

# Holy Week Retreat with Rev Catherine Eaton



## ABOUT CATHERINE

Catherine Eaton is an Anglican Priest and Spiritual Director.

Catherine initially trained in Social Sciences and worked as a Community Worker, for much of that time with Anglican churches in the Macarthur region of Sydney and later in Epping.

In the late 1990s, Catherine moved to Melbourne to complete her theological studies at Trinity College.

Following ordination, Catherine was fortunate to spend most of her years in Victoria on the Mornington Peninsula, first as Vicar of the parish of Sorrento and Rye, and then at St George's, Red Hill. Immersed in the diversity and beauty of the environment and aware of the search for something deeper evident in both church and local communities, these years offered Catherine opportunity to continue her explorations in spirituality.

Catherine is an oblate of the Jamberoo Abbey and has been visiting the community for over 25 years.

Catherine moved back to NSW in 2015, and now lives in the Southern Highlands where she offers Spiritual Direction, runs a couple of contemplative groups in her home, and assists in a local church community.

She has a deep sense of the need for contemplative prayer in these changing times for our world

## **DISCOVERING HOLY SATURDAY**

This retreat is based on the retreat offered to the Abbey community last year as the challenges of Covid-19 were becoming apparent.

Holy Saturday, the day between Good Friday and Easter Day, offers us a place to explore what it means to live in 'in-between' times, liminal times.

More importantly, Holy Saturday reminds us that the tomb holds the possibilities for transformation.

However, Holy Saturday is too often a neglected aspect of the Easter story. While we often speak of Holy Saturday as a time of waiting and unknowing, as was the case for the first disciples, if we die with Christ in order to rise with him, as St Paul writes in Romans, it seems that we also need to make a journey with him through the tomb of Holy Saturday.

While we have no idea what happened on that hidden day, this retreat offers us an opportunity to explore something of the mystery of Holy Saturday as we reflect on our own lives and how we might more intentionally give ourselves to the transformative work of the tomb and the possibilities of new life born out of a dying.

## **THE RETREAT**

In this Holy Week retreat we will be reflecting on what it means to live in the in-between times, and how we might discover more of the movements from death to life, darkness to light in our own lives, by journeying with Christ through the tomb of transformative love. This retreat offers opportunity to:

- consider how we can better support the processes of transformation in our own lives;
- bring our wondering to the scripture stories surrounding this missing day in Christ's journey;
- reflect on the place of our own wounds in the processes of transformation;
- deepen our prayer and our awareness of love in the movements of our own lives;
- consider how we can begin to participate in the work of Holy Saturday, as we explore our capacity to bring even some small part of ourselves, some wound, some loss, some challenge or concern, some darkness into the transformative space of the tomb.

This retreat is open to people of any denomination. While many will be involved in the rich liturgies of Holy Week over this time, it is hoped that the talks and opportunities for reflection and one-to-one conversations will weave together with the liturgical rhythm of Passion Week and bring us with Christ into a new place on Easter Day.

# An Overview of the Retreat

## A) YOUR COMMITMENT

You will need to be able to commit yourself to either one hour of prayer/ reflection/*lectio divina*/or meditation every day, whichever of these is your practice. This is in addition to watching the session's video.

## B) THE TIMETABLE

<b>Palm Sunday</b>	Introduction Liminal Times
<b>Monday</b>	A Place Prepared
<b>Tuesday</b>	Going Within
<b>Wednesday</b>	Surrender
<b>Holy Thursday</b>	The Wound
<b>Good Friday</b>	The Harrowing of Hell
<b>Holy Saturday</b>	Anticipating ..... Preparing.....
<b>Easter Sunday</b>	Resurrection Day

Note: Don't worry if you cannot complete the retreat during Holy Week because the material which becomes available each day of Holy Week will be available on Ruzuku for as long as you want access.

## **C) THE STRUCTURE OF EACH DAILY CONFERENCE**

Each daily conference will contain:

- Input from Catherine
- Quotes from Scripture and other sources for reflection.
- Questions for you to consider
- Sharing - an online discussion forum
- Suggestions for daily journal work

## **D) ONE FACE TO FACE MEETING WITH CATHERINE**

There is an opportunity for you to have one Zoom session of one hour or less with Catherine during the retreat. This session can be anything you choose: a clarification of the material, a sharing of your journal, seeking spiritual guidance, or simply talking about it all.

**This is optional.** Catherine will have set times for appointments during the week, so please check on availability by emailing [onlineretreat@jamberooabbey.org.au](mailto:onlineretreat@jamberooabbey.org.au) if you would like to book a Zoom session.

## **E) WHAT YOU WILL NEED**

- A Bible
- A Journal
- Art material if that is what is helpful for you.
- A space within your home, or elsewhere, for making the retreat. Make it your own special prayer space with a candle, and any other symbols you find meaning.

## **Registration**

**HOLY WEEK RETREAT PROGRAM FEE: AUD \$200**

To register to this online retreat, go to our website:

<http://www.jamberooabbey.org.au> - Retreats - Holy Week Retreat