ROCKFOREST REAWAKENING RETREAT

A Special Offering in Partnership with the  
Rahamim Ecology Centre



RAHAMIM  
ECOLOGY  
CENTRE

Rockforest Reawakening is a retreat immersion experience based at the Mount St Benedict Centre with excursions to the UNESCO World Heritage listed Blue Mountains for reconnection, reflection and renewal of our responsibilities for the Earth Community. Grounded in the unfolding Universe Story this retreat is an immersion into the unique formations, waters and forests of the Blue Mountains and Gardens of Stone National Parks, home of the Gundungurra and Darug peoples.

This time of learning and renewal will immerse participants in the mystery and inspiration at the heart of life's unfolding. Participants will have the opportunity to deepen their appreciation of the beauty and sacredness of the natural world, hear the cry of the Earth and bring forth imaginative responses (personal, organizational and communal) to the challenges of our time and place.

Facilitators: Sally Neaves (Rahamim Ecology Centre)  
and Pat Long (Earthsong)  
Dates: Thursday 26 April–Saturday 28 April  
Cost: \$450 which includes accommodation,  
all meals and excursions  
Bookings by: Friday 13 April





## May

### WEEKEND RETREAT – CONVERSATIONS WITH THE WISDOM OF BENEDICTINE WOMEN

Throughout the ages there have been many Benedictine women who have shared the wisdom they have acquired in their search for God. This weekend retreat will reflect on this wisdom using the writings and lives of St Scholastica, the sister of St Benedict; St Leoba, German missionary Benedictine of the 7/8th century; Heloise of the Paraclete, acclaimed abbess of the 12th century; Dorothy Day, Benedictine Oblate and peace activist of the 20th century and Joan Chittester, Benedictine of our time, feminist and interfaith advocate.

Facilitator: Carmel Posa sgs  
Date: Friday evening 18 May–Sunday 20 May  
Cost: \$300  
Bookings by: Friday 11 May

### CHILDREN’S MEDITATION AND RELAXATION WORKSHOP

This fun workshop is for children aged 5–12 years, and aims to build a healthy body and mind. By teaching a variety of simple meditation techniques using breath and visualization, creating mandalas and moving the body in a conscious way, children are encouraged to find that centre of stillness inside. This can help with anxiety, building confidence and understanding emotions. The presenters are experienced practitioners in the field.

Facilitators: Fiona Borland and Vicki O’Leary  
Date: Saturday 19 May 1.30pm–4.30pm  
Cost: \$30 per child, \$25 for siblings  
Bookings by: Monday 14 May

## June

### LABYRINTH WORKSHOP

The Labyrinth is an ancient way or path of pilgrimage leading to a deeper understanding of the continuing call of our Creator God into the transforming, all embracing presence of transcendent Light and Love.

In this workshop you will discover how this powerful, spiritual pathway was used by the ancients and medieval monks, and its recent rediscovery by 21st Century Christians. Experience the meditative walking of the Labyrinth yourself, and the peace, healing and wholeness it can bring you.

Facilitator: Ralph Kershler  
Date: Friday 29 June  
Time: 10.00am–3.00pm  
Cost: \$30 Morning Tea provided. Bring your own lunch.  
Bookings by: Friday 22 June

## July–August

### WEAVING THREADS – WOMEN OF EARTH SERIES



In Partnership with Rahamim Ecology Centre, Bathurst

An opportunity to explore the new theological questions arising in our times as we take up the challenge of Earth’s distress.

Interactive weekly sessions, incorporating content, conversation and ritual, will unpack the pioneering advances of women in eco-theology which paved the way for current efforts to “Care for our Common Home” (Pope Francis). Each week will focus on the contributions of one pioneer in eco-spirituality, weaving a common thread between them, as the stimulus for each session. While it is ideal for participants to attend all three sessions as the program is aimed at developing community, each session stands alone for those who may not be able to attend all three weeks.

Facilitator: Sally Neaves, Eco-Education Co-ordinator, Rahamim Ecology Centre

#### Session 1

Date: Wednesday 18 July  
Time: 10.00am–12.30pm including morning tea

Featured Theologian: Rosemary Radford Reuther

#### Session 2

Date: Wednesday 25 July  
Time: 10.00am–12.30pm including morning tea

Featured Theologian: Sallie McFague

#### Session 3

Date: Wednesday 1 August  
Time: 10.00am–12.30am including morning tea

Featured Theologian: Elizabeth Johnson CSJ



# August

## WEEKEND RETREAT “MY DEEPEST ME IS GOD”, *Catherine of Genoa*

This weekend retreat will provide time and space for participants to explore these words of Catherine of Genoa, using a variety of creative techniques. Through the use of shape and colour participants will be guided in finding ways that God can be discovered in our deepest selves and to explore and give expression to this experience through the creative process. The cost of this retreat includes all materials and no art experience is necessary.

Facilitators: Margaret Mithen sgs, Veronica Griffith sgs,  
Marilyn Maxwell oblate sgs  
Date: Friday Evening 24 August–Sunday 26 August  
Cost: \$300  
Bookings by: Friday 17 August

# September

## BENEDICT’S TOOLS FOR PEACE

A day of retreat hosted by the Mount St Benedict Centre in partnership with the Office for Evangelisation, Diocese of Broken Bay.



“Peace is a gift, it is a handcrafted gift that we work for every day in doing the small things” *Pope Francis*.

In the busyness of today’s fast paced, noisy, ever changing world we long for peace – in our hearts, in our homes, in our workplaces. This day of reflection will immerse you in the ancient wisdom of the Rule of St Benedict, who in in this “little rule for beginners” provides practical tools for living a life of peace with oneself and the world. We invite you to come and explore Benedict’s way to peace in a day of prayer and reflection on his teaching.

Facilitator: Dr Carmel Posa sgs  
Date: Saturday 8 September  
Time: 10.00am–3.00pm  
Cost: Gold Coin Donation. Morning Tea provided,  
Bring Your Own Lunch.  
Bookings by: Monday 3 September



# October

## “JOURNEYING WITH THE SAINTS OF OUR TRADITION” – A SIX DAY GUIDED RETREAT

This retreat explores how to journey and what is involved in our journey to God as it has been experienced by acknowledged holy people, the great saints and doctors of the Church.

- It explores how the mysteries of faith are brought to life in our ordinary everyday experiences.
- Draws on the inspiration of holy people in our tradition including St Teresa of Avila, John of the Cross, Catherine of Siena and Francis de Sales.
- It reflects on the question “What do we have to do to enter into a deep relationship with our risen Lord”.

Facilitator: Bishop David Walker.  
Dates: Saturday evening 6 October  
– Saturday Morning 13 October  
Cost: \$560  
Bookings by: Friday 14 September





## November

### CHILDREN'S MEDITATION AND RELAXATION WORKSHOP

This fun workshop is for children aged 5–12 years, and aims to build a healthy body and mind. By teaching a variety of simple meditation techniques using breath and visualization, creating mandalas and moving the body in a conscious way, children are encouraged to find that centre of stillness inside. This can help with anxiety, building confidence and understanding emotions. The presenters are experienced practitioners in the field.

Facilitators: Fiona Borland and Vicki O'Leary  
 Date: Saturday 10 November  
 Time: 1.30pm–4.30pm  
 Cost: \$30 per child, \$25 for siblings  
 Bookings by: Monday 5 November

## December

### ADVENT FESTIVAL OF READINGS AND SONGS

In Advent the church celebrates the coming of Christ in all its aspects – past, present and future.

The season recalls the coming on earth of the Incarnate Word, deepens our awareness of Christ's presence in the church today and heightens our hope and longing for his return.

This festival of readings and songs gives expression to the Advent themes of watching and waiting, expectancy and hope, helping us to ponder the coming of Christ in history, in mystery and in glory.

Date: Sunday 2 December  
 Time: 4.30pm–5.30pm Advent Festival. Afternoon Tea from 3.30pm  
 Cost: Donation towards Good Samaritan ministries in Kiribati  
 Bookings by: Monday 26 November

## Yoga

Come along and experience Hatha yoga – connecting you to your breath and body.

Relieve aches and pains, restore energy, reduce stress and calm the mind!

Yoga Instructor: Carmella Baynie  
 Time: Every Friday morning during the school term: 9.15–10.15am  
 Cost: \$20 per class





## Bookings and Enquiries

Address: 449D Pennant Hills Road,  
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Ph: (02) 8752 5390

Email: [mtstbenedict@goodsams.org.au](mailto:mtstbenedict@goodsams.org.au)

Office Hours: 8.30am–4.30pm Monday–Friday

or visit our website:

**[www.goodsams.org.au/msb/](http://www.goodsams.org.au/msb/)**

## Getting There...

**By car**

Entrance to the Centre is off Hull Road, close to the intersection of Pennant Hills Road.

**Public Transport:**

Train to Pennant Hills then Hills Bus 632, 633, 636, 637, 638, 639, 640, 641.

Alight at corner Pennant Hills Road and Hull Road

Or **Taxi** from Pennant Hills Station

## Library

Mount St Benedict Centre Library provides resources and information for personal use and ministry. The library holds resources in the areas of spirituality, scripture, contemplative prayer and meditation, liturgy and contains a significant collection of Benedictine studies.

For more information about membership contact the library:

Phone: (02) 8752 5395

Email: [msbplib@goodsams.org.au](mailto:msbplib@goodsams.org.au)

Online catalogue <http://msbplib.goodsams.org.au>

