

Cost 2018: \$856.00 for the 8 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.*

Application Forms available from:

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>

**Retreat Presenter:**

Michael Fallon msc

St Mary's Towers Retreat Centre

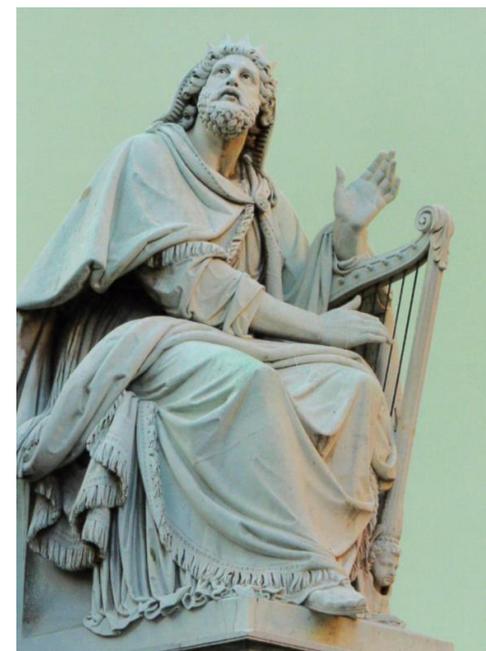
Keynote Presentations available

Go to my website homepage

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

Go to the left menu and click on "Old  
Testament", scroll down to "Psalms"  
then scroll down to "Retreats on the  
Psalms.

## Psalms 1-50



**St Mary's Towers  
Douglas Park**

**Presenter: Fr Michael Fallon msc**

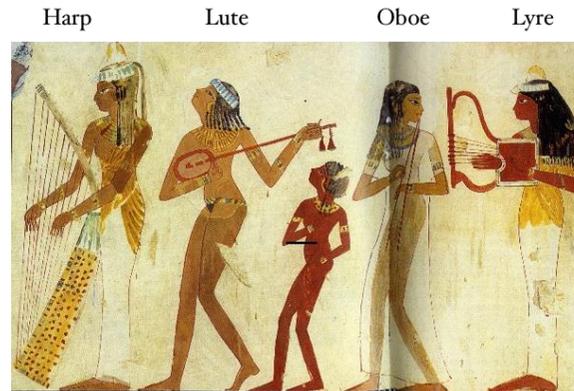
**An 8 day Guided Retreat  
8-16 June 2018**

**In 2005 I published “*The Psalms: an introductory commentary*” (Chevalier Press: 02 9662 7894).**

Each morning there will be two 1-hour meditations to help lead us into prayer. For eight days in the course of sixteen presentations we will reflect on each of the first fifty Psalms. The plan is to offer an 8-day retreat in 2019 covering Psalms 51-100, and then in 2020 covering Psalms 101-150.

Paul encouraged the early Christian communities to “sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts”

(Ephesians 5:19)



The psalms originated in Jewish public and personal prayer. They are still central to the daily prayer of Jews and Christians.

Pope Pius X in his Apostolic Constitution on the Psalter quotes from Saint Athanasius: “The Book of the Psalms is like a garden which contains the fruits of all the other books, grows a crop of song and so adds its own special fruit to the rest. It seems to me that for the person who recites them the psalms are like a mirror in which we may see

ourselves and the movements of our heart and mind and then give voice to them.”

He goes on to quote from the Confessions of Saint Augustine: “I wept at the beauty of your hymns and canticles, and was powerfully moved at the sweet sound of your Church’s singing. These sounds flowed into my ears, and the truth streamed into my heart, so that my feeling of devotion overflowed, and the tears ran from my eyes and I was happy in them.”

The Pope continues: “Who is not fired with love by the faithful portrait of Christ the Redeemer whose voice Saint Augustine heard in all the psalms, singing, sorrowing, rejoicing in hope, sighing in distress.”