

2025 – 2026

Retreats &

Reflection Days



Mary MacKillop
Spirituality Ministry



2025 – 2026

Reflection Days

& Retreats

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

Registration Information

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 41–44



**Mary MacKillop
Spirituality Ministry**

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Reflection Day

Facilitators

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.

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.

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.

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.

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.

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.

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.

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.

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 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)

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.

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.

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.

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.

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.

Reflection Days

Time to Rejuvenate

15 June 2025

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

Take this time as an opportunity to expand your sense of peace and to restore your well-being and personal connection to your inner experiences as potential for healing, calming a busy mind and easing emotional tension.

Invitational gentling experiences will be offered through calming movements, deep relaxation and guided meditation. Personal refreshment and re-energising will be evoked through movement, vision boarding and story.

Facilitator: Vicki Hancock

\$198 incl. GST

Soak in Peacefulness

16 June 2025

**Mary MacKillop Spirituality Centre
Central Coast, 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

Embarking on an Awakening Journey into An Ecological Spirituality

19 June 2025

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

St Joseph's by the Sea in Williamstown hosts a series of reflection days facilitated by Peter Hay focused on ecological spirituality. These gatherings explore themes such as the awakening universe, the connection between Earth and spirituality, and the wisdom found in nature.

Facilitator: Peter Hay

\$198 incl. GST

Soak in Peacefulness

21 June 2025

**Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, 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

Embarking on an Awakening Journey into An Ecological Spirituality

17 July 2025

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

St Joseph's by the Sea in Williamstown hosts a series of reflection days facilitated by Peter Hay focused on ecological spirituality. These gatherings explore themes such as the awakening universe, the connection between Earth and spirituality, and the wisdom found in nature.

Facilitator: Peter Hay

\$198 incl. GST

Soak in Peacefulness

27 July 2025

Mary MacKillop Spirituality Centre
Central Coast, 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

Nurturing Your Creative Soul Through the Arts

19 July 2025

Mary MacKillop Spirituality Centre
Adelaide, SA

This day encourages participants to reflect upon their own spiritual journey. Woven throughout this day, music, photography, poetry and story-telling are offered. This is a space within which participants can enter more deeply into conversation and communion with the One who gives us the arts as path to knowing God.

Through the practice of lectio and visio divina, journaling and imaginative meditation, we explore poetry writing, photography and collage as a form of prayer. Participants do not require any particular artistic skills in order to engage this day. Art materials will be provided.

This day is suitable for all adults and has CESA approval as a SAM.

Guide: Val De Brenni

\$198 incl. GST

Time to Rejuvenate

28 July 2025

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

Take this time as an opportunity to expand your sense of peace and to restore your well-being and personal connection to your inner experiences as potential for healing, calming a busy mind and easing emotional tension.

Invitational gentling experiences will be offered through calming movements, deep relaxation and guided meditation. Personal refreshment and re-energising will be evoked through movement, vision boarding and story.

Guide: Vicki Hancock

\$198 incl. GST

A Day with Mary MacKillop – in the Place She Loved

9 August 2025

**Mary MacKillop Spirituality Centre
Adelaide, SA**

“Think of Mary 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 (11 January 1995)

It is now 30 years since these words were spoken. Come to Kensington on the day after the anniversary of Mary’s death. Spend time on the land where she lived for 11 years, feel her presence, walk where she walked and pray where she prayed. Find answers to frequently asked questions and ponder what we can learn from her, so that we too can be a gift for others. This day will be informative, gentle and reflective. This programme is suitable for all adults and has CESA approval as a SAM.

Guide: Mary Ryan RSJ

\$198 incl. GST

The Ripple Effect

15 August 2025

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

The way we show up each day profoundly shapes our outcomes, with even the smallest shifts in perception igniting powerful waves of positive change. By recognising and embracing our unique gifts, we unlock a deeper understanding of how our mindset directly influences our reality, enabling us to navigate challenges with greater clarity and purpose. This journey empowers us to harness the transformative power of awareness and intention. As we tap into our true potential, we not only create lasting change within ourselves but also set off a ripple effect that transforms our lives and the world around us.

Guide: Liz Lewis

\$198 incl. GST

Strength Ordered to Love

23 August 2025

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

Men are being challenged to show-up, there is a deep hunger for authentic masculinity. Children need it, women want it, and Men want to be authentically masculine more than ever. Beyond discussion of toxic masculinity is the reality of authentic masculinity. This authenticity allows us to be comfortable in our own skin, confident in the face of opportunities and challenges, and competent to speak our mind and act for the greater good. Answer the challenge guided by Saint Joseph in scripture and sacred tradition, and leading research into relationships and the well-ordered life.

Facilitator: Daniel de la Motte

\$198 incl. GST

Bold Hearts, Creative Hands

26 August 2025
Mary MacKillop Spirituality Centre
Melbourne, VIC

This reflection Day will be a day of exploration of Mary MacKillop's letters following different themes and engage with how this might be reframed into our own lives today. The day will be brought to life through dynamic dialogue, fellowship, and vibrant artistic expression across various mediums.

Guide: Anna Barber

\$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

28 August 2025
Mary MacKillop Spirituality Centre, St Joseph's by the Sea Williamstown, VIC

St Joseph's by the Sea in Williamstown hosts a series of reflection days facilitated by Peter Hay focused on ecological spirituality. These gatherings explore themes such as the awakening universe, the connection between Earth and spirituality, and the wisdom found in nature.

Guide: Peter Hay

\$198 incl. GST

Notice God's Presence Amidst Arrays of Ways to Pray

30 August 2025
Mary MacKillop Spirituality Centre
Adelaide, SA

Listen with your whole self as you engage with different ways to pray and notice Presence in the ordinary everyday. As modern-day disciples you are invited to rest your souls, relax & become aware of PRESENCE. A time to clear a space for God's action. We don't know what God has in store for us but are we willing to take a risk & find out?

You will be guided through prayerful experiences, reflection, scripture, music, time to create, prayer through creative expression...time to engage your playful, joyful, creative hearts & time with nature in the beautiful surroundings of the Precinct. This day is suitable for all adults and has CESA approval as a SAM.

Facilitator: Lillian Van Brussell

\$198 incl. GST

Time to Rejuvenate

6 September 2025
Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

Take this time as an opportunity to expand your sense of peace and to restore your well-being and personal connection to your inner experiences as potential for healing, calming a busy mind and easing emotional tension. Invitational gentling experiences will be offered through calming movements, deep relaxation and guided meditation. Personal refreshment and re-energising will be evoked through movement, vision boarding and story.

Guide: Vicki Hancock

\$198 incl. GST

A Spirituality for the 2nd Half of Life

13 September 2025

Mary MacKillop Spirituality Centre
Melbourne, VIC

Carl Jung, Richard Rohr and others have noted that the approach we take to the first half of life may need to be reconsidered in the second half of life. The first half of life tends to be about achievement, security and identity. As necessary as these priorities are, they may not be sufficient for the second half of life. Meaning, purpose, service, encounter and transcendence may become higher priorities. How do we plait these into our lives?

Guides: Eamonn Pollard Co-Facilitating with Linda Di Sipio

\$198 incl. GST

Wisdom of the Body

13 September 2025

Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

Reconnect with the innate wisdom of our bodies that keeps us in the ever-moving balance of life through movement, sensation, action, rest, and healing.

Join us for a day-long retreat dedicated to rediscovering our bodies through somatic contemplation, mindful breathing, gentle movement, and reflective embodied art experiences.

Guide: Cecilia King

\$198 incl. GST

A Spirituality of the Second Half of Life

20 September 2025

Mary MacKillop Spirituality Centre
Adelaide, SA

Are you feeling drawn to a deeper, more contemplative, soul-driven way of living as you move into the second half of your life? Eamonn Pollard facilitates this enriching reflection day that draws on the teachings of Father Richard Rohr and others. The day is designed for individuals over 40 who are aware they are moving into a different phase of life. Participants will have the opportunity to reflect on their own journeys in the context of stages of life, where they are at and implications for the future.

Guide: Eamonn Pollard

\$198 incl. GST

Pilgrims of Hope: Embracing Mercy on Our Journey

20 September 2025

Mary MacKillop Spirituality Centre
Melbourne, VIC

This Reflection Day "Pilgrims of Hope: Embracing Mercy on Our Journey," offers a space for quiet reflection during the Jubilee Year. We'll explore the theme, "Pilgrims of Hope," through the lens of the Corporal and Spiritual Works of Mercy, taking time to ponder our own life's and journey. Drawing inspiration from biblical figures and their arduous journeys, we'll consider how mercy made their journeys possible. This retreat is a chance to step back and find solace and direction. Through guided reflection and quiet contemplation, we'll rediscover hope and the call to show mercy in all its richness and beauty as we journey onward.

Facilitator: Fadi Elbarbar

\$198 incl. GST

Treasure our Later Years

23 September 2025

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

We are bringing the experiences of the first half of our life into the second part of our journey. Experiences of wonder, excitement, study, work, play, relationships, family, pain, joy, wisdom and much more. This one day workshop will build on the rich experiences that have brought us to now and explore the following themes that can bring further richness into our journey now.

Guide: Nicole Rotaru RSM

\$198 incl. GST

Embarking on an Awakening Journey into An Ecological Spirituality

25 September 2025

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

St Joseph's by the Sea in Williamstown hosts a series of reflection days facilitated by Peter Hay focused on ecological spirituality. These gatherings explore themes such as the awakening universe, the connection between Earth and spirituality, and the wisdom found in nature.

Guide: Peter Hay

\$198 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

Embarking on an Awakening Journey into An Ecological Spirituality

16 October 2025

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

St Joseph's by the Sea in Williamstown hosts a series of reflection days facilitated by Peter Hay focused on ecological spirituality. These gatherings explore themes such as the awakening universe, the connection between Earth and spirituality, and the wisdom found in nature. Participants will engage with scientific and spiritual perspectives, including the works of Thomas Berry and Teilhard de Chardin.

Guide: Peter Hay

\$198 incl. GST

Diversity Ordered to Unity

18 October 2025

Mary MacKillop Spirituality Centre
Josephite Mission Hobart, TAS

God said humankind, was made in "our image" (Genesis1:26) and Christ revealed to us God's nature as Trinity – a diversity of three ordered to unity – communion. Diversity ordered to unity is the ideal for each individual, each family, and the Church. It is the image of God that sets the world on fire. The world's twisted reality – of unity ordered to diversity – unites us in turning our back on one another. With Christ, we will overcome that division, become his city on a hill, his light in the darkness, his field hospital; his gift to a world hungry for unity.

Guide: Daniel de la Motte

\$198 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

Embarking on an Awakening Journey into An Ecological Spirituality

20 November 2025

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

St Joseph's by the Sea in Williamstown hosts a series of reflection days facilitated by Peter Hay focused on ecological spirituality. These gatherings explore themes such as the awakening universe, the connection between Earth and spirituality, and the wisdom found in nature.

Guide: Peter Hay

\$198 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

Spirituality for Navigating Change: Staying Hopeful and Encouraged

6 December 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

Recollection Reflection Day

27 February 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

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

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

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

Retreat Facilitators

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.

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.

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.

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.

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.

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.

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.

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.

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.



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.



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.



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.



**Mary MacKillop
Spirituality Ministry**

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.

Retreats

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

Easter to Ascension (Guided)

1 June – 6 June 2025

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

"You believe because you can see me: Happy are those who believe without seeing me." This retreat will explore some of the post resurrection stories of Jesus' presence with the disciples and his absence. Allow the scripture characters to come alive and reveal their insights.

Guide: Jennifer Scally RSJ

\$1,705 incl. GST

A.R.T of Self

4 June – 6 June 2025

**Mary MacKillop Spirituality Centre
Melbourne, 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

Explore~Embrace~Embody: Teilhard de Chardin

12 June – 14 June 2025

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

This Explore~Embrace~Embody: Teilhard de Chardin experience is designed for those who are attracted to and curious about Teilhard's thinking and writings, but don't necessarily find his work easy to read. Each session will include a creative mix of exploring and embracing and will offer suggestions for embodying Teilhard's ideas.

Guide: Mary-Ann Casanova RSJ

\$792 incl. GST

Directed Retreat

7 July – 14 July 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: Maureen McDermott RSJ
\$2,365 incl. GST

Directed Retreat

7 July – 14 July 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: Dr Kerrie Hide
\$2,365 incl. GST

The Hidden Wisdom of Women in the Gospels

7 July – 14 July 2025

Mary MacKillop Spirituality Centre
Central Coast, NSW

The gospels speak of many women but with very little detail. To learn more about these women, we need to learn to read between the lines with our own intuitive hearts. This silent retreat is a chance to allow some of these women to come alive and speak to us in our lives today. We will spend time with Martha and Mary, the Samaritan Woman at the Well and Mary of Magdala.

Guide: Jennifer Scally RSJ

\$1,705 incl. GST

Authentically Human, Happy and Holy: as Jesus Was

8 July – 10 July 2025

Mary MacKillop Spirituality Centre
Josephite Mission Hobart, TAS

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

Let's be Pilgrims of Hope

11 July – 18 July 2025

Mary MacKillop Spirituality Centre
Safety Bay Kimolee, WA

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

\$1,980 incl. GST

Sabbath Invitation: Come, Rest a While... (Guided)

13 July – 20 July 2025

Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

This Jubilee year invites us to pause and step aside from the pace of life around us. These days of silence offer an opportunity to be nourished by the spirit and mystery of Sabbath.

Guide: Carmel Drew RSJ

\$1,705 incl. GST

Journeyman – A Spiritual Adventure

18 July – 20 July 2025

Mary MacKillop Spirituality Centre
Central Coast, NSW

Journeyman is about “men on an inner-journey”, engaged in a spiritual adventure where struggles become opportunities. Christ is “the Way” (John 14:6), and as followers, we are called to transform obstacles into opportunities (Acts 9:2; 24:14).

In a society that often emphasizes competition, winning, and success, this retreat offers a chance to break free from these constraints. It will guide us in exploring and embracing the diverse aspects of life, fostering a unique sense of male spirituality and freedom. To embrace our own journey with Christ, turning our struggles into growth,

Guide: Chris McPhee MSC

\$550 incl. GST

Be Kind to Yourself

1 August – 3 August 2025

Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, 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

The Dance of Forgiveness – Retreat in Daily Life (Semi Silent)

2 August – 14 September 2025
Mary MacKillop Spirituality Centre
Josephite Mission Hobart, TAS

This retreat (with two book-ending weekends, 2–3 August and 13–14 September) is about discovering the joy of dancing with God within the grace of forgiveness, by infusing everyday life with the grace of God. Expect an invigorated relationship with the master Dance Partner (God). The weekends will include input, individual silent reflective time, individual spiritual direction and creative resources. Prayer resources will be provided, and participants will commit to around 45 minutes of prayer each day and a one-hour spiritual direction session each week.

Director: Belinda Chapman

\$957 incl. GST

The Gift of Emotions

8 August– 10 August 2025
Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

In this two-day retreat, we will delve into the profound wisdom embedded in our emotional experiences. This transformative journey invites you to explore the richness of your emotions through mindfulness practice, introspective sessions and creative expressions, encompassing art, music, sounds and movement. Discover both light and dark emotions as a source of healing, self-discovery, and personal growth. Immerse yourself in a retreat that honours the depth and beauty of your emotional landscape, offering insights and tools to embrace emotions as allies on your human journey towards inner harmony and fulfilment.

Facilitator: Cecilia King

\$550 incl. GST

Retreat in Daily Life – Pilgrims of Hope

10 August– 17 August 2025
Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

“Retreat in Daily Life” provides a unique opportunity to draw closer to God in personal prayer at home, by following a set pattern of prayerful ruminations on various readings and Scripture passages over several days, while continuing your daily routine of living and working. It has a rich dimension as it enables people to integrate prayer and spirituality into living ordinary everyday life. It is an opportunity to be affirmed in prayer and to experience different ways of praying. This form of retreat is suitable for people of all ages and church backgrounds, or no religious affiliation at all.

This retreat is bookended with mandatory group gatherings of approx. 2 hours; the first providing input, theme setting and general information; the second will evaluate the retreat experience with reflective prayerful input, sharing time and claiming further direction for individuals. Retreatants will have opportunity to meet individually with Spiritual Companion at least twice over the week. See website for more details and description of this retreat

Director: Ann Morrison RSJ

\$286 incl. GST

Be Kind to Yourself

15 August – 17 August 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

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

22 August – 24 August 2025
Mary MacKillop Spirituality Centre
Safety Bay Kimolee, WA

Join us for a men's weekend designed to foster spiritual growth and personal transformation. In today's competitive world, men often find themselves in adversarial roles, which can hinder the formation of meaningful connections. This weekend encourages us to move beyond traditional gender roles and adopt an all-inclusive spirituality that balances power and relationships. By embracing vulnerability, we can redefine masculinity based on collaboration and mutual respect. Together, we'll create a new narrative where strength comes from unity, and every man feels seen and heard. This is a unique opportunity to be part of a supportive community where men are not adversaries, but brothers.

Guide: Chris McPhee MSC

\$550 incl. GST

God, I Want You to Be

17 August – 24 August 2025
Mary MacKillop Spirituality Centre, St
Joseph's by the Sea Williamstown, VIC

During this silent retreat, there will be the opportunity to reflect on who God is for you and your response to the call of God. Tomáš Halík writes, "... it is not what I think about God's existence but what I profoundly want or do not want God to be".

Guide: Maureen McDermott RSJ

\$2,365 incl. GST

Go to Joseph: Strength Ordered to Love

23 August – 24 August 2025
Mary MacKillop Spirituality Centre
Josephite Mission Hobart, TAS

Men are being challenged to show-up, there is a deep hunger for authentic masculinity. Half our kids will go to bed at night without saying goodnight to their father. Loud voices proclaim there is no heavenly father. Young people tell us they feel increasingly lost and lonely while women hope for a worthy partner. Men want more too. In similar times, God chose a father and husband to stand by his Son, and the Son's mother. Who was this silent, yet present, confident and competent man? Find and give voice to that man within yourself and your fellow men. He is the man the world needs: comfortable in his own skin, confident in the face of opportunities and challenges, and competent to speak his mind and act for the greater good. Answer this challenge guided by Saint Joseph in scripture and sacred tradition, and leading research into relationships and the well-ordered life. The retreat includes meals, men's circles, workshops and lectures, challenges, hiking in the foothills of Mt Wellington, the Jesus prayer with breathwork, and opportunities for mass, and reconciliation.

Facilitator: Daniel de la Motte
\$396 incl. GST

Jesus and the Samaritan Women

29 August– 31 August 2025
Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

This weekend retreat is an opportunity to use the scripture of the woman at the well and our own lived experience. A story of encounter, having our eyes opened, being vulnerable, going deeper, times of dryness, transformation and new life and being asked to proclaim the good news.

Guide: Jennifer Scally RSJ
\$550 incl. GST

How do we Pray in These Changing Times?

30 August – 31 August 2025
Mary MacKillop Spirituality Centre
Safety Bay Kimolee, WA

Join us for a transformative retreat where we will explore the depths of prayer in the context of our rapidly changing world. Reflective sessions will help you understand the essence of prayer amidst modern challenges. Interactive workshops will deepen your spiritual practice. You will also get to have meaningful discussions about shared experiences, helping you discover new ways to nurture your spiritual life and find peace in the midst of change

Guide: Frances Maguire RSJ
\$275 incl. GST

Directed Retreat

14 September – 21 September 2025
Mary MacKillop Spirituality Centre, St Joseph's by the Sea Williamstown, VIC

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

Retreat Facilitator Two Day Interactive Workshop

4 September AND 25 September 2025
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.

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.

Facilitators: Therese Carroll RSJ and Dean Mason JISA Campion

\$396 incl. GST

Spring Whispers Wisdom

15 September– 20 September 2025
Mary MacKillop Spirituality Centre
Central Coast, NSW

During these days of silence, the invitation is to allow our senses to awaken to the mystery of creation and to respond to its beauty, hidden wisdom and inter-connectedness within this beautiful setting.

Guide: Carmel Drew RSJ

\$1,155 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

Pilgrims of Hope

22 September – 24 September 2025
Mary MacKillop Spirituality Centre
Melbourne, VIC

In this Year of Jubilee, this pilgrimage includes visits to sacred sites associated with Mary MacKillop's story, inviting participants to serve as "Pilgrims of Hope". This retreat is for people looking for a quiet time, a break from routine and a deeper understanding of how to be a pilgrim of hope by following in the footsteps of Mary MacKillop.

Guide: Rita Malavisi RSJ

\$770 incl. GST

Become a Pilgrim of Hope in our World

26 September – 28 September 2025
Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

Over these two days, we will aim to accept the invitation of Pope Francis, “to find suitable ways of ... celebrating with deep faith, lively hope and active charity...the beauty of creation and care for our common home.” It is possible to create a climate of change within ourselves by awakening beauty, truth and goodness and thereby creating new, vibrant ways of being a living example of hope in the world

Guide: Ann Morrison RSJ
\$550 incl. GST

Earthly 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.

Guide: Mary-Ann Casanova RSJ
\$396 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

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

Time of Sage (Sabbatical)

1 November – 30 November 2025
Mary MacKillop Spirituality Centre
Baulkham Hills Norwest, NSW

This sabbatical is for religious women and men living ‘the Time of the Sage’: that rich time of life in your 80s

Director: Rita Malavisi RSJ
\$11,165 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

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

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

The Doorway to Silence

28 November – 30 November 2025
Mary MacKillop Spirituality Centre Central Coast, NSW

There is an enormous, hidden solitude and space within each of us. We carry an immense ocean of silence and silences within silences, primordial and eternal. We will reflect on the degrees and depths of silence and where they led us, drawing on the insights from medieval Christian mystics, the Desert Fathers and Mothers, and modern writers. This is a silent retreat.

Guide: Nila Chambers

\$550 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

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

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

Reflect, Renew, Revive

6 December – 7 December 2025
Mary MacKillop Spirituality Centre Central Coast, NSW

This retreat offers a unique opportunity for participants to embrace transition and change. It will be a time to reflect on what has been, renew their spirit at this moment in time and revive their aspirations and hopes to navigate the future. Participants can expect to reset their sails, creating a clearer path forward. Throughout the retreat, they will listen, reflect, pray, and create, helping them engage in a transformative experience.

Guide: Geraldine Kearney SGS

\$495 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

The Art of Contemplation

16 February – 18 February 2026
Mary MacKillop Spirituality
Melbourne, 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

\$462 incl. GST

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

16 February – 27 March 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

Ecological Grief

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

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

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

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

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

The Art of Contemplation

23 March – 25 March 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

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

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: Annett Arnold RSJ

\$2,310 incl. GST



Spirituality Centres

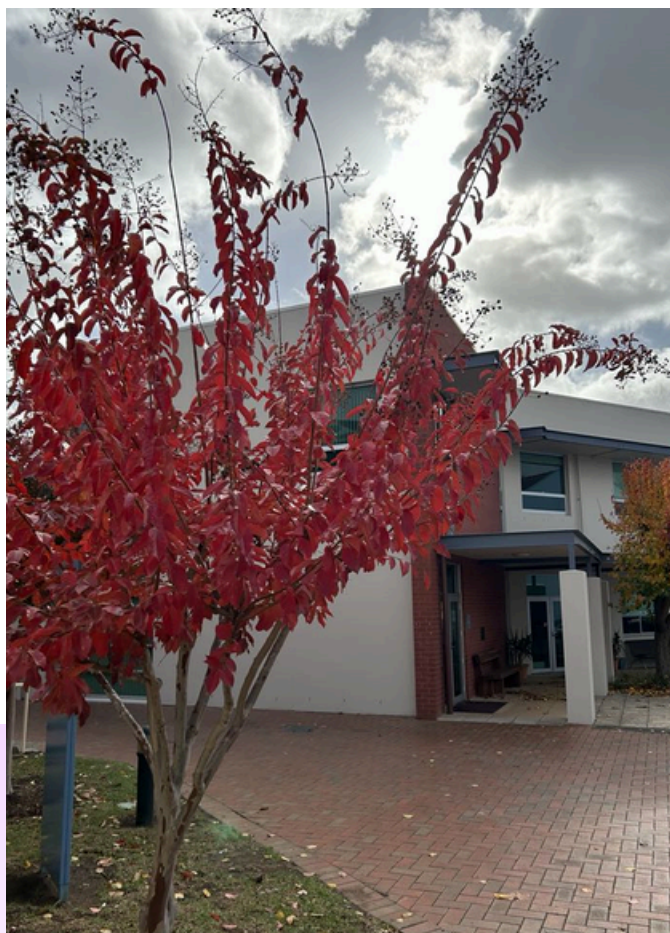
Registration Information via email

Please mark all email reflection day correspondence **Attention: Reflection Days.**

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

Register online at: www.mmsm.org.au

Alternatively, some Centres offer enquiry forms and 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.mmpsps@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, Kilmolee, 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, Kilmolee 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**