

Cost 2017: \$816
\$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.

For further details and application
forms, contact:

The Administrator

St Mary's Towers Retreat Centre

PO Box 19A

Douglas Park 2569

Ph. 02 4630 0233

Fax 02 4630 9364

Email: towersretreat@bigpond.com

Web site:

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

Accompanied and Presented by
Retreat Team



Life's Healing Journey

***St Mary's Towers
Douglas Park***



***8 Day Retreat 2017
10-18 February
14-22 August***

*Open the doors of hurt
and let the goodness of
God's light shed new
warmth upon your pain.*



Life's Healing Journey is a silent retreat, which draws on the Spirituality of the Heart of Jesus. Any hurtful life experience, loss, or painful memory can be healed and transformed through the grace and power of God. There is no hurtful or limiting experience of ours which Jesus has not shared. This retreat is a powerful experience that taps into Elizabeth Kubler Ross's

stages of grieving and assists participants to deal with pains, hurts and losses from their past. (Sebastian Moore said transformation takes place when we befriend all the hurts of life so far.)

This Retreat is a blend of: daily input session; daily meeting with Prayer Companion;



daily Celebration of Eucharist; Celebration of Reconciliation; Celebration of Anointing.



The Life's Healing Journey retreat begins with the 6.00pm meal on the evening of the first date, followed by a brief introduction and Eucharist. It usually concludes after 2.00pm Eucharist on the last date shown.

Many who have experienced this retreat have found it life changing and a path to freedom to live from their true self, which is who God created us to be.