

# Leading Strings of Love Hosea 11:4

Conversion of Life

Obedience

Stability



Sr Dorothy Woodward rsj

Living the Benedictine Promises in the world

## A 40 Days Retreat with Sr Antonia osb



### **ABOUT SR. ANTONIA**

Sr. Antonia entered the Benedictine Abbey at Jamberoo, Australia, in 1990 and made her Solemn Profession in 1996. In 1997, she was appointed novice mistress and continued in that role for the next seventeen years. In 2001, she was appointed novice mistress at our foundation of Our Lady of the Desert in New Mexico, USA, and in 2004 was again at Our Lady of the Desert, this time as Prioress.

Sr Antonia was awarded a Certificate in Spiritual Direction from the Centre for Religious Development, Cambridge Massachusetts USA in 1995 and has worked as a spiritual director in our guest cottages during the ensuing years.

At present Sr Antonia gives conferences on the vows to our sisters in formation and writes our Chronicles. As well she has a reflections page on our website. When the current restrictions due to Covid 19 are lifted, she will once again take up her work of ordering gifts to be sold in our abbey shop.

Sr Antonia would like to thank her sisters in community who have been so supportive and helpful in putting this retreat together.

# The 40 days retreat

In this 40 days retreat we will be reflecting on the three interconnecting ‘movements’ by which a soul is drawn into an ever-deepening relationship with Christ. This retreat is for all those whose desire is:

- to gently give themselves to being exposed to ever deepening depths of relationship with the person of Christ;
- to know themselves in a new way, having come to see the necessity of stripping off the old and tattered clothes of ego domination;
- to allow the spirit to breathe within and through themselves to others.
- To, “prefer nothing whatever to Christ”. Rule of St Benedict (R.B. 72:11)

Anyone of any denomination and state in life is invited to make this retreat. The retreat is based on the three vows made by Benedictine nuns and monks, vows which are easily translated into promises, without a formal consecration to religious life: Benedict can be followed in married life and in single life.

These three interconnected movements, promises, vows are:

- Conversion of Life: The Turning
- Obedience: The Dying
- Stability: The Cleaving

As this retreat unfolds you will come to understand how these threefold movements can become the essence of your relationship with Christ, and that ultimately, they are one: an interconnecting movement of love as heart speaks to heart. They are our “leading strings” of love out of which flows Liberty of Spirit, a Benedictine charism.

# 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 retreat does not have to be completed during the specified time. The retreat may be joined at any time and all participants will find the material available on Ruzuku website.

## B) THE TIMETABLE

The following is a suggested timetable for the retreat content.

WEEK	DAY	CONFERENCE
1	Sunday Wednesday	Introductory Session Conversion of Life One
2	Sunday Wednesday	Conversion of Life Two Conversion of Life Three
3	Sunday Wednesday	Obedience One Obedience Two
4	Sunday Wednesday	Obedience Three Stability One
5	Sunday Wednesday	Stability Two Stability Three
6	Sunday Wednesday	Liberty of Spirit Concluding Session

Note: You may wish to complete the retreat in 40 days or you may wish to extend one “week” into two and so forth. The material will be put up each week on the website and, once you have registered, will be available for as long as you want to access the conferences.

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

Each weekly conference will contain:

- Input from Sr Antonia
- Quotes from Scripture and other sources for reflection.
- Questions for you to consider
- Journal work for the week ahead
- Suggestions for additional reading

### **D) ONE FACE TO FACE MEETING WITH SR. ANTONIA**

There is an opportunity for you to have one Skype or Zoom session of one hour or less with Sr Antonia 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. Appointments with Sr Antonia are limited and need to be arranged well in advance. To book an appointment, send an email to [onlineretreat@jamberooabbey.org.au](mailto:onlineretreat@jamberooabbey.org.au).

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

- A Bible
- A copy of the Rule of St Benedict
- A Journal
- Coloured pens or pencils for drawing.
- A space within your home, or elsewhere, for making the retreat. Make it your own special prayer space with a candle, and your Bible, maybe a crucifix or other symbols. Be creative and personal.

### **F) AVAILABLE FROM OUR ONLINE SHOP**

- Candle for the retreat from our online shop
  - Card for the retreat from our online shop
- Click [here](#) to visit our shop