

2009

SPIRITUALITY PROGRAM



ROY'S RETREAT

*An ecumenical centre promoting contemplative practice
in the Christian mystical tradition*

Welcome to the Roy's Retreat

2009 Spirituality Program

Roy's Retreat, based in Willunga South Australia, was established in 2006 as an ecumenical centre for promoting contemplative practice in the Christian mystical tradition.

Roy's Retreat began by providing a cottage at Willunga as a Retreat House where individuals could come for silent Retreats. Since then we have developed other programs which offer spiritual seekers opportunities to take time out from the hustle and bustle of daily life to be quiet, to be still and listen for God's presence both within ourselves and within our lives.

During 2009 Roy's Retreat offers Spiritual Direction, Retreats and Teaching of Contemplative Prayer. A special event this year, to celebrate the centenary of the birth of the great Brazilian Prophet, Dom Helder Camara, we are holding our inaugural 'Prophet School' in August.

Roy's Retreat programs are open to anyone, including experienced seekers, however, we particularly encourage participation from people not currently connected to formal faith communities or who have ceased connecting with a faith community, but who are genuinely seeking a spiritual dimension in their lives.

Roy's Retreat programs are being delivered 'at cost' as a way of making the spiritual quest accessible to all who seek.

We hope you consider participating in one or more of our programs during 2009.

In Peace

Tim Deslandes
Roy's Retreat Co-ordinator

www.roysretreat.com
Tel: 61 8 8556 4686

PO Box 142 Willunga SA 5172
Email: roysretreat@gmail.com

One Day Seasonal Retreats

Praying with the Mystics

There are 4 One Day Retreats being held in 2009. Each of the days will be based on the season in which it falls and will be founded on the spirituality of one of the Christian Mystics.

Each of the One Day Retreats will include some initial input on the day's theme, periods of silence for personal reflection and time for communal prayer and ritual. The days will provide an opportunity for us to listen to God's call and to respond to God's desire to be in ever deepening relationship with us. These days will provide an opportunity to 'tune out' from 'normal life' and 'tune in' to God.

The venue for the One Day Retreats is 'St Martin's by the Sea' at Port Noarlunga (30 km south of Adelaide). St Martin's overlooks the Onkaparinga River opening out in to the ocean. As such, it is a beautiful setting for prayer and reflection.

The One Day Retreats begin at 9.30am and finish at 4.30pm

The cost for the One Day Retreats is \$20. Retreatants bring a plate of food to share for lunch. Tea and coffee, morning and afternoon tea are provided.

The dates for the 2009 One Day Retreats are as follows:

Tuesday 3rd March
Autumn Retreat Day – Praying with Thomas Merton

Tuesday 28th July
Winter Retreat Day – Praying with Teresa of Avila

Tuesday 1st September
Spring Retreat Day – Praying with John of the Cross

Tuesday 1st December
Summer Retreat Day – Praying with Therese of Lisieux

**Register by emailing roysretreat@gmail.com
Or phone 8556 4686**

Beach Residential Retreats

Come to the Quiet

The Beach Retreats are 3 night, 3 day residential silent contemplative Christian Retreats at 'St Martin's By the Sea' at Port Noarlunga (30 km south of Adelaide). Each Retreatant will have their own comfortable bedroom. All meals will be provided. The 'Beach Retreats' are silent retreats, including meal times.

Each day there is communal morning and evening prayer, input and lots of time for silence and quiet reflection. A Spiritual Director will be available each day for those who would like to meet with a guide. The days will encourage a deep inner silence, allowing us to 'tune out' to the world and 'tune in' to God's presence and desire for deeper relationship with us.

There will be lots of time for walks along the beach or swimming (if you choose) or just taking in the magnificent views from St Martin's which are so conducive to prayer and deep reflection.

As the Psalmist writes "Be still and know I am God".

These Retreats are limited to 8 participants at a cost of \$120 per person.

These retreats will be held in March, June and September:

Tuesday 17th March 7pm until Friday 5pm 20th

Tuesday 9th June 7pm until Friday 5pm 12th

Monday 7th September 7pm until Thursday 5pm 10th

**Register by emailing roysretreat@gmail.com
Or phone 8556 4686**

Desert Retreats

8 day Silent Retreats in the Flinders Ranges

Twice each year Roy's Retreat holds 'Desert Retreats' in the Flinders Ranges. These are 8 day silent residential Retreats held at Willow Springs Station 20 km north of Wilpena Pound (a comfortable 7 hour drive from Adelaide).

Each Retreatant has their own comfortable bedroom. Willow Springs is a 70,000 acre working sheep station. Accommodation is in modern, comfortable shearers quarters.

The Desert Retreats include a silent four wheel drive pilgrimage through Brachina Gorge and Adnyamathanha country. Those who wish can see an experienced Spiritual Director daily during the retreat. Please note that the entire Retreat will be conducted in silence (other than daily input and prayer times).

There is a limit of 10 participants on Desert Retreats.

Costs for the 8 day Desert Retreats is \$600.

These retreats will be held in April and October:

Monday 13th (6pm) to Monday 20th April (11am)

October date to be announced later in the year.

**Register by emailing roysretreat@gmail.com
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Prophet School

6th –8th November 2009 with Fr John Dear S.J.

To celebrate 100 years since the birth of the great Brazilian Prophet of Peace, Dom Helder Camara, Roy's Retreat is holding a two day Prophet School at Nunyara, Belair commencing on Friday 6th November at 7.30pm and continuing over Saturday 7th November (9am - 9pm) and Sunday 8th November (9.30am-4.30pm).

The Prophet School will explore the role of the Prophet in the biblical tradition and the call to be Prophets in our world today. The program for the weekend will include input from theologians, personal reflection time, communal prayer time, group sessions and periods of silence. The Prophet School aims to inspire, inform, challenge and excite participants as we explore the absolute relevance of the 'Jesus Way' in the face of the challenges faced by the world of the early twenty first century. The weekend will explore and model the contemplative dimension of the Prophetic way.

Registrations for the 'Prophet School' are limited to 100 people.

There is both a **residential or non residential** option for the weekend:

Cost for the weekend:
TO BE DETERMINED

**Register by emailing roysretreat@gmail.com
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Hermitage Retreat

Roy's Retreat has a comfortable one-bedroom cottage available for individual silent retreats located at Willunga, 50 km south of Adelaide. The cottage is in a relaxed bushland setting in a quiet secluded block facing Willunga Hill.

Full self catering facilities are available.

Retreatants can select the length of retreat required.

Cost per night is \$30.

Spiritual Direction is available on request.

The hermitage is located 200 metres from St Joseph's Catholic Church that has 7am and 5pm Christian Meditation 7 days a week.

Eucharist is celebrated four days per week at St Joseph's.

It is your destiny to see as God sees, to know as God knows, to feel as God feels. How is this possible? How? Because divine love cannot defy it's very self.

Meister Eckhart (1260-1328)

**Book by emailing roysretreat@gmail.com
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Weekly Christian Meditation and Centering Prayer Classes

Classes are held Tuesday and Thursday evenings at the centre at Willunga from 7pm. Bookings for these classes are essential. Daytime classes can also be arranged by negotiation. Classes generally are one hour duration and include 25 minutes of silent prayer following input.

Participants attend as many or as few classes as they want.

Cost is \$10 per session.

*God far exceeds all words that we can here express.....in silence God is heard,
in silence worshipped best"*

Angelus Silesius
(Johann Scheffler 1624-1677)

**Book by emailing roysretreat@gmail.com
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Spiritual Direction

Are you interested in meeting on a regular basis with a Spiritual Director to talk about your relationship with God and to discern more clearly the movement of God's Spirit in your life?

Spiritual Directors are trained to walk with you and listen deeply to the questions you bring to your relationship with God and how this might 'fit' with the rest of your life. Normally, people have a regular one hour meeting with their Spiritual Director on a monthly basis, or some other mutually agreed regularity.

Spiritual Direction is available at Roy's Retreat from trained Spiritual Directors. To access Spiritual Direction from Roy's Retreat you would need to come to our centre at Willunga.

There is no charge for Spiritual Direction at Roy's Retreat, however donations to the ministry of the centre are always appreciated for those in a position to contribute financially.

If you are interested in seeing a Spiritual Director, we suggest you have an initial appointment, then after that decide if this is something you wish to pursue or not. There are no obligations to go on with Spiritual Direction once you have had the initial appointment.

I won't take no for an answer", God began to say to me when He opened His arms each night wanting us to dance.

Catherine of Siena (1347 – 1380)

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Friends of Roy's Retreat

We are seeking the voluntary services of people who may have time to assist with a range of tasks involved with the operations of Roy's Retreat

If you would be interested in contributing your time and gifts in supporting the ministry of Roy's Retreat please contact us. Be it skills in a particular ministry, administrative skills or hospitality skills, we would love to have you as part of the Roy's Retreat team. All you need is a desire to be involved in promoting the contemplative way in the Christian tradition!

We look forward to hearing from you and exploring ways you can support this ministry.

*For I know well the spring that flows and runs, although it is night, that eternal,
hidden spring; I know well where it has its rise.
I don't know its origin, for it hasn't one. But I know every origin has come from
it.*

John of the Cross (1542-1591)

**For further information email roysretreat@gmail.com
or phone 8556 4686**

To Register

If you would like to participate in any of the programs offered through Roy's Retreat in 2009 contact us at:

Phone: 61 8 8556 4686
Email: roysretreat@gmail.com

By post: PO Box 142
Willunga SA 5172

For those events limited to a fixed number of registrations, they are offered on a first come first served basis. Roys Retreat reserves the right to cancel an event up to seven working days prior to an event.

Stay in Touch

To be added to the Roy's Retreat Mailing List and be kept informed about our activities please complete the form below and post back to: In the past two years we have held workshops with visitors to Australia such as Nobel Peace Prize nominee, Fr John Dear S.J. and Trappist Monk, Fr William Meninger.

To be invited to such opportunities please fill in and return the form below.

Name: _____

Address: _____

Email address: _____

Telephone number: _____

Mobile: _____

Signature: _____

Return to: Roy's Retreat, PO Box 142 Willunga, SA, 5172

Your personal details will be protected and not shared with any third party.

Let nothing disturb you, let nothing frighten you; all things are passing; God never changes; patient endurance obtains all things; Who God possesses in nothing is wanting; God alone suffices.
Teresa of Avila (1515-1582)

All beings are words of God, His music, His art. Sacred books we are, for the infinite camps in our souls. Every act reveals God and expands His being ... all creatures are doing their best to help God in His birth of Himself.
Meister Eckhart (1260-1328)

My God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and that fact that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you, does please you. And I hope that I will never do anything apart from that desire.
Thomas Merton (1915 -1968)

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