



Jamberoo Abbey

BENEDICTINE COTTAGES

***Come let us go up to the
Mountain of the Lord (Isaiah 2:3)***

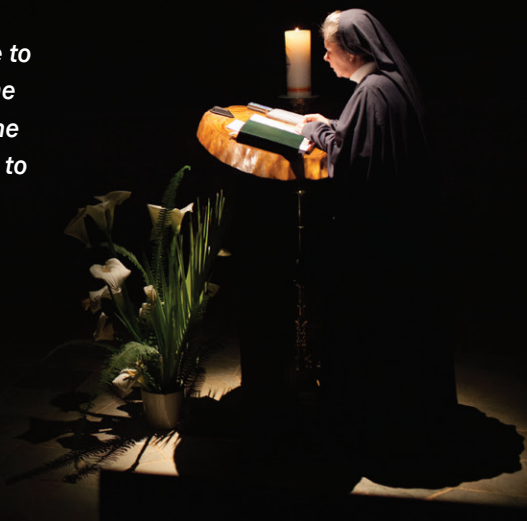
Walk with God in the
beautiful setting of Jamberoo Mountain



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.

A Place of Prayer and Peace

We invite you to take time and space to reflect on your journey with God in the context and rhythm of our Benedictine community life. We have come here to seek God and hope that we will be able to provide a place of healing and rest where you too can be still and listen to the voice of God in peace and safety.



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

Rule of St Benedict 53:1

Here, in the beauty of our mountain setting, you will have the opportunity to listen to God in:

- The Eucharist
- Personal prayer
- The Liturgy of the Hours
- Lectio Divina
- Meditation
- Silence
- Creation



SPIRITUAL GUIDANCE

A number of our sisters have trained as Spiritual Directors or Prayer Companions and are available to provide guidance for guests on retreat.

If you would like Spiritual Guidance during your retreat at the Abbey, please mention this when making your booking.



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

Rule of St Benedict 53:3

OPPORTUNITIES FOR REFLECTION AND PRAYER

Our Church is open from 4.20am until 6.45pm each day and all guests are welcome to pray in this beautiful and holy place or simply sit in silence allowing peace to sink into the soul.

Everyone is warmly invited to join the sisters for Eucharist or in praying the Liturgy of the Hours.

Twice a week, the sisters provide opportunities for guests to participate in Lectio Divina (Wednesdays) and guided Christian Meditation (Fridays). All are welcome!

We also have a large Conference Room with a smaller room attached to it. Both rooms may be used by guests for a gathering space or a place to sit and pray.

PRACTICAL DETAILS

Our cottages are places of Silence. Those who come to the Abbey seek peace and quiet during their stay as silence is so essential for listening and prayer. We ask that all guests enter deeply into the retreat atmosphere of the Cottages.





ACCOMMODATION

TWO COTTAGES

- St Scholastica's Cottage (above)
- St Lioba's Cottage



These cottages both have six single rooms with shared facilities. All meals are provided. We want everyone to be able to come to the Abbey to seek God, enjoy the beautiful surroundings, enter into silence and prayer and experience deep peace.

THREE HERMITAGES

- St Benedict's Hermitage
- St Anthony's Hermitage
- Bl Julian's Hermitage

These free-standing hermitages (below) are available to those who are seeking God in deeper solitude and prayer. Each hermitage is fully self-contained and all meals are provided.



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

Rule of St Benedict 53:7

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

Rule of St Benedict, Prologue

SIX ADJOINING HERMITAGES

- St Gertrud's Cottage
- St Hildegard's Cottage

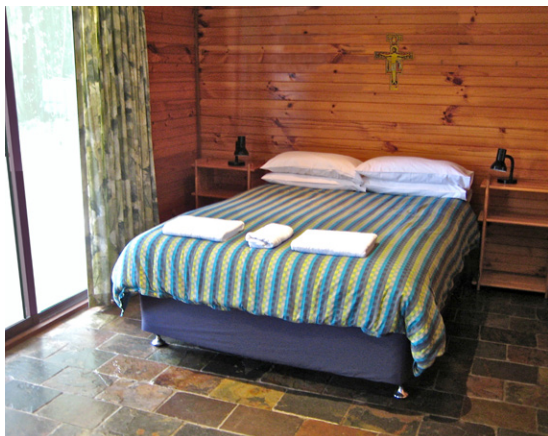
For those who prefer not to be so isolated, two of our cottages have been renovated so that we can now offer three separate, self-contained units within the one cottage.

There are two units downstairs and one upstairs. The two downstairs units have a double bed and the one upstairs has twin single beds. Each unit has a lounge area with a sofa, desk, table and chairs, a bedroom area with a double bed, a kitchenette and bathroom. The downstairs units have a glass door off the lounge opening onto a small verandah.

All units are very private and have a tranquil outlook over the beautiful rainforest.

MEALS

The main meal is provided for all guests in the Abbey Dining Room after the 1.00pm. Midday Prayer in the Church. Guests prepare their own breakfast and evening meal using food provided in the cottage/hermitage kitchenettes or in the Cottage Dining Room. The Dining Room also includes a small library.



The world is charged with the grandeur of God

Gerard Manly Hopkins

RAINFOREST WALK

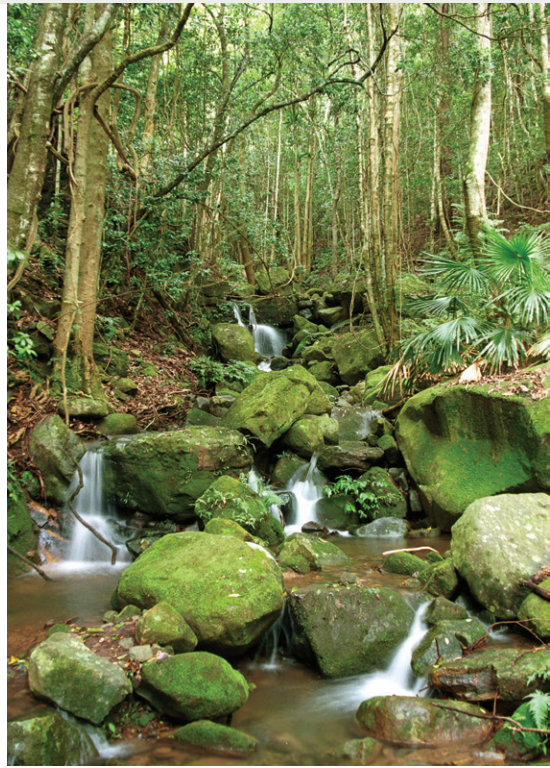
Guests are welcome to don their walking boots and enjoy a walk through the beautiful rainforest surrounding the Cottages. Sit on a rock by the water, listen to the glorious notes of the native birds, watch out for the cheeky lyre birds darting in and out of the ferns and bushes, experience the “grandeur of God” in creation!

WHAT IS PROVIDED

Sheets, towels, blankets, pillows, electric blankets, heaters, fans and doonas are provided in all rooms.

WHAT TO BRING

You need to bring your own toiletries, torch, alarm clock, walking gear and rain wear.



ARRIVAL AND DEPARTURE TIMES

Guests are asked to arrive between 3.00pm and 4.00pm weekdays.

Rooms are to be vacated by 10.00am on the morning of departure Monday to Friday and by 5.00pm on Sundays.



TRANSPORT

There is no public transport to the Abbey. If coming by train you will need to alight at Kiama Station and catch a taxi from Kiama to the Abbey. (Kiama Cabs - 02 4237 7505 approx. \$45 - \$50). A Shuttle Bus from Sydney Airport is also available. (Details: 02 4261 7393)

IF YOU ARE TRAVELLING FROM THE NORTH

Take the Princes Highway [1] and [F6]. Turn right to Albion Park at the large roundabout just past the turn to Haywards Bay/Yallah. At the traffic lights in Albion Park, continue straight and follow Jamberoo Road for approx eight minutes. Turn right into Jamberoo Mountain Road at the stone wall. This road is also marked as a turn to Robertson and the Minnamurra Rainforest. Continue on this

road climbing up the mountain for approx 7 kms. The Abbey is on the left hand side of the road and is clearly marked by an A-frame entrance with the words "The Abbey" written on it. Turn left into this driveway and continue along until you reach a large double cross and a small carpark. Park here then follow the path down to the abbey front door.

IF YOU ARE TRAVELLING FROM THE SOUTH

Take the Princes Highway [1]. Take the second turn-off to Kiama. Turn left at the sign to Jamberoo. Follow this road through the Jamberoo Village and turn left onto the Jamberoo Mountain Rd [80]. This is also the Robertson turn off. Once you have reached Jamberoo Mountain Rd, follow the instructions to the Abbey written above.





BOOKINGS

Cottage Retreat Office Hours:

Mondays, Tuesdays, Wednesdays & Fridays
10.00am - 3.00pm

Phone: 02 4236 0533

Email: cottageretreats@jamberooabbey.org.au



**Cottage Bookings
Benedictine Abbey
695 Jamberoo Mountain Rd
Jamberoo NSW 2533**



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