

An aerial photograph of the Jamberoo Mountain Abbey Cottages. The image shows a large, winding complex of wooden cottages with dark, gabled roofs, situated in a lush green valley. The cottages are surrounded by dense, mature trees and a well-maintained lawn. In the foreground, a large, open green field is visible, bordered by a wooden fence. To the right of the main cottage complex, there are several large, circular, dark-colored structures, possibly storage tanks or silos. The background is a steep, forested hillside covered in dense green trees. The overall scene is peaceful and scenic, highlighting the natural beauty of the location.

JAMBEROO

# Abbey

COTTAGE PROGRAM 2019

Walk with God in the beautiful setting of Jamberoo Mountain

*Come let us go up to the Mountain of the Lord. ISAIAH 2:3*

# COTTAGE PROGRAM 2019

## FEBRUARY

### 9 *Your Life in Parables this Year*

The parables of Jesus give us great insight into, and become tools for, the living and understanding of our lives. This one day retreat will explore the parables in the light of your life especially as it is unfolding for you this year. **Presenter:** Sr Hilda Scott osb

### 15-22 *Benedictine Experience Week*

The Benedictine Rule written in the 6th Century has endured to this day because of its relevance and adaptability to every time and place. This week will offer you an experience of the riches and wisdom of the Rule for your life. This program is available as a day retreat or as a week long live-in. **Presenters:** Sr Hildegard Ryan, Sr Hilda Scott, Sr Magdalen Mather, Sr Mechtild Crawford, and Sr Hannah Massy-Greene

*See retreat details at end of the brochure*







*Guests are to be greeted  
with all the courtesy of love.*

RULE OF ST BENEDICT 53:3

## MARCH

### **2**     *The spirituality of imperfection and the practice of centering prayer*

A silent day retreat which explores a spirituality of imperfection which does not have to have all the answers. It helps us to live in the mystery and miracle of being a part of God's creation as it is brought into being each day. **Presenter:** Sr Magdalen Mather osb

### **15-17**   *Oblate Weekend*

A weekend retreat for Oblates of Jamberoo Abbey.

**Presenters:** Sr Hildegard Ryan osb & Sr Hannah Massy-Greene osb

### **22-24**   *The spirituality of imperfection and the practice of centering prayer*

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## APRIL

### 13 *The Season of Glad Songs*

A day retreat focusing on the place of the resurrection in our lives. So many of us see only the suffering and demands that life holds for us. This day will focus on our intrinsic resurrection especially as we find it at Easter. **Presenters:** Sr Hilda Scott osb & Sr Hannah Massy-Greene osb

## JUNE

### 1 *Lectio Divina*

A weekend retreat meeting God in His Word. "Lectio Divina" (Holy Reading) is a way of life for Christians who open their hearts to the Sacred Scriptures. There they encounter the Lord of Life and Light who takes their hands in His and leads them to streams of living water.

**Presenter:** Sr Hildegard Ryan osb

### 14-16 *Healing the earth within*

As the brokenness of our earth is embodied within us, so too the healing of the earth is enabled by the wholeness of our living. You are invited into a silent, gentle and creative healing retreat. Retreat starts 4pm Friday and concludes 3pm Sunday. **Presenter:** Sr Mechtild Crawford osb

### 22 *Desire and Love*

The heart of centering prayer and centering practice. A silent day retreat spent in the practice of centering prayer and exploration of the desire and love which calls us ever more deeply into the heart of our God. We will use poetry, Scripture and the writings of the mystics as keys to open the door to the world of longing and love within. **Presenter:** Sr Magdalen Mather osb

### 29 *Art Retreat Day*

Our visual language can enable a deeper listening for God's presence and healing. Expressing experiences through art can show us God's activity in our lives. Limited places. **Presenter:** Sr Veronica Chandler osb

## JULY

### 12-14 *Praying with Icons*

Since the earliest years of Christianity, icons have been an integral part of the devotional life of Christians in the Orthodox east. They are more than decorative works of art; they have been described as “doorways to the soul” as well as “theology in lines and colour”. What is it that icons can teach us about our faith and how can we use them to enrich our prayer life? After an introduction to the rich and symbolic language of icons we will look at a number of famous icons as well as a few that are less well known. We will also spend some time looking at icons of Our Lady. **Presenter:** Sr Hannah Massy-Greene osb

### 19-21 *Desire and Love – the heart of centering prayer and centering practice*

A silent weekend spent in the practice of centering prayer and exploration of the desire and love which calls us ever more deeply into the heart of our God. We will use poetry, Scripture and the writings of the mystics as keys to open the door to the world of longing and love within. **Presenter:** Sr Magdalen Mather osb

### 27 *Does the Forest Pray?*

A contemplative awareness of our environment and ecology bring healing and hope. A day retreat listening to the Spirit and exploring our monastic tradition to refocus our concerns for ecology.

**Presenter:** Sr. Veronica Chandler osb





## AUGUST

### 3 *God's Prayer Book-the Psalms*

No matter what part of the psalms you look at you will find yourself, your life and God's interaction with all of it. This day retreat hopes to give you a "user friendly" way to understand and to pray these same prayers of Jesus. **Presenter:** Sr Hilda Scott osb

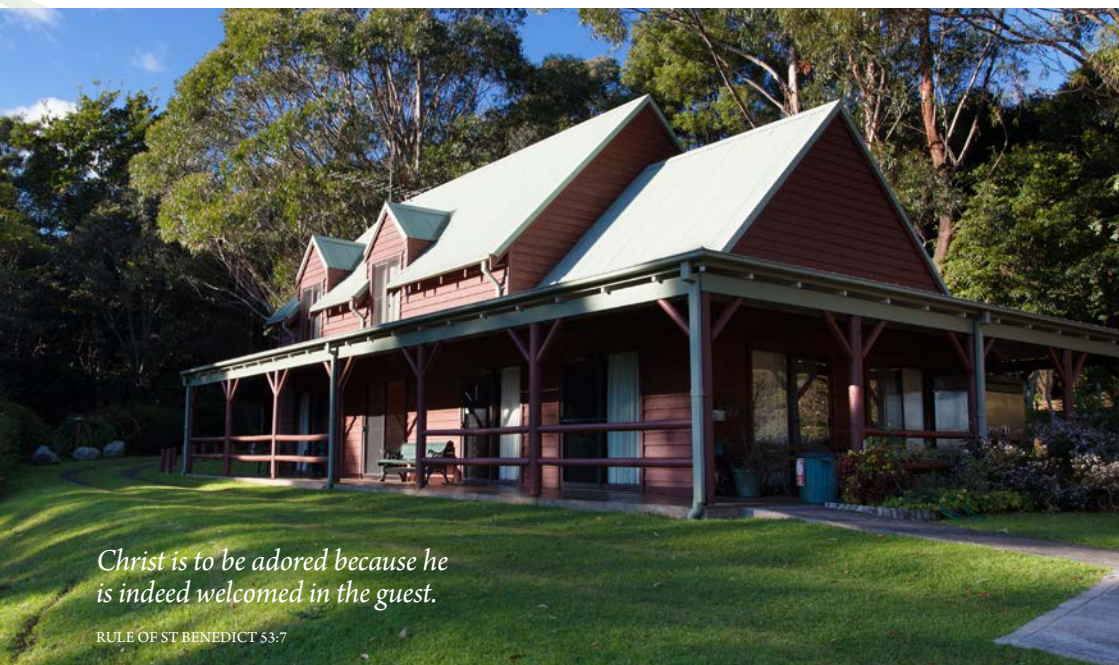
### 24 *Sophia in Bee Ecology*

Sophia is God's Wisdom reflected in nature. A day retreat looking at bee ecology in the wisdom of Benedictine Tradition. **Presenter:** Sr Veronica Chandler osb

## SEPTEMBER

### 21 *Women of Wisdom*

The inspiration of the Beguines -Mechtild of Magdeburg and Hadewijch. **Presenters:** LeeAnn Wein and Sr Mechtild Crawford osb



*Christ is to be adored because he  
is indeed welcomed in the guest.*



*The world is charged  
with the grandeur of God.*

GERARD MANLY HOPKINS

## OCTOBER

### 12 *Praying and playing with Holy Wisdom*

A day retreat where we will take a walk into the fields of Holy Wisdom exploring the wisdom figure of Hokhmah and related wisdom teachings of Jesus. “So Hokhmah, the feminine child, is playing in the world, obvious and unseen, playing at all times before the creator. Her delights are to be with (us), she is our sister” (Thomas Merton).

**Presenter:** Sr Magdalen Mather osb

### 25-27 *Praying and playing with Holy Wisdom*

A weekend retreat where we will take a walk into the fields of Holy Wisdom exploring the wisdom figure of Hokhmah and related wisdom teachings of Jesus. “So Hokhmah, the feminine child, is playing in the world, obvious and unseen, playing at all times before the creator. Her delights are to be with (us), she is our sister” (Thomas Merton).

**Presenter:** Sr Magdalen Mather osb



## NOVEMBER

### 15-17 *Oblate Weekend*

A weekend retreat for Oblates of Jamberoo Abbey.

Presenters: Sr Hildegard Ryan osb and Sr Hannah Massy-Greene osb

### 23 *Living the Beatitudes*


The Beatitudes are said to be a summary of Christ's teaching, the whole of the Gospel in eight verses. They have been described as the eight facets of discipleship. But they don't offer us a ride to fame, fortune and an easy life. Instead they promise that God is with us, that we will find him, in the ordinariness and messiness of our lives. Join us for this day retreat to experience the promise and challenge that Jesus offers us in the Beatitudes. **Presenter:** Sr Hannah Massy-Greene osb

*All guests who present themselves  
are to be welcomed as Christ.*

RULE OF ST BENEDICT 53:1







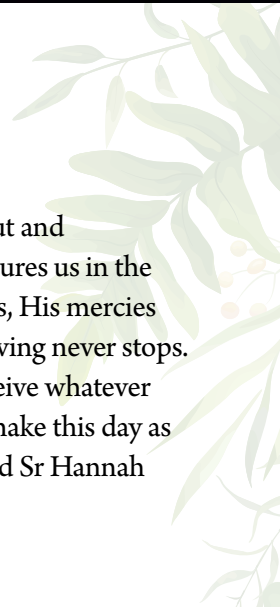
*Let us run in the way of  
God's commandments, our  
hearts overflowing with the  
inexpressible delight of love.*

RULE OF ST BENEDICT, PROLOGUE

## DECEMBER

### 7 “God’s Constant Gift”

The year is almost at an end, we are usually tired, worn out and wondering how we will deal with Christmas. Yet God assures us in the book of Lamentations that His steadfast love never ceases, His mercies never come to an end, His faithfulness is great and His giving never stops. This day retreat gives you an opportunity to stop and receive whatever gift He has for you at this year’s end. Perhaps you could make this day as a gift for someone else. **Presenters:** Sr Hilda Scott osb and Sr Hannah Massy-Greene osb





# BENEDICTINE EXPERIENCE WEEK

17 - 22 FEBRUARY 2019

It is understood that participants may wish to come for only one day or a few days, so the days are structured to enable that to happen without disturbing the total participation.

**ARRIVAL:** Friday afternoon 15 February

**DEPARTURE:** Friday morning 22 February

5.00am	Vigils Personal Prayer
7.30am	Lauds
9.00am	Mass
10am–11.00am	Talk in Conference Room (topics and presenters listed below) Morning Tea and then space for personal reflection
11.45–12.30 pm	Group Prayer (topics and presenters listed below)
1.00pm	Middle Hour then Dinner Free time Monastic work
5.00pm	Vespers Supper
7.00pm	Compline

*Slow down  
Breathe in the mountain air  
Let stress and worry fall away  
Soak in the silence  
Bask in the presence and love of God*

## TOPICS FOR TALKS

### **SATURDAY (16 Feb)**

- Introduction to Benedict and the Rule: Sr Hannah
- Lectio Divina: Sr Hildegard

### **SUNDAY (17 Feb)**

- Benedictine Spirituality: Sr Magdalen
- Centering Prayer: Sr Magdalen

### **MONDAY (18 Feb)**

- Prayer as we find it in the Rule: Sr Hilda
- Jesus Prayer: Sr Hilda

### **TUESDAY (19 Feb)**

- Monastic Values: Sr Veronica
- Mandala Prayer: Sr Veronica

### **WEDNESDAY (20 Feb)**

- Living the Rule in the World: Sr Hildegard
- Walking Meditation: Sr Magdalen

### **THURSDAY (21 Feb)**

- Ecological perspectives in the Rule of St Benedict: Sr Mechtild
- With Eyes Wide Open - Praying with the earth: Sr Mechtild

### **FRIDAY (22 Feb)**

- Timetable as usual until 10 am - 11 am Q & A session





## ADDRESS

### **Jamberoo Abbey**

695 Jamberoo Mountain Road  
Jamberoo NSW 2533

Visit our website and facebook page  
[www.jamberooabbey.org.au](http://www.jamberooabbey.org.au)  
[facebook.com/jamberooabbey](https://facebook.com/jamberooabbey)

## BOOKINGS

To make your booking and for further retreat details including accommodation and retreat costs:

**Phone** (02) 4236 0533

**E-mail** [cottageretreats@bigpond.com](mailto:cottageretreats@bigpond.com)

### **Cottage Retreat office hours**

*Mondays–Fridays*

10.00am - 3.00pm