

Costs

Here are some ways to enjoy your retreat day at St Mary's Towers.

Option 1: \$20
Use of facilities, morning & afternoon tea

Option 2: \$35
As above, plus 2 course lunch

Option 3: \$80
As above, plus Spiritual accompaniment

Option 4: \$65
Spiritual accompaniment

Option 5: \$102
Overnight stay & Spiritual accompaniment

Costs are negotiable with the Director.
For an **application form** contact us at:

Missionaries of the Sacred Heart
St Mary's Towers Retreat Centre
415 Douglas Park Drive
Douglas Park NSW 2569

Phone: (02) 4630 0233

Email: towersretreat@bigpond.com

Website:

towersretreat.abundance.org.au

Fax: (02) 4630 9364

Today

Today I'm flying low and I'm
not saying a word.
I'm letting all the voodooos of ambition sleep.

The world goes on as it must,
the bees in the garden rumbling a little,
the fish leaping, the gnats getting eaten.
And so forth.

But I'm taking the day off.
Quiet as a feather.
I hardly move though really I'm travelling
a terrific distance.

Stillness. One of the doors
into the temple.

(Mary Oliver: *A Thousand Mornings* - Poems)

A day of silence



*Retreat Days at
St Mary's Towers
Douglas Park*



Welcome to your retreat day.

Our manner of living today is generally noisy and busy. From time to time we need to give ourselves the space to enter into the silence and be in the presence of our loving God. You are always welcome to come and visit St Mary's Towers Retreat Centre for a day of prayer. During opening hours, all facilities are available for your use and Spiritual Accompaniment with one of our retreat team can be arranged.



Our facilities

In addition to various bush walks, you may also make use of our:

- prayer rooms
- Jenkins chapel, and church
- art room
- gardens and labyrinth

During retreats Eucharist is celebrated at 4:30pm each day in the Heart Room, and you are welcome to attend.



About us

Through silence and contemplation our centre seeks to develop and nurture an awareness of God's compassion and gentleness for each of us, for others, and for the beauty of creation.

St Mary's Towers Retreat Centre, a work of the Missionaries of the Sacred Heart, is located on 500 hectares of bushland 80kilometres from Sydney. The original inhabitants of the land are the Tharawal people, for whom the area was a place of reconciliation. We honour and acknowledge them. The Centre is easily accessible by car or train. We can provide transport for you to and from Douglas Park train station.



Retreat team

Ms Michelle Vass, Director
Sr Pauline Compton fdnsc
Fr Dominic Gleeson msc
Fr Michael Fallon msc
Fr Stephen Dives msc
Fr Terry Naughton msc