

Three retreat options

(select one)

1 Weekender (2 nights)

Dates 4 – 6 May 2018:
Friday – Sunday afternoon
Cost \$260 – full board

2 Four days with Benedict

Dates 30 April – 4 May:
Monday – Friday afternoon
Cost \$520 – full board

3 The works

Dates 30 April – 6 May:
Monday – Sunday afternoon
Cost \$680 – full board

The centuries-old wisdom of St Benedict still attracts interest today – from religious people wanting to find more time for God, to business people and busy parents wondering how to get some order in their lives.

Based around the stability of a routine that feeds soul, mind and body, Frank will tease out the essential concepts leading to a life of balance found in the Rule of Benedict.

The retreat is suitable for both clergy and lay people.

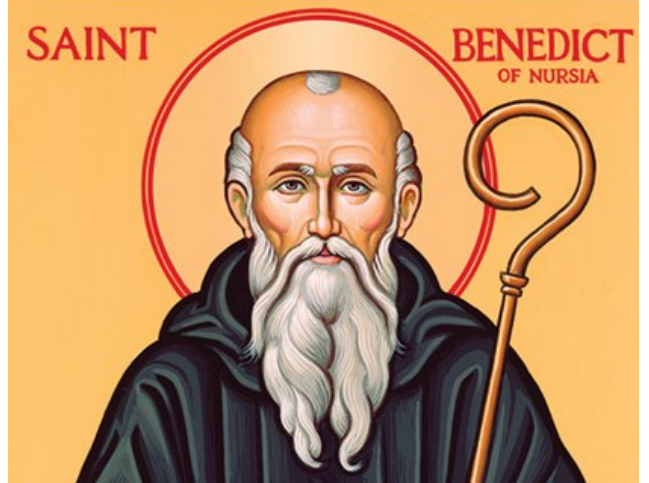
Bibliography

(suggested reading – by no means exhaustive. A few books will be available to borrow during the retreat time or you may prefer to purchase and bring your own.)

- The Rule of Benedict - various editions (translations) available, including online
- Patrick Barry, Richard Yeo, Kathleen Morris, Wisdom from the Monastery:
- Esther de Waal, Seeking God, the Way of Benedict.
- Esther de Waal, Living with Contradiction. Benedictine Wisdom for everyday living
- Joan Chittister, The Rule of Benedict. A spirituality for the 21st Century.
- Joan Chittister, Wisdom Distilled from the Daily. *Living the Rule of St Benedict Today*.
- Michael Casey, Strangers to the City. Reflections on the Beliefs and Values of the Rule of Saint Benedict. Paraclete Press, 2005
- Dennis Okholm, Monk Habits for Everyday People. Benedictine Spirituality for Protestants
- Jane Tomaine, St Benedict's Toolbox. The Nuts and Bolts of Everyday Benedictine Living.
- Christopher Jamison, Finding Sanctuary



Sevenhill Centre of Ignatian Spirituality
www.cis.jesuit.org.au/sevenhill-sa

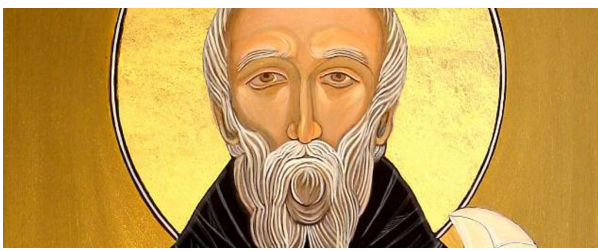


Benedictine Experience & Retreat 2018

Sevenhill, Clare Valley,

Select one of three possible options
between 30 April and 6 May
Conducted by Frank Nelson
(Dean of St Peter's Cathedral)

Please return completed form to the Cathedral Office before 30 March



Three options

1 Weekender (two nights)

Ideal for those who have never experienced a retreat or who do not have the time for a longer retreat.

The weekender will include an introduction to the principles of Benedictine spirituality, and the central part played by patterns of worship and prayer.

Dates: 4 – 6 May

Friday evening – Sunday afternoon

Cost: \$260 – full board

2 Four days with Benedict

With more time to explore the implications of St Benedict's teaching for contemporary life, the four-day retreat will allow retreatants time to delve deeper and find their own patterns of being. There will be time for walking, reading, creating, reflecting... being with God in a beautiful and tranquil place.

Dates: 30 April – 4 May

Monday – Friday afternoon

Cost: \$520 – full board

3 The works

While retreatants may choose to join the 'weekenders' and re-visit the fundamentals, there will also be opportunity for more intensive personal reflection and discovery.

Dates: 30 April – 6 May

Monday – Sunday afternoon

Daily Programme

7.30am Morning Prayer and Meditation

8.15am Breakfast – in silence

9.00am Eucharist with Address

10.00am Lectio Divina

10.30am Morning Tea

11.00am Physical exercise/walk

12noon Midday Prayer

12.30pm Lunch - in silence (+ reading)

Afternoon free to read, study, sleep, walk

4.30pm Lectio Divina

5.00pm Address, Evening Prayer

6.30pm Dinner - in silence (+ reading)

7.30pm Gathering:
reflecting together

8.30pm Compline/Night Prayer
followed by the 'Great Silence'

Silence: *Retreats are intentionally silent; it is in silence that we find ourselves listening... to God, to ourselves, to the world around us. While the idea of a silent retreat can be daunting, most find that, after a day to settle in, it is a profoundly enriching experience. Every day will finish with an (optional) opportunity to discuss experiences, difficulties or insights. Individual interviews with the retreat leader are also an option.*

Readings during meals: *Enjoy the silence of listening together to a good story! Extracts from Penelope Wilcock: The Hawk and the Dove*

Physical Exercise: *Benedict expected his monks/nuns to do manual labour (not to leave the work for someone else to do). As an expression of your 'work' during the week you may like to bring your easel, craft work, knitting, bicycle, letters that have been waiting, etc.*

Registration form

*Please return to
the Cathedral Office
with \$100 deposit
by 30 March 2018*

Name

Contact email

Contact telephone

I wish to register for Option

\$100 deposit paid by...

(tick one)

Cash

cheque

eftpos

For more information contact

Frank Nelson

Phone 0428 284 345

Email dean@stpeters-cathedral.org.au

Please return completed form to the Cathedral Office before 30 March