

2025 – 2026 Retreats & Reflection Days



**Mary MacKillop
Spirituality Ministry**



Contents

<u>Registration Information</u>	<u>4</u>
<u>Pricing Information</u>	<u>5</u>
<u>Facilitators</u>	<u>7</u>
<u>Retreats & Reflection Days</u>	<u>15</u>
<u>Spirituality Centres</u>	<u>30</u>

Registration Information

The Sisters of Saint Joseph, in the spirit of Mary MacKillop and Julian Tenison Woods, have a long history of responding to spirituality and faith formation needs. After the Second Vatican Council, Spirituality Centres were established as the Sisters opened their hearts to the needs of the Church, other religious communities and the wider public. Our Centres span the country and have been beloved for many years.

As the Mary MacKillop Spirituality Ministry enters a new chapter, we have endeavoured to diversify, broaden and increase our offerings for 2025/2026. We are delighted to be offering these reflection days, retreats and sabbaticals as opportunities to nurture one's spirit. These programs are an invitation to all to encounter the sacred in their lives.

How to Registration

Please register for your desired reflection day, retreat or sabbatical directly with the relevant Spirituality Centre or via our website:

www.mmsm.org.au

Contact information for each Centre is available on pages 30–34.

Pricing Information

The Sisters of Saint Joseph have generously subsidised retreat programs at our Centres for many years. The newly formed Mary MacKillop Spirituality Ministry is working towards financial sustainability while also remaining committed to making sure that nobody is unable to attend a retreat due to the cost. To this end, participants who are unable to afford a retreat may apply for a discount or waiver.

Early Bird Discounts

An Early Bird discount of **10% will apply to all Reflection Days and Retreats**. For Reflection Days, to gain an Early Bird discount, you will need to register more than three weeks in advance of the start date of the Reflection Day. For retreats, to gain a 10% discount, you will need to register at least six weeks in advance of the start date of the retreat. **Discounts do not apply to Sabbaticals and Workshops.**

Cancellations Guidelines

From time to time, there will be a need to make a decision as to whether or not a program will run. In the unfortunate situation where a Reflection Day, Retreat, Sabbatical or Workshop is cancelled by the Mary MacKillop Spirituality Ministry, a full refund for the amount paid for the program will be provided to registrants of that program.

If a participant who has registered and paid for a program needs to cancel their registration, a full refund will be provided if the participating centre (where the program is being held), is notified four weeks or more from the start date of the program. **Cancellations made within four weeks of the program start are non-refundable.** The same conditions apply if you need to change the date of the program you are attending.



**Mary MacKillop
Spirituality Ministry**

Facilitators



Annette Arnold RSJ

Annette is a Sister of Saint Joseph, a Spiritual Director, a giver of the Ignatian Spiritual Exercises and a Supervisor in the Kardia Heart Wisdom Program. Formed in the Ignatian tradition in the Kardia Heart Wisdom program, Annette brings the gifts and wisdom of her years in education, counselling and leadership to this role.



Anna Barber

After three rich decades of dedication to Catholic education and leadership, Anna has embarked on an inspiring adventure as part of the Education Team at the Mary MacKillop Heritage Centre in East Melbourne. With a deep passion for sharing the remarkable legacy of St. Mary MacKillop, Anna is driven to reimagine the story of Australia's beloved saint, making her wisdom and spirit resonate in today's world.



Virginia Bourke RSJ

Virginia Bourke is a Sister of Saint Joseph. Early in her religious life she experienced inter-cultural theological study at the East Asian Pastoral Institute with the Jesuits in the Philippines. After years of teaching and leading in Catholic schools, she studied theology formally with the Catholic Institute of Sydney. Since 1995 she has been engaged in adult faith enrichment, in various teacher education programs in NSW and in Josephite rural women's support projects in NSW and SA. Virginia is a Sacramental theologian with a commitment to exploring God's Self-Revealing in human experience. She studied more recently in the Ignatian ecological spirituality program with the Jesuits in Guelph, Canada. She currently lives and ministers in North Sydney.



Mary-Ann Casanova RSJ

Mary-Ann has been a Sister of Saint Joseph for 40 years. She has a passion for all things eco and her work conveys complicated concepts in simple, engaging ways. She has held positions with Catholic EarthCare Australia, Rahamim Ecological Centre, and is currently the Josephite Laudato Si Action Plan Project Officer. Mary-Ann completed her Doctoral Studies in 2023. Her research looked into the relationship between mysticism and science in the lives of Julian Tenison Woods and Teilhard de Chardin.



Nila Chambers

Nila Chambers is a lifelong meditator and spiritual seeker. She was an educator, working in the university, TAFE and school sectors and also as principal of a small school for several years. Nila has a Master's Degree in Religion Studies. She has extensive experience in presenting talks, workshops and retreats on spiritual themes, in a broad range of settings. Nila is especially drawn to mysticism in Christianity and Eastern religions and she has a deep love of the natural world.



Belinda Chapman

Belinda is an experienced spiritual director and giver of the spiritual exercises, based in George Town in Tasmania. She delights in providing space and opportunity for people to deepen their relationship with God in whatever form that relationship is best nourished at the time of life or season within which they discover themselves. Her style of spiritual direction is creative, engaging and inclusive.



Mandy Cox

Growing up in Melbourne, Mandy has worked in ministry with her husband around Australia whilst raising their three children. Settling in Newcastle NSW in 2019, she now runs her own business, Urban Sparrow Counselling & Supervision Services, providing counselling, supervision and spiritual direction to her clients. Mandy also facilitates workshops and retreats, focusing on grief, loss and transformation.



Val De Brenni

Val De Brenni, a Covenant Josephite, is a trained spiritual director and supervisor. She is the Director of the Spiritual Director Formation Program for the Catholic Archdiocese of Adelaide and a member of the Ignatian Heart Spirituality team. Val has a special interest in the spiritual formation of teachers and leaders in Catholic schools.



Daniel De La Motte

Daniel is a husband and father of four with a background and education in youth and young adult ministry, teaching, science, theological studies and law. Following Christ has led him into the Catholic Church through Pentecostal, Anglican, and Evangelical Christian traditions; committed to Christian unity and sharing how God has seized and moved him with beauty, truth, and goodness. He provides faith formation for mission to Catholic schools with the Mary MacKillop Spirituality Ministry, coordinates Catholic University Chaplaincy in Tasmania, and tours as a Catholic speaker.



Linda Di Sipio

Linda Di Sipio is currently employed at St Vincent's Hospital Melbourne as Formation and Purpose lead. She is responsible for facilitating the formation programs as well as creating Bespoke formation experiences for the staff at St Vincents. Linda has completed a Bachelor of Science, Graduate Diploma of Teaching, Postgraduate diploma in RE, Masters of RE and a Masters of Spiritual Direction. Her experiences assist her with understanding and developing formation in faith-based organisations.



Carmel Drew RSJ

Carmel is a member of the Sisters of Saint Joseph of the Sacred Heart. With a background in education, Carmel has ministered in the areas of spiritual direction, supervision, retreat facilitation and faith formation for the last 20 years.



Dr Pina Ford

As a team leader in Catholic Education WA (CEWA) over the last 25 years, Doctor Pina has provided adult faith formation in scripture, theology and spirituality to a wide range of participants. These include catechists, school staff and leaders participating in CEWA's leadership programs and retreats.



Fadi Elbarbar

Fadi Elbarbar is a husband and father of two young boys. Secondly, he is an experienced teacher of Religious Education, heading several Religious Education faculties across Tasmania and Victoria. He also has a long history coordinating social justice programs. Fadi came to the Catholic Church via the RCIA process in 2015, after falling in love with the Good News via his introduction to it in his first teaching round. Since then, he has fervently studied theology, including his Masters in Theology. He is currently a teacher of Religious Education at Antonine College, St Joseph Campus Pascoe Vale South.



Vicki Hancock

Vicki is passionate about nurturing people to well-being and inner wisdom through offering experiential reflective retreats. She has experience and qualifications in meditation, relaxation, movement, mindfulness, contemplation, imagery, soul collage and teaching. She's a practicing spiritual director who is committed to her own spiritual journey.



Peter Hay

Peter Hay is a passionate explorer of ecological spirituality as a way of bringing us into a more authentic way of living in these critical times. He is a spiritual director, professional supervisor and a lecturer at Heart of Life.



Dr Kerrie Hide

Doctor Kerrie Hide is a spiritual director, retreat giver and mystical theologian whose lifelong work interweaves deep heart wisdom about contemplation from the Christian mystical tradition. Her book, *Gifted Origins to Graced Fulfilment: The Soteriology of Julian of Norwich*, won first prize in the Catholic Press Awards. Kerrie's most recent book, *Love's Oneing: A Book about Contemplation*, develops and deepens this foundational work on soteriology. You can find out more about Kerry on her website.

Geraldine Kearney SGS



Geraldine is a Sister of the Good Samaritan of the Order of St Benedict. She holds a Master of Education, and a Masters in Counselling from Australian Catholic University Sydney, and a Doctor of Ministry in Cross Culture from Catholic Theological Union in Chicago. She is also a qualified Psychodrama Therapist, counsellor, and facilitator. With a background in Catholic education, Geraldine took up her role in the congregation in Formation; a role which she held for almost 20 years. She currently works as a cross-cultural consultant, mainly in the Asia Pacific and Australia, with several congregations, especially in the areas of leadership, mission, formation, and culture.

Cecilia King



Cecilia is a registered counsellor, dance movement psychotherapist, and expressive therapist specializing in developmental trauma, religious trauma recovery, and neuroaffirmative support. Her passion lies in nurturing reflective spaces for individuals of all ages to process life experiences and challenges through body, mind and spirit integration.

Fr David King CP



Father David King C.P. is a priest of the Congregation of the Passion of Jesus Christ, most commonly known as The Passionists, founded to contemplate and preach the passion of Jesus as the most overwhelming sign of God's love for us. He has ministered in faith education and spirituality for most of his 34 years as a priest and hopes to affirm fellow travellers on this journey amidst the demands of the modern world. He is passionate about ministry in spirituality, assisting others to explore and deepen their relationship with God.

Liz Lewis



After spending 25 years in real estate, I chose to follow my true vocation in guiding others on their journey to inner healing. My introduction into personal development began in 2004, when I realised how significantly our mindset influences our lives. I believe that true transformation starts from within, connecting with our inner spirit. My mission is to inspire others to invest in themselves, understanding that shifting our perception can create a ripple effect of positive change in all areas of life.

Frances Maguire RSJ



Frances is one of Mary MacKillop's Women, born in Kalgoorlie and educated by the Sisters of Saint Joseph. She has been a teacher and leader in Catholic secondary schools then in adult faith and personal development throughout WA, including 6 years as Director of Mirrilingki Spirituality Centre in Warmun in the East Kimberley. Frances has been involved in spiritual accompaniment and leading retreats online and in person in Australia and Peru. She is growing in awareness of the oneness, interconnectedness and interdependence of Earth and all her creatures, especially those made poor and on the margins.



Rita Malavisi RSJ

Rita has been a Sister of Saint Joseph for over 30 years. Originally a primary school teacher, working in city and country schools, Rita is currently involved in adult faith formation at the Mary MacKillop Heritage Centre in Melbourne. She is a trained Spiritual Director and is the current National Chair of one of the Spiritual Direction Networks.



Maureen McDermott RSJ

Maureen is a Sister of Saint Joseph in the New South Wales region. In 1995 – 96, she trained in Spiritual Direction at the Centre for Religious Development in Cambridge, Massachusetts. Since returning from Boston, Maureen has been involved in programs at Baulkham Hills and spiritual direction and retreats in other centres throughout Australia. In recent years Maureen has been involved in Mission Ministry in Aged Care and Parish Ministry in small parishes where there was no resident priest.



Chris McPhee MSC

Chris McPhee MSC, is a former Parish Priest, Novice Master, Provincial Superior, and General Councillor for the Missionaries of the Sacred Heart. He has conducted numerous retreats, both contemplative and preached, across Australia and internationally. His retreats are dedicated to spiritual growth, reflection, and renewal, emphasizing the core values of compassion, love, freedom, justice, and community. Drawing on his extensive experience in religious formation, parish ministry, leadership, and retreats, he creates a welcoming and contemplative atmosphere that unites participants with their faith and spirituality. These aspects are integrated with prayer, meditation, and reflective conversation.



Ann Morrison RSJ

Ann is a Sister of Saint Joseph of the Sacred Heart, currently residing in the beautiful Blue Mountains at Katoomba NSW. Ann's main ministry is retreat facilitation, spiritual direction and adult faith formation. Ann endeavours to use educational, pastoral, scriptural and life experiences to develop more deeply her call to be aware of the activity of God in life and use it to live more authentically.



Eamonn Pollard

Eamonn Pollard is presently the Director of Spirituality Ministry for the Mary MacKillop Spirituality Ministry. He has previously worked as a teacher, principal, formator, facilitator and lecturer. Eamonn recently submitted a PhD on the importance of spirituality to wellbeing.



Nicole Rotaru

Nicole Rotaru is a member of the Sisters of Mercy of Australia and Papua New Guinea. For some time she has had a particular interest in the 'second half of life' that has its fill of joys and challenges. She has enjoyed offering workshops for older folk for a number of years and valued learning from their experiences. These learnings as well as reflection on her own life and reading inform workshops she continues to offer.



Mary Ryan RSJ

Mary Ryan rsj has ministered in the areas of primary and secondary education, parish development, adult and young adult spirituality/retreats, university chaplaincy – and also in a number of leadership roles in both Victoria and NSW. Since her arrival in South Australia in 2013, Mary has co-ordinated the establishment of Mary MacKillop Precinct, the redevelopment of Mary MacKillop Museum and the creation of the Kensington-Norwood Mary MacKillop Walk. She is currently the Assistant Director of Formation for the Mary MacKillop Spirituality Ministry. Aware that Mary MacKillop is a 'Saint for ALL Australians' (Max Harris), Mary is keen to work with, and support, school leaders and staff of all schools to help deepen their understanding of the legacy of Mary MacKillop and her relevance to all school communities today.

"Think of Mary MacKillop and learn from her to be a gift of love and compassion for one another, for all Australians, and for the world." (Pope John Paul II – Sydney, 1995)



Jennifer Scally RSJ

Jennifer is a Sister of Saint Joseph of the Sacred Heart, with 30 years of experience in the spirituality space. She has worked in many schools, in the diocese and as a spiritual director, retreat facilitator and supervisor in various ecumenical settings. Jennifer's work focuses on the need to listen within to allow for continual growth in every aspect of life. She is committed to assisting others as they grow in awareness of their own ever deepening relationship with their God and their personal growth.



Clare Shearman

Clare Shearman BA(Hons), MBA, Grad Dip Spiritual Direction (Siloam), Grad Dip Supervision, Supervisor: Australasian Association of Supervision. Clare is a spiritual director and professional supervisor. She manages a retreat centre in Shoreham on the Mornington Peninsula Vic with her husband Artie. She was the Director of Heart of Life Centre for Spiritual and Pastoral Formation from January 2022 to August 2024. Clare has held leadership roles in the corporate world as well as in large and small not-for-profit organisations. Clare considers herself extremely blessed to be working in service of those who are seeking to nurture their personal spirituality and pastoral skills for the benefit of others.



Anne Slingo

Anne is a teacher with nearly forty years of experience in Catholic primary and secondary classrooms. She works with Catholic organisations, opening up charism, teaching new ways of praying, discernment, sacred listening and conversation. With a background in Ignatian Spirituality and as a giver of the First Spiritual Exercises of St Ignatius, Anne brings an approach to formation that enables receivers to make sense of who they are, as they are gently accompanied.



Lillian Van Brussel

Lillian Van Brussel has taught in Catholic schools for over twenty years whilst leading the religious identity and mission. She currently plans and implements prayer and reflection days and experiences for teachers, school leadership teams, students and other sectors. Lillian currently gives spiritual direction, accredited through the Spiritual Director Formation Program in the Catholic Archdiocese of Adelaide. Her prayer and reflection experiences provide input to ponder and opportunity to creatively reflect, slow down and connect with PRESENCE along with take home resources for the everyday toolbox for slowdown from the general busyness of life on a more regular basis.



Mark Walsh

Mark Walsh is a creative facilitator specialising in formation, spirituality, adult education, biblical studies, and retreats. He has extensive experience working with schools, religious congregations, and parish groups in Australia and internationally. He is also a pilgrim, pilgrimage leader, and spiritual director with experience in the Holy Land, on the Caminos de Santiago de Compostela, and the Aussie Camino in the footsteps of St. Mary of the Cross MacKillop. He spent three years living in Israel with the Sisters of Our Lady of Sion at Ein Kerem whilst studying and working with the Centre for Biblical Formation at Ecce Homo.



**Mary MacKillop
Spirituality Ministry**

Retreats & Reflection Days

A Retreat in Daily Life – Directed

Start Anytime

This Programme is offered On-line

Registration email:

spiritualdirection@sosjspirit.org.au

Experience the full Spiritual Exercises of St Ignatius entered into at home while going about your everyday life. This can be done over approximately thirty-five weeks, or a ninety-day at-home retreat. You connect with the Spiritual Director weekly via Zoom, or when possible, in person. To decide to enter this journey means making a commitment to a dedicated time of prayer each day and connecting with the Spiritual Director.

The retreat is offered, using Marlene Marburg's contemporary expression of the Ignatian Spiritual Exercises in Grace Upon Grace. In this text, Marlene provides a rich, creative and fresh adaptation of the original Spiritual Exercises. Grace Upon Grace is not a book to read but a spiritual journey to take, being nourished by Marlene's poetry and the invitation of the arts.

Director: Annette Arnold rsj

\$88/ hour incl. GST

Servant Leadership: More than Foot Washing

15 September– 16 September 2025

Mary MacKillop Spirituality Centre
Hobart, TAS

This will be a time of prayer and reflection on the theme of service, connecting more deeply with the scripture story of Jesus washing his disciple's feet. This retreat is for anyone seeking to spend time with Jesus as a model and guide for their own meaningful encounters. Each day will include input, individual reflective time, and group spiritual conversations, allowing you to experience a rich and inviting encounter with Jesus and scripture that offers the open heart a feast of nourishment for serving and leading in a fulfilled and flavoursome way.

Guide: Belinda Chapman

\$564 incl. GST

Life is a Journey

5 October – 10 October 2025

Mary MacKillop Spirituality Centre, St Joseph's by the Sea Williamstown, VIC

This retreat is a reflective, prayerful excursion that contemplatively aligns our personal journeys with the journey of Jesus, focusing on transforming our past through the intimacy of God's love. It emphasises healing, liberation, freedom, and spiritual growth by reframing our life experiences. The retreat aims to transform pain into love, leading to deeper intimacy and joy, love, in and through the heart of Christ Jesus.

Guide: Chris McPhee MSC

\$1,980 incl. GST

Women in the Gospels: Mary Magdalene

11 October 2025

**Mary MacKillop Spirituality Centre
Adelaide, SA**

Coming to faith and following Jesus lies at the heart of the Gospels and invites us, as disciples, to be transformed, as we encounter the risen Jesus in our midst. Mary Magdalene embodies the search and gradual journey into faith that each of us encounters.

This prayer reflection day gives us time and space to explore the Gospel texts that give us some insight into this significant disciple of Jesus. Mary Magdalene, who today is given by the church, the title, 'Apostle to the Apostles' joins us, as we bring our own stories of seeking and journeying to this place. This day is suitable for all adults and has CESA approval as a SAM.

Guide: Val De Brenni

\$198 incl. GST

An Encounter with Jesus on the Way

13 October 2025

**Mary MacKillop Spirituality Centre
Melbourne, VIC**

The Way is a title Luke gives to the earliest followers of Jesus (Acts 9:2) and the name by which the famous pilgrimage to Santiago de Compostela is known. The Way is also a paradigm for our everyday life. The Way can be transformational no matter where we walk it. The Way can open each of us to an encounter with Jesus and a more profound sense of our own identity. We'll explore Luke's story of the Road to Emmaus (Lk 24:13–35) and the Camino de Santiago to discern what it means to walk a pilgrim's path.

Facilitator: Mark Walsh

\$198 incl. GST

Earthy Life

25 October – 26 October 2025

**Mary MacKillop Spirituality Centre
Adelaide, SA**

Across this two-day experience, we will consider our personal relationship with Earth. The layers of our planet and the ongoing geological processes which form Earth will act as a metaphor. We will draw inspiration from Teilhard de Chardin's description of being a terrestrial and child of Earth, and from Julian Tenison Woods' love of rocks and Earth. Time will be given to personal reflection, group conversation, through writing, photography, collage and other forms of creative expression. Non-residential.

Guide: Mary-Ann Casanova RSJ

\$396 incl. GST

My Story, Our Story

27 October – 29 October 2025
Mary MacKillop Spirituality Centre
Melbourne, VIC

This retreat will introduce receivers to a 'taste' of the Spiritual Exercises of St Ignatius. Using an Ignatian paradigm, or 'way of proceeding', you will be guided to reflect with hope on your own story, your faith and your mission. Your desires and your life experiences will be brought into this way of praying.

Guide: Anne Slingo

\$682 incl. GST

Directed Retreat

10 November – 17 November 2025
Mary MacKillop Spirituality Centre
Central Coast, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

Director: Fr David King CP

\$2,365 incl. GST

Directed Retreat

10 November – 17 November 2025
Mary MacKillop Spirituality
Centre Central Coast, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

Director: Jennifer Scally RSJ

\$2,365 incl. GST

Let's be Pilgrims of Hope

10 November – 17 November 2025
Mary MacKillop Spirituality
Centre Central Coast, NSW

This silent, contemplative and guided retreat attempts to answer Pope Francis' call to create a climate of hope within each of us which then flows into our world. We must take this call seriously, allowing our action and prayer to be the spiritual breath of our life that never ceases – awakening beauty, truth and goodness to open new, vibrant ways of being in the world.

Guide: Ann Morrison RSJ

\$1,705 incl. GST

A.R.T. of Self

12 November – 14 November 2025

Mary MacKillop Spirituality Centre, St Joseph's by the Sea Williamstown, VIC

Join us for a transformative 2-night, 3-day retreat focused on the A.R.T. of Self-Awareness, Reflection, and Talk. This immersive experience is designed to guide you on a journey of deep introspection and personal growth, where you'll explore the power of self-awareness, engage in reflective practices, and discover how meaningful conversations can unlock new perspectives.

Guide: Liz Lewis

\$682 incl. GST

Prepare the Way: Moments of Peace

15 November 2025

Mary MacKillop Spirituality Centre
Adelaide, SA

Give yourself this time to prepare for and welcome the season of Advent with a contemplative heart.

Connect the Christmas story and the Advent symbols of Love, Hope, Peace and Joy with your own inner realities.

Slow-down from the speed and stress of the world around, wonder and reflect on why you are attending to the busyness.

Discover and create moments of peace through prayer, reflection, scripture, music, art and nature. This day is suitable for all adults and has CESA approval as a SAM.

Guide: Lillian Van Brussel

\$198 incl. GST

Finding Meaning in our Ecological Reality

24 November 2025

Mary MacKillop Spirituality Centre
Melbourne, VIC

In the face of the ecological challenges we're experiencing, how can we cultivate hope, purpose, and meaning? This retreat day will invite participants to share their feelings about our current reality while exploring the seeds of hope, wisdom, and insight within themselves. Through a day of connection, reflection, and contemplation, we will embrace the potential for renewal. It will be a day of sharing experiences, reflecting and naming our reality and contemplating the new. Within the process of the day we will be drawing on wisdom and practices from Pope Francis, Joanna Macey, Ilia Delio and Brian Swimme.

Facilitator: Peter Hay

\$198 incl. GST

Morning Comes: An Advent Journey into Hope

28 November – 29 November 2025

Mary MacKillop Spirituality Centre
Safety Bay Kimolee, WA

The Advent mystery continues to unfold through time, and more urgently in uncertain times. When our hearts are stilled and our vision adjusts, we may notice in the darkness that hope is being seeded again and again – often unexpectedly. In this retreat, delving into the Advent scriptures and wisdom writings from the Tradition and beyond will enable you to distinguish Christian hope from psychological optimism. The content offered will be supported by poetry and music, shared conversations and times for stillness and personal reflection.

Facilitator: Dr Pina Ford

\$330 incl. GST

Soak in Peacefulness

29 November 2025

**Mary MacKillop Spirituality Centre
Baulkham Hills, NSW**

Take this time as an opportunity to expand your sense of peace and to restore your well-being. Invitational gentling experiences will be offered through calming movements, deep relaxation and guided meditation. Hands on creating will utilise materials that nature provides. These tactile experiences are beneficial in anchoring you to the natural world and drawing upon your creativity. Such opportunities offer personal connection to your inner experiences as potential for healing and can calm a busy mind and ease emotional tension.

Guide: Vicki Hancock

\$198 incl. GST

Advent: Awaiting the Light at the Heart of all Life (Guided)

30 November – 7 December 2025

**Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW**

During this time of Advent, silence invites us to awaken to the light flowing through all things – it is the same light in the 'Big Bang', in the Bethlehem Star and in the human heart.

Guide: Carmel Drew RSJ

\$1,925 incl. GST

Pilgrims of Hope Journey into the Season of Advent

30 November – 7 December 2025

**Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW**

This silent, contemplative retreat provides an opportunity to anticipate, honour and rejoice in the company of those close to the birth of Jesus, Mary the mother of Jesus, Elizabeth mother of John the Baptist and Anna the Prophetess at the Temple of Jerusalem.

Guide: Ann Morrison RSJ

\$1,925 incl. GST

Spirituality for Navigating Change: Staying Hopeful and Encouraged

6 Decmeber 2025

**Mary MacKillop Spirituality Centre
Josephite Mission Hobart, TAS**

As we enter into Advent Chris will lead us through some prayer, meditation and reflective conversation on our ability to face the reality of change as a necessary pathway to personal growth and transformation. Chris focuses on drawing on the value of love and compassion to stay hopeful and encouraged in the midst of struggle and challenge.

Guide: Chris McPhee

\$132 incl. GST

Be Kind to Yourself

12 December – 14 December 2025
Mary MacKillop Spirituality Centre
Central Coast, NSW

This retreat will offer further understanding and opportunities to experience self-care possibilities through movement, deep relaxation, guided meditation, picture cards, and poetry. Movement from the space of your heart allows energy to flow freely and in a peaceful way. The guided relaxation and meditation offered are designed to enhance your personal experience of comfort and contentment.

Gazing upon photographic picture cards will allow your own connections to images to emerge. Picture cards stimulate the imagination, extract meaning and can touch the emotions, allowing self-acceptance and personal empowerment to occur. Through the depth of universal wisdom underpinning poetic expression, you will find deep personal satisfaction within your heart and soul. Self-kindness will be enhanced.

Guide: Vicki Hancock
\$550 incl. GST

Invoking Self-Discovery

19 February – 23 February 2026
Mary MacKillop Spirituality
Centre Central Coast, NSW

This will be a time for growth and transformation through developing understandings of and engaging in experiences for self-discovery. There will be opportunities to invoke personal freeing and harmony in relationships. You'll appreciate more your gifts and the giftedness of others. Allow yourself to be open to the wisdom within by being with emotional realities, and engaging in poetry, gentle movement, relaxation, meditation and music- all for your wellbeing. There will be space for personal reflection in tranquil surrounds.

Guide: Vicki Hancock
\$1,100 incl. GST

An Invitation to Wisdom, Mission, Conversion and Transformation (Sabbatical)

2 March – 13 April 2026
Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

This Sabbatical focuses on transitions and is suitable for those who are at the crossroads of life and ministry. With an integrative and holistic approach, this Sabbatical is an invitation to openness, vulnerability and spiritual growth.

Guide: Rita Malavisi RSJ
\$16,170 incl. GST

Recollection Reflection Day

6 March 2026

**Mary MacKillop Spirituality Centre
Melbourne, VIC**

This Day of Recollection, drawing on the theme of contemplation is a one day retreat that allows us to focus on our spiritual journey and deepen our relationship with God through prayer, reflection and guided meditation. The day provides a focused time for spiritual growth and introspection, allowing us to step back from daily routines and connect with our faith. Participants can experience a renewed sense of purpose, a deeper connection with their faith, and a strengthened relationship with God.

Facilitator: Clare Shearman

\$198 incl. GST

Allowing nature to nurture in the midst of a changing climate

7 March – 8 March 2026

**Mary MacKillop Spirituality Centre
Central Coast, NSW**

Using grief as a doorway to find new hope in the midst of climate despair, this retreat will provide a space to reflect, listen and come together as a community in order to express some of the impacts that our changing climate is having on us on a day-to-day basis. Over the two days there will be opportunities to reconnect with nature through the serene and beautiful surrounds of the Retreat Centre; to stop and listen to some of the deeper feelings and expressions that form the grief that you may be experiencing; and to allow the transformative

Guide: Mandy Cox

\$495 incl. GST

The Gift of Belonging

14 March 2026

**Mary MacKillop Spirituality Centre
Central Coast, NSW**

To belong is a deep human need. Experience a sense of belonging, inclusiveness and connection. Discover how to feel these comforts by delving into fairy tales, creating a felt board, moving gently and being guided in relaxation and meditation. Connect with nature through your senses and savour tasty food.

Guide: Vicki Hancock

\$198 incl. GST

Recollection Reflection Day

14 March 2026

**Mary MacKillop Spirituality Centre, St
Joseph's by the Sea Williamstown, VIC**

This Day of Recollection, drawing on the theme of contemplation is a one day retreat that allows us to focus on our spiritual journey and deepen our relationship with God through prayer, reflection and guided meditation. The day provides a focused time for spiritual growth and introspection, allowing us to step back from daily routines and connect with our faith. Participants can experience a renewed sense of purpose, a deeper connection with their faith, and a strengthened relationship with God.

Guide: Clare Shearman

\$198 incl. GST

Rhythms of Rest and Renewal

15 March – 22 March 2026

Mary MacKillop Spirituality Centre, St Joseph's by the Sea Williamstown, VIC

Sabbath... Finding Rest, Renewal and Delight in Our Busy Lives. 'God rested on the seventh day' after finishing the work of Creation. Thomas Merton wrote: 'There is a pervasive form of contemporary violence ... [and that is] activism and overwork. The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence. The frenzy of our activism neutralises our work for peace. It destroys our own inner capacity for peace. It destroys the fruitfulness of our own work, because it kills the root of inner wisdom which makes work fruitful.' This six-day retreat is an opportunity to listen to and reflect on our personal life and maybe find a more balanced way of living.

Guide: Jennifer Scally RSJ

\$2365 incl. GST

The Soul's Slow Ripening: a Journey to Oneness

16 March – 22 March 2026

Mary MacKillop Spirituality Centre Central Coast, NSW

The Celts focused on a spirituality of oneness with all that is in both the natural and spiritual worlds. They worked with powerful imagery, artwork, blessings, prayers and practices that bound them to the Divine oneness. They drew on deep metaphorical imagery such as sacred wellsprings, thresholds, crossroads, and used practices such as dream guidance, journeying, sacred landscapes, seasonal cycles, sacred groves, spiritual friendship, intuitional heart knowing and the three-folded nature of things to feed the soul's slow ripening. In this retreat we will draw on the writings of nature mystics, John O'Donohue, Celtic Christian writings and the book '12 Celtic Practices for Seeking the Sacred' by Christine Valters Paintner as we wander on our own pilgrim journeys to the heart of unity in God's creative being. This is a silent retreat.

Guide: Nila Chambers

\$1,650 incl. GST

Men Today and Spiritual Growth: a Transformative Men's Retreat

21 March – 22 March 2026
Mary MacKillop Spirituality Centre
Adelaide, SA

This 2-day “daily” retreat, is open to men who seek a transformative spiritual experience. It's designed for those ready to embrace struggles as opportunities, build deep connections, and move beyond societal pressures. Whether you're new to spiritual retreats or have attended similar events before, this retreat welcomes all men looking to deepen their faith and personal growth.

Guide: Chris McPhee MSC

\$396 incl. GST

The Hospitality of God

22 March – 29 March 2026
Mary MacKillop Spirituality
Baulkham Hills Norwest, NSW

Through this silent, contemplative (guided) retreat, beginning evening of 22nd March and concluding with breakfast on 29th March 2026, we are invited into the deep embrace of the Trinity to experience the Hospitality of God. Over these days we will contemplate the Rublev icon, finding ourselves being drawn within ... for Henri Nouwen notes: the more we look at this holy image with the eyes of faith, the more we come to realise that it is painted ... as a holy place to enter and stay within.

Facilitator: Ann Morrison RSJ

\$1,650 incl. GST

Directed Retreat

22 March – 29 March 2026
Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

This is a time of silent contemplation, listening to God through the Scriptures of your life, with daily opportunity of sharing with a Spiritual Companion allowing a deepening of one's experience of God in daily life. It is about noticing what is God up to in your life.

Director: Carmel Drew RSJ

\$2,117.5 incl. GST

Retreat Facilitator Workshop

9 April AND 16 July 2026
Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

This interactive two day workshop will teach participants how to build retreats and workshops. Group processes will be explored and there will be the opportunity to develop a personal project for implementation.

As a spiritual retreat facilitator, you design and lead retreats that nurture faith, contemplation, and personal transformation. To do this, you will create sacred spaces for reflection, and prayer, guide participants with structures and processes, manage group dynamics and foster a welcoming, inclusive environment. Balancing structure with the movement of the Spirit, you will also be mindful of your own self-care to maintain a deep listening stance.

In this workshop, you will learn some foundations of spiritual retreat facilitation through the understanding of the purpose and impact of spiritual retreats, the role of a facilitator as a guide, not a teacher and achieving positive outcomes through working with the core spiritual themes of contemplation, discernment, and inner transformation. You will also learn hands-on practices by guiding discussions, leading workshops and sessions, soliciting feedback and providing mentorship to participants. There will also be space for personal reflection on your vocation and calling as a facilitator. These learnings will build upon and strengthen your existing unique talent and skills.

Guide: Therese Carroll & Dean Mason
\$396 incl. GST

The Gift of Courage

11 April 2026
Mary MacKillop Spirituality Centre
Central Coast, NSW

It takes courage when facing new endeavours or difficult situations. Allow the therapeutic benefits of soul collage using archetypes, of story, gentle movement, relaxation and meditation to encourage you. Be nurtured in the peacefulness of nature as well as partake in wholesome food.

Guide: Vicki Hancock
\$198 incl. GST

Easter to Ascension – the presence and absence of Jesus

11 April – 16 April 2026
Mary MacKillop Spirituality Centre
Adelaide, SA

This retreat will explore some of the post Resurrection stories of Jesus' Presence with the disciples and his Absence. A growing knowing for the disciples then and for us today. Allow the scripture characters to come alive and reveal their insights. 'You believe because you can see me: 'Happy are those who believe without seeing me.' This Retreat offers flexibility in participation. You may choose to come for all 6 Days (11–16 April) Or come for 2 Days (11 & 12 or 13 & 14 or 15 & 16) or maybe 4 Days. Non-residential

Guide: Jennifer Scally RSJ
\$198 per day incl. GST

Silent Ignatian Directed Retreat

12 April– 18 April 2026

Mary MacKillop Spirituality Centre
Safety Bay Kimolee, WA

The retreat will be offering contemporary materials using the Arts, based on Marlene Marburg's contemporary expression of the Ignatian Spiritual Exercises in Grace Upon Grace. Daily spiritual direction will be available as well as a short daily shared reflection time.

Director: Annette Arnold RSJ

\$2,310 incl. GST

The Art of Contemplation

20 April – 22 April 2026

Mary MacKillop Spirituality Centre,
St Joseph's by the Sea Williamstown, VIC

The practice of contemplation can be difficult in these days of 24/7 news and digital distractions. In the book, 'Into the Silent Land', by Martin Laird, the opening line states "We are built for contemplation". Laird goes on to explain that the skills necessary for this "subtlest, simplest and most searching of the spiritual arts" are often most elusive.

The retreat will focus on some of the practices outlined in Laird's book and will incorporate plenty of opportunity to enter into your own silent land and learn more of the art of contemplation.

Guide: Clare Shearman

\$902 incl. GST

The Art of Contemplation

20 April – 22 April 2026

Mary MacKillop Spirituality
Centre, St Joseph's by the Sea
Williamstown, VIC

The practice of contemplation can be difficult in these days of 24/7 news and digital distractions. In the book, 'Into the Silent Land', by Martin Laird, the opening line states "We are built for contemplation". Laird goes on to explain that the skills necessary for this "subtlest, simplest and most searching of the spiritual arts" are often most elusive.

The retreat will focus on some of the practices outlined in Laird's book and will incorporate plenty of opportunity to enter into your own silent land and learn more of the art of contemplation.

Facilitator: Clare Shearman

\$902 incl. GST



**Mary MacKillop
Spirituality Ministry**

Retreat Facilitator Training Workshop

2 May – 3 May 2026
Mary MacKillop Spirituality Centre
Adelaide, SA

This interactive two day workshop will teach participants how to build retreats and workshops. Group processes will be explored and there will be the opportunity to develop a personal project for implementation. As a spiritual retreat facilitator, you design and lead retreats that nurture faith, contemplation, and personal transformation.

In this workshop, you will learn some foundations of spiritual retreat facilitation through the understanding of the purpose and impact of spiritual retreats, the role of a facilitator as a guide, not a teacher and achieving positive outcomes through working with the core spiritual themes of contemplation, discernment, and inner transformation.

To reinforce the theoretical learnings, you will be invited to design, plan and lead your own retreat and run it before session 2. By the end of both workshops, you will have developed practical skills in facilitation and nurturing communities in their formation and growth. Non-residential.

Facilitators: Ann Morrison RSJ and Eamonn Pollard

\$396 incl. GST

Directed Retreat

26 May – 1 June 2026
Mary MacKillop Spirituality Centre
Central Coast, NSW

A silent, directed retreat is an opportunity to enter a week of silence where you are able to be more present and listening to yourself and the ever-present God who seeks you always. Spiritual Direction daily allows you to share your life experience and see with fresh eyes the movements of God within you and around you. Directed Retreats are one on one directed – you spend one session a day with your Spiritual Director.

Guide: Fr David King

\$2365 incl. GST

Directed Retreat

26 May – 1 June 2026
Mary MacKillop Spirituality Centre
Central Coast, NSW

A silent, directed retreat is an opportunity to enter a week of silence where you are able to be more present and listening to yourself and the ever-present God who seeks you always. Spiritual Direction daily allows you to share your life experience and see with fresh eyes the movements of God within you and around you. Directed Retreats are one on one directed – you spend one session a day with your Spiritual Director.

Guide: Ann Morrison RSJ

\$2365 incl. GST

Directed Retreat

11 September – 16 September 2026
Mary MacKillop Spirituality Centre
Central Coast, NSW

A silent, directed retreat is an opportunity to enter a week of silence where you are able to be more present and listening to yourself and the ever-present God who seeks you always. Spiritual Direction daily allows you to share your life experience and see with fresh eyes the movements of God within you and around you. Directed Retreats are one on one directed – you spend one session a day with your Spiritual Director.

Guide: Fr David King

\$2365 incl. GST

Directed Retreat

13 September – 20 September 2026
Mary MacKillop Spirituality Centre,
St Joseph's by the Sea Williamstown, VIC

A silent, directed retreat is an opportunity to enter a week of silence where you are able to be more present and listening to yourself and the ever-present God who seeks you always. Spiritual Direction daily allows you to share your life experience and see with fresh eyes the movements of God within you and around you. Directed Retreats are one on one directed – you spend one session a day with your Spiritual Director.

Guide: Jennifer Scally RSJ

\$2365 incl. GST

Authentically Human, Happy and Holy: as Jesus Was

2 October – 8 October 2026
Mary MacKillop Spirituality Centre
Safety Bay Kimolee, WA

This guided retreat which seeks to deepen participants' awareness of their God-seeded identity as human beings and their appreciation of God's Self-Revealing in the experiences of their lives. There will be a focus on living humanity as Jesus did. Sessions will be varied, with group and personal prayer, reflective input using imagery and music. Sessions will show the influence of ecological spirituality on contemporary approaches to Christian life.

Guide: Virginia Bourke RSJ

\$594 incl. GST

In the Garden of Light with Mechtild of Magdaburg

16 October – 18 October 2026
Mary MacKillop Spirituality Centre
Central Coast, NSW

A silent, directed retreat is an opportunity to enter a week of silence where you are able to be more present and listening to yourself and the ever-present God who seeks you always. Spiritual Direction daily allows you to share your life experience and see with fresh eyes the movements of God within you and around you. Directed Retreats are one on one directed – you spend one session a day with your Spiritual Director.

Guide: Nila Chambers

\$550 incl. GST

Directed Retreat

9 November – 16 November 2026
Mary MacKillop Spirituality Centre
Central Coast, NSW

A silent, directed retreat is an opportunity to enter a week of silence where you are able to be more present and listening to yourself and the ever-present God who seeks you always. Spiritual Direction daily allows you to share your life experience and see with fresh eyes the movements of God within you and around you. Directed Retreats are one on one directed – you spend one session a day with your Spiritual Director.

Guide: Fr David King

\$2365 incl. GST

Directed Retreat

9 November – 16 November 2026
Mary MacKillop Spirituality Centre
Central Coast, NSW

A silent, directed retreat is an opportunity to enter a week of silence where you are able to be more present and listening to yourself and the ever-present God who seeks you always. Spiritual Direction daily allows you to share your life experience and see with fresh eyes the movements of God within you and around you. Directed Retreats are one on one directed – you spend one session a day with your Spiritual Director.

Guide: Ann Morrison RSJ

\$2365 incl. GST



Spirituality Centres

Registration Information via email

Please mark all email retreat correspondence **Attention: Retreats.**

Register online at: www.mmsm.org.au

Alternatively, some Centres can organise registrations over the phone.



Mary MacKillop Spirituality Centre Adelaide, SA

4 High St, Kensington SA 5068

Tucked away in the inner Adelaide suburb of Kensington, the Centre is located on the very site where Mary lived, worked, and prayed from 1872 to 1883. It is a welcoming place of spirituality, hospitality, education, and pilgrimage where Mary's legacy lives on.

Phone: (08) 8130 5910

Email: admin.mmps@sosjspirit.org.au



Mary MacKillop Spirituality Centre Baulkham Hills

33 Barina Downs Rd, Norwest NSW 2153

Located beside Norwest Business Centre, this Centre sits in a perfect location, 40 minutes from Sydney's CBD. Founded in the spirit of Mary MacKillop and in the tradition of the Sisters of Saint Joseph, the centre's hospitality and services reach out to everyone, everywhere.

Phone: (02) 9634 2317

Email: reception.sjc@sosjspirit.org.au



Mary MacKillop Spirituality Centre Melbourne

362 Albert St, East Melbourne VIC 3002

Heritage listed and in a prime location adjacent to Melbourne's CBD, Fitzroy Gardens, MCG and theatres, this Centre offers opportunities for all to experience and be challenged by the creative spirit and dynamism of Saint Mary MacKillop's life and work and the contribution of the Sisters of Saint Joseph.

Phone: (03) 9926 9300

Email: admin.mmhc@sosjspirit.org.au



Mary MacKillop Spirituality Centre, Josephite Mission, Hobart

67 Clare St, New Town TAS 7008

Established in 1907 as the Mother House of the Tasmanian Josephites, the former Sacred Heart Convent at New Town is steeped in the stories of Mary MacKillop, Julian Tenison Woods and the early Sisters. It is a beautiful and unique place to be inspired.

Phone: (03) 6228 1628

Email: admin.jmhc@sosjspirit.org.au



Mary MacKillop Spirituality Centre, Kilmoree, Safety Bay

182 Arcadia Dr, Safety Bay WA 6169

Situated right on the coast of Safety Bay with spectacular ocean views, splendid sunrises, glorious sunsets and beach walks, Kilmoree facilitates a deepening of relationship with God and Creation in a hospitable, peaceful setting.

Phone: (08) 9527 3240

Email: safety.bay@sosjspirit.org.au



Mary MacKillop Spirituality Centre, Central Coast

**8 Humphreys Rd, Kincumber South
NSW 2251**

Located in a natural bushland setting in a quiet corner of Kincumber South on the beautiful Central Coast of NSW, the spacious grounds from the Kincumber Broadwater create an atmosphere of tranquillity and peace, enhancing the spiritual and reflective nature of the Centre. Come and be recharged, re-energised and spend precious time connecting with each other and nature.

Phone: (02) 4368 2805

Email: reception.sjr@sosjspirit.org.au



Mary MacKillop Spirituality Centre, St Joseph's by the Sea, Williamstown

16 Esplanade, Williamstown VIC 3016

On the land of the Bunurong people, with views of Port Phillip Bay, St Joseph's by the Sea is only a short train ride from Melbourne CBD. It is a gathering place for all who seek to nurture contemplation, explore and celebrate the wonders of the universe and earth and nourish body, mind and spirit.

Phone: (03) 9397 6012

Email: admin.sjbts@sosjspirit.org.au



**Mary MacKillop
Spirituality Ministry**