

Compulsion

“Smooth seas do not make skillful sailors” - African Proverb

Examining compulsivity in the light of prayer gives insight into the motivating forces within the human person.

The origins and nature of human compulsive tendencies and the ways in which they can, when we are not conscious of them, drive us into unhealthy behaviours and attitudes, has a direct effect on our relationship with God. It also damages the fabric of our interpersonal relationships, falsifying our self-perception and corrupting our capacity for love, to love, and to be loved. Divine Grace requires our cooperation, and our lack of awareness of these hidden forces within ourselves limits this. When we become conscious of what is at work in us we find a pathway that brings truth, freedom and a growing delight in the presence of God.

The Facilitator:

Chris Chaplin msc has walked with people as a Spiritual Director for over twenty years (graduate SILOAM, Heart of Life, Melbourne 1994) and while at St. Mary's Towers Retreat Centre, Douglas Park (2006 to 2009).

Chris has facilitated workshops on compulsion and our sacred journey over the last five years, exploring its limiting influence on us and the pathways which bring freedom from it in our journey with God.

He brings to this his many years' experience as a psychotherapist/counsellor (member of the Assoc. of Transpersonal & Experiential Psychotherapists Inc. - ATEP - a constituent association of the Psychotherapy and Counselling Federation of Australia (PACFA).

He lives the life of a hermit at Shoreham on Victoria's, Mornington Peninsula, where he actively engages with his own compulsions, through prayer and mindfulness meditation practise.

Website: <http://abundance.org.au/>

Compulsion & Our Path with The Divine



6 Day Guided Retreat

20th - 26th October, 2017

St. Mary's Towers Retreat Centre
Douglas Park, NSW

About this RETREAT

While it will be important to grasp a fundamental understanding of what compulsion is and its operations in our lives, we enter into this week of retreat as a retreat process not a lecture series.

Each day will begin with a guided meditation. The meditation will be followed later in the morning, with an input session elaborating the days material for silent personal prayer.

Compulsion is something we live, so we will be exploring that lived experience from how it feels on the inside, rather than starting from concepts.

We will explore how compulsion speaks to our unique and individual relationship with God. We will explore both the nature of our movement away from God (sinfulness) and the movement of our hearts towards God (redemption and gift).

Each person's journey calls for its own particular understanding so we have the opportunity to take what resonates for us into prayer, and to our companion in spiritual direction if we wish.

An evening Rite of Reconciliation and Anointing will be celebrated as we passage through our compulsivity, into greater freedom.

Practicals:

Dates and Times:

Friday 20th to Thursday 26th October, 2017

Application Forms available from:

St Mary's Towers Retreat Centre

Postal Address: P.O. Box 19a

415 Douglas Park Drive

DOUGLAS PARK NSW 2569

Phone: 02 4630 0233 [answering machine operates after hours]

Fax: 02 4630 9364

Email: towersretreat@bigpond.com

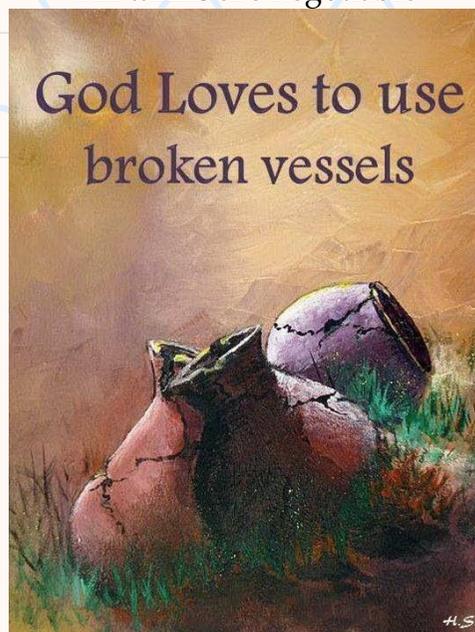
<http://towersretreat.abundance.org.au>

Cost 2017:

\$612.00 for the 6 day retreat

\$30.00 deposit confirms the booking.

All tariffs are negotiable



By Car:

From Sydney:

By M5/F5, 22 K past Campbelltown, take exit 88.

Turn left towards Wollongong.

After 3km turn left at the WILTON/ALMOND ST sign.

Then right at the APPIN sign.(Argyle St.)

After 3km turn left into DOUGLAS PARK DR.

The Centre is 4km down on the left.

From CANBERRA:

Leave the F5 at exit 88.

Turn right and cross over the freeway.

Follow the directions as above.

From Wollongong:

Come up Mt Ousley Rd.

Turn left into PICTON Rd

After 20km turn right at the

MACARTHUR DR. sign to Douglas Park.

At the T junction turn right and then left into Douglas Park Drive.

The Centre is 4km down on the left.