

# Summer Seasonal Retreat Day

## Praying with the Mystics:

### **CATHERINE of SIENA**

Come away for one day of silence by the ocean. This is a one day silent Retreat that will include: two 30 minute input sessions, two periods of silent group prayer (morning and afternoon) and two long periods (up to two hours each) for private prayer and reflection. "Be still and know I am God" (Psalm 46:10). There are three opportunities for this one day retreat. Choose the date that suits you. You can choose from **Wednesday 1<sup>st</sup> December, or Thursday 2<sup>nd</sup> December or Friday 3<sup>rd</sup> December.**



9.30am-4pm  
St Martin's  
Berwick Street  
Pt Noarlunga  
Cost: \$20  
Please bring food to share  
for lunch

Bookings essential: Contact Roy's Retreat

Phone: (08) 8556 4686

Email: [roysretreat@gmail.com](mailto:roysretreat@gmail.com)

[www.roysretreat.com](http://www.roysretreat.com)

Roy's Retreat promotes contemplative practice in the Christian mystical and prophetic tradition.