

2010

SPIRITUALITY PROGRAM



ROY'S RETREAT

Promoting contemplative practice in the Christian mystical and prophetic tradition.

Welcome to Roy's Retreat

2010 Spirituality Program

Roy's Retreat, based in Willunga South Australia, was established in 2006 promoting contemplative practice in the Christian mystical and prophetic tradition.

We began by providing a cottage at Willunga where spiritual seekers could come to make a silent Retreat. 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 become quiet and listen for God's presence both within ourselves and within our lives.

Our programs of Retreats, Spiritual Direction and teaching of contemplative prayer, are open to anyone who is a genuine spiritual seeker. 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 receives no funding or financial support. Programs are offered '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 2010.

In Peace

Tim

Tim Deslandes

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

These one day retreats are available in each season: Autumn, Winter, Spring and Summer in 2010. Each day 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 *Praying with the Mystics* Retreat Days will include some initial input on the day's theme, extended periods of silence for personal reflection and time of communal silent prayer. Each Retreatant will have their own private room to access for times of quiet prayer. Each Retreat day will provide an opportunity to listen to God's call and to respond to God's great desire to be in ever deepening relationship with us. These Retreat days will provide an opportunity to 'tune out' from 'normal life' and 'tune in' to God.

The venue for the *Praying with the Mystics* 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 to the ocean. As such, it is a truly beautiful setting for prayer and reflection.

The *Praying With the Mystics* Retreats begin at 9.30am and finish at 4pm.

The cost of the One Day Retreats is \$20 (retreatants bring a plate of food to share for lunch, with morning and afternoon tea provided).

AUTUMN: Praying with Julian of Norwich. Monday 15th March OR Tuesday 16th March OR Wednesday 17th March

WINTER: Praying with Meister Eckhart. Wednesday 23rd June OR Thursday 24th June OR Friday 25th June

SPRING: Praying with Ignatius of Loyola. Wednesday 1st September OR Thursday 2nd September OR Friday 3rd September

SUMMER: Praying with Catherine of Siena. Wednesday 1st December OR Thursday 2nd December OR Friday 3rd December.

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

One Day Retreats

Praying with the Prophets

These one day '*Praying with The Prophets*' retreats are based on a contemporary Christian prophet. The '*Praying with the Prophets*' Retreat days will offer some input on the contemporary Prophet who is the focus for the day, then explore the Prophet's relationship with God. From here we will reflect on the challenge this presents for us as 21st Century Christians. Each Retreat day will include extensive times for silent prayer and reflection. The Prophets, both biblical and contemporary, are on the edge - they challenge us, make us feel uncomfortable and at the same time fill us with hope.

The *Praying With the Prophets* Retreats begin at 9.30am and finish at 4pm.

The cost of the One Day Retreats is \$20 (retreatants bring a plate of food to share for lunch, with morning and afternoon tea provided).

Praying with Dorothy Day Saturday 20th February (St Paul's Retreat, 15 Cross Roads, Glen Osmond) OR Wednesday 24th February (Mary of Galilee, Quinliven Rd, Aldinga).

Praying with Oscar Romero Wednesday 9th June (St Paul's Retreat, 15 Cross Roads, Glen Osmond) OR Sunday 13th June (Mary of Galilee, Quinliven Rd, Aldinga).

Praying with Dom Helder Camara Sunday 19th September (St Paul's Retreat, 15 Cross Roads, Glen Osmond) OR Wednesday 22nd September (Mary of Galilee, Quinliven Rd, Aldinga).

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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)

8 Day Desert Retreat – Flinders Ranges, S.A.

6th – 13th April 2010

You are invited to consider coming to the wilderness of the Flinders Ranges for 8 days of peace, silence and solitude.

This silent Retreat, in the Ignatian tradition, is held at Willow Springs Station, 21km north of Wilpena pound. There is a sealed road for the whole journey. Willow Springs is a 70,000 acre working sheep station.

There are two styles of Desert Retreat available from 6 - 13th April:

Option 1 is to undertake a 'Directed Group Retreat'. In the Directed Group Retreat there will be morning and evening communal silent prayer, a daily input and group pilgrimage through Brachina Gorge. You are welcome to meet with an experienced Spiritual Director daily during the Retreat. Accommodation for Option 1 is in the modern Shearer's Quarters where Retreatants have their own comfortable bedroom. (Please note that a less expensive option for the 'Directed Group Retreat' is to tent (camp) next to the Shearer's Quarters.)

Option 2 is to undertake the Desert Retreat as a 'Hermitage Retreat'. In this option, the Retreatant has their own private cottage away from the other Retreatants and does not participate in any of the group activities. Daily Spiritual Direction is offered. Meals are brought to your cottage.

Transport to the Desert Retreat can be shared and arranged if needed.

Let God lure you to the desert!

Cost: The Directed Group Retreat cost is \$850 pp, or \$450 for those choosing to camp. The Hermitage Retreat cost is \$1,150

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Note: There will be other Desert Retreats held in the Flinders Ranges in 2010. Details of these will be available at www.roysretreat.com

Prophet School Retreat

Friday evening, 3rd – Sunday afternoon, 5th December

Roy's Retreat offer an annual 'Prophet School Retreat'. The Prophet School explores the role of the Prophet in the biblical tradition and our call to live as Prophets in our world today. Although not a silent Retreat, the Prophet School Retreat is a contemplative experience, with extensive periods for quiet prayer and reflection.

In 2010 the Prophet School Retreat will be led by U.S. Jesuit Priest, and Nobel Peace Prize Nominee, John Dear. John is the author of more than 25 books, and is himself, a living Prophet. John is one of the most gifted speakers and teachers you will experience.



There are both Residential and Non Residential registration options available for the Prophet School Retreat.

The Prophet School Retreat is held at the beautiful Nunyara Retreat and Conference Centre, Belair, 10 km south of Adelaide.

Please note that there is an application process for the Prophet School Retreat.

Costs for the Prophet School Retreat will not be finalised until early 2010, however as a guideline, the 2009 Prophet School Cost was \$145 Non Residential and \$200 Residential.

"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)

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. Anyone serious about the spiritual path will benefit greatly from regular Spiritual Direction.

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 in Willunga.

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.

Retreats In Daily Life

The Spiritual Exercises of St Ignatius of Loyola (The 'Light Exercises')

The Spiritual Exercises of St Ignatius have arguably been the most influential Christian spiritual exercises of the past 500 years. Ignatius of Loyola founded the Society of Jesus (Jesuits) in Spain in the 1500's. He developed a series of exercises which are designed to lead people into a deeper relationship with their God.

At Roy's Retreat these are offered as a 'Retreat in Daily Life' over 30 days where you set aside 45 minutes a day to experience the exercises. As such, they can be done as part of your everyday life over the period of a month. You would need to commit to finding 45 minutes a day for prayer for 30 days and to meet a Spiritual Director weekly for an hour. This is a wonderful opportunity for any spiritual seeker.

We offer the Exercises of St Ignatius (the Light Exercises – 18th Annotation) starting the 1st of every month. Cost: By donation.

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Contemplative Prayer Classes

Learn the practice of the ancient contemplative prayer tradition of the Christian faith. Classes are offered in:

- Christian Meditation
- Centering Prayer
- Lectio Divina

One hour classes are available by appointment and donation. You can choose to learn one of the above traditions, or all three – classes are designed around your area of interest in contemplative prayer.

"...all will be well, and every kind of thing will be well"

Julian of Norwich 1342 – c. 1416

Weekend 'Hermitage' Retreats

Roy's Retreat has a comfortable one-bedroom cottage available for individual silent weekend 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. Self catering only. Directed Retreats and Spiritual Direction are available on request.

Cost: \$60 for the weekend

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Tim Deslandes

Coordinator

PO Box 142

Willunga

SA 5172