

DAYS OF PRAYER & CONTEMPLATION

Come to spend time reflecting on how our God is calling you forward in your life right now.

COME—REFLECT—RECONNECT

Claim these dates | Prayer Days | Safety Bay

Tuesday 30 April

Thursday 18 July

Wednesday 16 October

Wednesday 4 December

Venue: Kilmolee at Safety Bay, 182 Arcadia Drive, Safety Bay

Extra parking: 27 Penguin Road, Safety Bay.

Park adjacent to Penguin Road.

RSVP: Essential by Friday before the day. **Cost:** \$20

Contact: Dianne Colborne rsj

Ph: 9527 3240 | **E:** safety.bay@sosj.org.au

~ Please arrive in time for morning tea at 9.30am.

Session commences at 10.00am and concludes at

1.00pm with a light lunch provided

REMEMBERING MARY MACKILLOP MEMORIES, MUSINGS & MORNING TEA

A time to gather and to pray with St Mary of the Cross MacKillop on **8 August**. Commencing at 10.00am.



Venue: St Joseph's Chapel, 27 Penguin Road, Safety Bay

Please bring a plate of food to share

RSVP: Essential by 1st of the month

Contact: Dianne Colborne rsj

Ph: 9527 3240 | **E:** safety.bay@sosj.org.au

SPIRITUAL EXERCISES IN DAILY LIFE

What is God inviting you to? Discernment – Freedom – Clarity. Deepen your relationship with God, nourish your ongoing prayer life and discern God's will for you.

This one-on-one 30–35-week program involves daily prayer/reflections and weekly face-to-face or online conversations with an Ignatian Spiritual Director – start at any time.

For further information, please contact Kilmolee at Safety Bay—Ph: 9527 3240 or E: safety.bay@sosj.org.au



SPIRITUAL ACCOMPANIMENT IS ALSO AVAILABLE

For further information, please contact Kilmolee at Safety Bay—Ph: 9527 3240 or E: safety.bay@sosj.org.au



RETREATS

19–21 April | Creation: Its Harmony, Resonance and Spiritual Dimensions

“Music is all around us...It emanates from all of creation... throughout the heavens and the cosmos. Everything that surrounds us emits sound... a symphony of music.” AshRawArt

During this weekend we will explore the Divine Creative Spirit in our lives; listening for the inner music of the heart playing and resting in God's Presence.

Co-Facilitators: Geraldine Taylor and Megan Phillips

Venue: Kilmolee at Safety Bay, 182 Arcadia Drive, Safety Bay

Enquiries and registration: Dianne Colborne rsj

Ph: 9527 3240 | **E:** safety.bay@sosj.org.au

Cost: \$300

~ Retreat begins with an evening meal at 6pm on Friday 19 April and concludes after lunch on Sun 21 April.

Applications close: 25 March 2024

12– 14 July | A Weekend of Meditation and Contemplation

Theme: “Beneath the Cloud of Unknowing”

Facilitator: Frances Maguire rsj

Venue: Kilmolee at Safety Bay, 182 Arcadia Drive, Safety Bay

Enquiries and registration: Dianne Colborne rsj

Ph: 9527 3240 | **E:** safety.bay@sosj.org.au

Cost: \$300

~ Retreat begins with an evening meal at 6pm on Friday 12 July and concludes Sunday 14 July after lunch.

Applications close: 21 June 2024

14—16 June | A Retreat for Men

A time to ponder and to be attentive to the presence of God in our lives. What does it mean to live the Christian life?

Facilitator: John Bormolini

Venue: Kilmolee at Safety Bay, 182 Arcadia Drive, Safety Bay

Enquiries and registration: Dianne Colborne rsj

Ph: 9527 3240 | **E:** safety.bay@sosj.org.au

Cost: \$300

~ Retreat begins with an evening meal at 6pm on Friday 14 June and concludes after lunch on Sunday 16 June

Applications close: 31 May 2024

20—22 September | Spring in September—An Australian Landscape

Spring awakens the revival and reinvigoration of the natural world of which we are an essential part.

*“When one flower blossoms,
spring awakens everywhere”.*

John O’Donohue

This weekend we will explore the majesty and mystery of the Spring Season both in nature and our spiritual journey. As nature is gifted with the different seasons, so we to experience seasons of change and growth. New birth, transformation and celebration is the Rite of Spring we invite you to share with us.

Co-Facilitators: Geraldine Taylor and Megan Phillips

Venue: Kilmolee at Safety Bay, 182 Arcadia Drive, Safety Bay

Enquiries and registration: Dianne Colborne rsj

Ph: 9527 3240 | **E:** safety.bay@sosj.org.au

Cost: \$300

~ Retreat begins with an evening meal at 6pm on Friday 20 September and concludes after lunch on Sunday 22 September.

Applications close: 2 September 2024

SIX DAY RETREAT



29 September — 5 October | Create a Climate of Change

Mahatma Gandhi once said: *“There is in the universe a force, which, if we permit it, will flow through us and produce miraculous results.”*

This contemplative retreat allows us the space and the opportunity to ‘hear’ and ‘experience’ the Universe calling to us through that force to **Create a Climate of Change**, while pondering *Laudato Si* and Praying the *Stations of Earth*.

Facilitator: Ann Morrison rsj

Venue: Kilmolee at Safety Bay, 182 Arcadia Drive, Safety Bay

Enquiries and registration: Dianne Colborne rsj

Ph: 9527 3240 | **E:** safety.bay@sosj.org.au

Cost: \$800

~ Retreat begins with an evening meal at 6pm on Sunday 29 September and concludes after breakfast on Sunday 6 October.

Applications close: 30 August 2024



For updates and new events please visit:

www.sosj.org.au

www.marymackillopperth.org.au

“Come away
with me and
rest a while...”

Mark 6:31



Living Contemplatively

It can be challenging to find time for ourselves especially in a rapidly changing world. It is important to have a healthy balance of work and play. One way to achieve this is by creating a more contemplative life.

Opportunities
for
Living Contemplatively
in 2024
at
Kilmolee at Safety Bay

A Ministry of Sisters of Saint Joseph of the Sacred Heart