

# 2026 Retreats & Reflection Days

*Revised 9 April 2026*



Mary MacKillop  
Spirituality Ministry



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# 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 Register

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

[www.mmsm.org.au](http://www.mmsm.org.au)

**Contact information for each Centre is available on pages 29–33.**

# Pricing Information

## Mary MacKillop Fund

Mary MacKillop Spirituality Ministry offers opportunities for everybody to experience spiritual enrichment and personal development in a peaceful, spacious, welcoming settings.

While working towards financial sustainability, we are committed to ensuring that nobody is prevented from attending a retreat or event due to the cost. Participants who are unable to afford the full fee may apply to the Mary MacKillop Fund for a discount or waiver.

You are welcome to contact your local Mary MacKillop Spirituality Centre. All applications will be treated respectfully and confidentially

## 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.



# 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.



## **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.



## **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.



### **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.



### **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 of 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 Master's in Theology. He is currently a teacher of Religious Education at Antonine College, St Joseph Campus, Pascoe Vale South.



### **Dr Pina Ford**

As a team leader in Catholic Education WA (CEWA) over the last 25 years, Dr 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.



### **Trish Fairley**

Before she retired Trish was a director of her own training and development consultancy and has always had a passion for facilitating processes where people discover how to live life to the full, with purpose and meaning. No wonder her role as Interplay Australia's Coordinator of Professional Development & Training was such an exciting one for her! Together with her husband Peter Lee, she has been a key leader in the South Australian InterPlay community over the past 25 years. For many years she was Chair of the board of InterPlay Australia. She leads monthly InterPlay sessions at the Sophia Ecumenical Feminist Spirituality Centre in Adelaide.



### **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 practising 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.



### **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.



### **Sally Lavis**

Sally Lavis is a pastoral carer, spiritual director, retreat facilitator, and mother of six. Her work is shaped by many years of accompanying individuals and groups through grief, transition, and spiritual searching. Inspired by the compassionate spirituality of Henri Nouwen, where people are invited to slow down & listen deeply.

### **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 to 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, emphasising 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.



### **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 several leadership roles in both Victoria and NSW. Since she arrived 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)



### **Christine Sage**

Christine Sage has lived in the Macedon Ranges for over 30 years and has exhibited extensively around Victoria as an Artist. She has had over 30 years in the classroom as a Senior Art Teacher, before moving into the realm of Religious Art. In 2009, Chris left the classroom and became a Retreat and Seminar Day Facilitator using Art as her basis for workshopping with students and staff across the Catholic sector. She was employed by several schools as a much sought-after Artist in residence. In 2013, Chris was asked to produce a commissioned St Brigid for a school in Victoria and since then has produced many bronze sculptures which are installed in numerous schools across Australia. Chris travels now between Melbourne and Adelaide, continuing to add to her professional skill set and sharing her skills in workshops where inner landscapes and diverse ways of praying through visual imagery and personal story are explored.



### **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 the 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.

## Lilian 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.

## Andrea Grant



Andrea Grant is a Spiritual Director and Retreat Facilitator with an extensive background in education and staff formation. Her work has involved engaging with schools all over Australia, leading programs including Spiritual Direction for school leaders, mission-centred retreats, overseas pilgrimages, board and council formation, and leadership formation and mentoring.



**Mary MacKillop  
Spirituality Ministry**

# Retreats & Reflection Days

## A Retreat in Daily Life – Directed

### Start Anytime

This Programme is offered Online

Registration email:

[spiritualdirection@sosjspirit.org.au](mailto: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

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## Retreat Facilitator Workshop

13 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

## Living from your Soul

17 April– 18 April 2026

Mary MacKillop Spirituality Centre  
Josephite Mission Hobart, TAS

All human beings become aware from time to time of a need to pause and ponder what is happening within their life. There is a Divine Desire to notice what is within those deepest reaches of ourselves – that part of us where God dwells – our Soul. What does it mean for us to live from our Soul? When we become aware of God's presence, we can live from that space. This is the place where we determine what has meaning in our lives. This is a place of connection, hope, peace and joy. This is the place that energises us and provides what is necessary to deal with the struggles of life. It is from this place that God, through us, can touch our broken world and bring grace and healing.

**Director: Sr Ann Morrison RSJ**

**\$198 per day** incl. GST

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## Modern Day Mystics: Cynthia Bourgeault on Mary Magdalene

20 May – 22 May 2026

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

Working with material from Cynthia Bourgeault's 'The Meaning of Mary Magdalene', this silent retreat will explore how an understanding of Mary Magdalene can revitalise contemporary Christianity. This program will utilise Scripture, Art and Tradition to consider how Mary Magdalene's discipleship and co-ministry with Jesus shows us how to deepen our own relationship with Jesus today.

The core focus of this retreat asks how Mary Magdalene's discipleship and co-ministry with Jesus shows us how to deepen our own relationship with Jesus today. Material will be to follow the text of Cynthia Borgeault: 'The Meaning of Mary Magdalene', drawing on themes: Wisdom, presence, self-knowledge; Mary Magdalene in Scripture, including the gospel of Mary Magdalene; her role as Apostle to the apostles; Ministry with Jesus – a model of feminine leadership & discipleship, and more. Sessions will involve input with material provided to guide silent prayer. The retreat will be held in silence with Spiritual Direction offered.

**Guide: Andrea Grant**

**\$550** incl. GST

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## Spirituality for Navigating Change: staying hopeful and encouraging

**23 May 2026**  
**Mary MacKillop Spirituality Centre**  
**Adelaide, SA**

As we approach the Feast of Pentecost, Chris will lead us through some prayer, meditation and reflective conversations 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 msc**

\$198 incl. GST

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## Directed Retreat

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

This is a time of silent contemplation, listening to God through the Scriptures of your life, with a 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 God is up to in your life.

**Guide: Fr David King**

\$2365 incl. GST

## God Comes Disguised as...

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

During this six-day guided, silent retreat, you will have the opportunity to reflect on the various phases of your life, noting the blessings that have come your way as you journeyed through the hills and valleys, as well as the twists and turns of life, drawing you into a deeper 'heart knowing' and relationship with God who companioned you throughout your life.

**Guide: Maureen McDermott RSJ**

\$1705 incl. GST

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## Directed Retreat

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

This is a time of silent contemplation, listening to God through the Scriptures of your life, with a 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 God is up to in your life.

**Guide: Ann Morrison RSJ**

\$2365 incl. GST

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## Icons as Prayer

**13 June 2026**  
**Mary MacKillop Spirituality Centre,**  
**Adelaide**

During this one-day workshop, Melbourne artist Christine Sage and spiritual director Val De Brenni explore the tradition of artists as iconographers. Using a template of St Francis of Assisi (or another chosen saint), we will explore through art and poetry how best to create an image that speaks to each of us uniquely.

No artistic experience is necessary, just an openness to prayer and a willingness to reflect. Art materials will be provided, though you are welcome to bring your own. Mediums available include pencil, watercolour, gouache and mixed media.

This day is suitable for all adults. It is also approved by CESA as a System Accredited Module for teachers, requiring the submission of a 1500-word reflection paper.

**Guide: Val De Brenni & Christine Sage**

\$198 incl. GST

## The Gift of Courage

**13 June 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

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## Let's Plant Seeds of Hope and Peace!

**21 June – 28 June 2026**  
**Mary MacKillop Spirituality Centre**  
**Baulkham Hills Norwest, NSW**

This six-day contemplative retreat allows the space and opportunity to "hear" and "experience" the force in the Universe calling us; permitting "a spirit to be infused into us from on high; allowing our deserts to become gardens... (Isaiah 32:15) enabling us to plant seeds of Peace and Hope in our fragile world. Pope Leo reminds us that: "Only a contemplative gaze can change our relationship with created things and lead us out of the ecological crisis caused by the rupture of relationships—with God, with our neighbour, and with the earth" (Pope Leo 09 July 2025). So, let's plant seeds of Hope and Peace! Among resources used this week will be Laudate Si and Laduate Deum.

**Guide: Ann Morrison RSJ**

\$1595 incl. GST

## Living Playfully

**23 June 2026**  
**Mary MacKillop Spirituality Centre**  
**Adelaide, SA**

Let's lighten up, get out of our heads and have more fun and laughter in our lives! Using the InterPlay forms of movement, storytelling, voice and stillness, we will explore how we can live more playfully in a very serious world.

**Guide: Trish Fairley**  
\$77 incl. GST (BYO Lunch)

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## Directed Retreat

**6 July – 13 July 2026**  
**Mary MacKillop Spirituality Centre**  
**Central Coast, NSW**

This is a time of silent contemplation, listening to God through the Scriptures of your life, with a 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 God is up to in your life.

**Guide: Fr David King**  
\$2365 incl. GST

## Directed Retreat

**6 July – 13 July 2026**  
**Mary MacKillop Spirituality Centre**  
**Central Coast, NSW**

This is a time of silent contemplation, listening to God through the Scriptures of your life, with a 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 God is up to in your life.

**Guide: Dr Kerrie Hide**  
\$2365 incl. GST

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## Visiting the Well

**6 July – 13 July 2026**  
**Mary MacKillop Spirituality Centre**  
**Central Coast, NSW**

This six-day retreat offers us the opportunity to use the scripture of Woman at the Well from John's Gospel (4: 5– 29) as well as our own lived experience, that is our personal gospel story: a story of encountering God, having our eyes opened by the experience, of being vulnerable, of going deeper, of conversion and transformation, of coming to new life and being asked to share the story, to proclaim the good news. In Jewish history, wells imply hidden depth, the work of digging for the life-giving source... water. This is true in the physical world and in our spiritual life. Come explore the depths of your well with God, finding the life-giving water that God offers you at this time of your life.

This retreat can be attended as a weekend, 2 Day Retreat or as the full 6 Day Retreat.

**Guide: Jennifer Scally rsj**  
\$1650 incl. GST

## Mary MacKillop a “Growth Mindset” Person: Inspiration and Role-model for now!

1 August 2026  
Mary MacKillop Spirituality Centre,  
Adelaide, SA

Despite her dysfunctional family background and countless setbacks over a lifetime, the resilient Mary MacKillop continually made courageous, positive, countercultural and life-giving choices that enabled her and her pioneering Sisters of Saint Joseph to make a huge difference in the lives of countless others.

Her legacy lives on! Her story can inspire us! to make significant differences in the lives of others in our small part of the world. Come, spend a few hours in the place where she lived. Breathe in a little of that story! Be inspired!

**Guide: Mary Ryan RSJ**

Donation appreciated

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## The Hidden Wisdom of Women in the Gospels

17 August – 24 August 2026  
Mary MacKillop Spirituality Centre  
Baulkham Hills Norwest, 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.” (Martha Driscoll OCSO).*

This six-day 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**

\$2365 incl. GST

## Let’s Plant Seeds of Hope and Peace!

12 July – 17 July 2026  
Mary MacKillop Spirituality Centre  
St Joseph’s by the Sea Williamstown, VIC

This six-day contemplative retreat allows the space and opportunity to “hear” and “experience” the force in the Universe calling us; permitting “a spirit to be infused into us from on high; allowing our deserts to become gardens... (Isaiah 32:15) enabling us to plant seeds of Peace and Hope in our fragile world. Pope Leo reminds us that: “Only a contemplative gaze can change our relationship with created things and lead us out of the ecological crisis caused by the rupture of relationships—with God, with our neighbour, and with the earth” (Pope Leo 09 July 2025). So, let’s plant seeds of Hope and Peace! Among resources used this week will be Laudate Si and Laduate Deum.

**Guide: Ann Morrison RSJ**

\$1595 incl. GST

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## The A.R.T of Self

**5 August – 7 August 2026**  
**Mary MacKillop Spirituality Centre, St Joseph's by the Sea, Williamstown**

Join us for a transformative 2-night, 3-day retreat exploring the art of Self-Awareness, Reflection and Talk.

Through guided practices, heartfelt conversation and meaningful reflection, this retreat offers a nurturing space to slow down, look inward and reconnect with who you truly are.

Together we will explore self-awareness, self-reflection and self-talk, alongside the mind and emotion connection, freedom through forgiveness and practical strategies for daily self-empowerment.

Who is it for?

This retreat is open to anyone wanting to reconnect with themselves. It is especially suited to those feeling overwhelmed and in need of pause, those seeking clarity on their next chapter, or anyone simply longing to slow down and reflect.

What to expect

Guided experiences exploring authenticity, techniques for regulating the nervous system, and the opportunity to connect and grow alongside a community of like-minded people. You will return home with a renewed sense of self and practical tools to carry forward into everyday life.

**Guide: Liz Lewis**

\$682 Includes GST, meals and accommodation

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## Little Things with Great Love

**15 August 2026**  
**Mary MacKillop Spirituality Centre, Adelaide, SA**

Everything is sacred if you take time to notice.

This reflective day invites you to slow down and become aware of God's presence in the ordinary moments of life.

Through prayer, scripture, music, creative expression and time in nature, you will be guided to engage your joyful, creative spirit and clear a space for God's action.

A take-home resource will be provided to support your ongoing journey. Suitable for all adults and approved by CESA as a System Accredited Module for teachers, requiring a 1500-word reflection paper.

**Guide: Lillian Van Brussel**

\$198 incl. GST

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## Inaugural Adelaide Josephite Colloquium: In All things Love

**1 September – 2 September 2026**  
**Mary MacKillop Spirituality Centre,**  
**Adelaide**

Celebrating 160 years of Josephite Education, this inaugural 2-day Adelaide Colloquium takes place on the very site where the Josephite Congregation took root in the 1870s.

This is an opportunity to be touched by the life and legacy of Mary MacKillop and the early Josephite Sisters, while also exploring the stirrings in your own heart. Together we will reflect on what it means to live out the Josephite tradition today, reaching out to those on the margins, empowering the vulnerable, and working towards a more equal, loving and peaceful world.

The Colloquium includes input sessions, storytelling, periods of reflection and conversation, with lunches and snacks provided. Optional activities include a visit to the Mary MacKillop Museum and the local Mary MacKillop Walk.

The word Colloquium (kuh·low·kwee·uhm) comes from the Latin word meaning 'Conversation.'

The Colloquium is approved by C.E.S.A. as a System Accredited Model for eligible teachers.

**Facilitated by the Adelaide Josephite Colloquium Team**

\$450

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## 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 listen 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

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## Invoking Self-Discovery

**25 September – 27 September 2026**  
**Mary MacKillop Spirituality Centre, Central Coast**

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.

**Facilitators: Vicki Hancock**

\$550 incl. GST

## God comes disguised as...

**2 October – 9 October**  
**Mary MacKillop Spirituality Centre,**  
**Kilmolee, Safety Bay**

During this six-day guided, silent retreat, you will have the opportunity to reflect on the various phases of your life, noting the blessings that have come your way as you journeyed through the hills and valleys, as well as the twists and turns of life, drawing you into a deeper 'heart knowing' and relationship with God who companioned you throughout your life.

**Guide: Maureen McDermott RSJ**

\$1705 incl. GST

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## The Sacred Self: Self as Icon

**10 October 2026**  
**Mary MacKillop Spirituality Centre**  
**Adelaide, SA**

In this one-day workshop, Melbourne artist Christine Sage and Adelaide spiritual director Val De Brenni explore the Christian teaching that we are made in the image of God (Imago Dei), using the metaphor of the self as an icon rather than an idol.

Drawing on the tradition of iconography, participants will use a simple template to explore personal symbols, metaphors, and imagery to uncover the sacred within. No artistic talent is necessary, just an openness to reflect.

Art materials will be provided, though you are welcome to bring your own, along with any photos, objects, or symbols that represent you. This day is suitable for all adults and is approved by CESA as a System Accredited Module for teachers, requiring a 1500-word reflection paper.

**Facilitators: Chris Sage and Val DeBrenni**

\$198 incl. GST

## Directed Retreat

**12 October– 19 October 2026**  
**Mary MacKillop Spirituality Centre**  
**Central Coast, NSW**

This is a time of silent contemplation, listening to God through the Scriptures of your life, with a 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 God is up to in your life.

**Guide: Maureen McDermott RSJ**

\$2365 incl. GST

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## Rhythms of Rest and Renewal

**12 October – 19 October 2026**  
**Mary MacKillop Spirituality Centre**  
**Central Coast, NSW**

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

## Advent Journey with the Jesse Tree

**7 November 2026**  
**Mary MacKillop Spirituality Centre,**  
**Adelaide**

Give yourself this time to prepare for and welcome the season of Advent with a contemplative heart. Engage with the stories of the Jesse Tree – ancestors of Jesus.

Connect 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, and wonder and reflect on why you are attending to the busyness. Discover and create moments of peace through creative prayer, reflection, scripture, music, art and nature.

You will be provided with a take-home resource to support your journey throughout the Advent season

This day is suitable for all adults. It is also approved by CESA as a System Accredited Module for teachers, which requires the submission of a 1500-word reflection paper.

**Guide: Lillian Van Brussel**

\$198 incl. GST

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## Directed Retreat

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

This is a time of silent contemplation, listening to God through the Scriptures of your life, with a 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 God is up to in your life.

**Guide: Fr David King**

\$2365 incl. GST

## Directed Retreat

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

**Guide: Sr Ann Morrison rsj**

\$2365 incl. GST

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## Living as the Beloved

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

This retreat unfolds over six days with a spacious rhythm of morning and afternoon sessions, combining reflection, silence, prayer, journaling, and shared listening.

Together, we will explore life's deeper questions – identity, belovedness, suffering, peace, and how we are called to live – not to find quick answers, but to grow in awareness, compassion, and trust.

This retreat is especially suited to those longing for rest, renewal, and a deeper sense of God's presence in ordinary life. No prior retreat experience is needed – only a willingness to come as you are.

Come and rest. Come and listen. Come and remember that you are already deeply loved.

**Guide: Sally Lavis**

\$1650 incl. GST

## Life is a Journey

**16 November – 20 November 2026**  
**Mary MacKillop Spirituality Centre,**  
**St Joseph's by the Sea Williamstown, VIC**

Life is a Journey 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 emphasizes 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**

\$1320 incl. GST

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## Women of Advent

**29 November – 6 December 2026**  
**Mary MacKillop Spirituality Centre,**  
**Kilmolee, Safety Bay**

Women of the advent invites us to reflect on the gems we have at our fingertips and discover the precious stories hidden in this season that bring our Christmas story alive. This silent, six-day 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**

\$1650 incl. GST

## Directed Retreat

**16 November – 23 November 2026**  
**Mary MacKillop Spirituality Centre,**  
**Baulkham Hills**

A six-day silent, directed retreat is an opportunity to enter a week of silence where you are able to be more present and listen 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.

**Guide: Jennifer Scally RSJ**

\$2365 incl. GST

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## Spirituality for Navigating Change: staying hopeful and encouraging

**6 December 2026**  
**Mary MacKillop Spirituality Centre**  
**Josephite Mission Hobart, TAS**

As we approach the Feast of Pentecost, Chris will lead us through some prayer, meditation and reflective conversations 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 msc**

\$132 incl. GST



# Spirituality Centres

## Registration Information via email

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

Register online at: [www.mmsm.org.au](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:admin.sjbts@sosjspirit.org.au)



**Mary MacKillop  
Spirituality Ministry**