



INFORMATION PAGE

Every person is like an instrument which can no doubt be disturbed and damaged by the world's wretchedness – but if you hold onto God, it can help you to an ever new melody.
Kierkegaard

The world as a whole is in crisis, and millions of individuals throughout the world are in personal crisis. Perhaps you too are in crisis? And if not at the moment, you will surely have known crisis at some stage in your life.

The crisis of crisis is that we do not understand crisis. Existential frailty is our lot. The Hebrew word for "crisis" is a biblical word meaning either the opening of the womb, or a birth-stool. We don't often understand crisis in this way...as something on the brink of giving birth.

What might we mean by crisis at both the objective and the subjective levels? How do we define crisis? How do we perceive it in our own personal lives? Where do we go in a crisis? Is there a meaning to be found in crisis?

These questions and others will be explored in this retreat. Scripture will help us, especially in relation to how Jesus dealt with, and found His way through, his own crises. We will also gain some practical, yet compassionate insights from the Rule of St Benedict as to a way whereby we might move through crisis.

It would seem that crisis and catastrophe are not synonymous. There is a mysterious meaning in crisis, a moment of radical uncertainty which can become, if we will allow it, the pivotal moment for the birth of something new, something greater, something deeper.

We would all be very familiar with the New Testament story of Jesus, but often it can just remain about **Him**: we ourselves are prone to hesitate on the precipice of change and teeter there in a 'no man's land', hesitant and afraid to take the plunge into the new reality of our existence, into which we are being invited by God.

And so we will ponder the mystery of Jesus Christ's last crisis, looking at it in relation to the crisis in our own lives. With the help of the Holy Spirit we will seek to find new ways of perception, ways that perhaps turn our present concept of reality upside down. And we will consider practical steps for moving forward

If understanding crisis, and how to journey through it is important for you, then this retreat could be of help. It is practically oriented but with a spiritual core that journeys into the depths of the mystery of our human existence with all its exigencies.

For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.

Jeremiah 29:11

FURTHER INFORMATION

This six week retreat consists of a weekly video conference available each Sunday, as well as suggestions for prayer and reflection for the rest of the week. In addition, there will be some Respite Care sessions available on each Friday to give us some rest. This will take the form of a 'story reading' conference. The reader for these conferences is Sr. Maureen Therese. The Holy Reading demands nothing of you other than listening to, and enjoying, the story.

There is also the opportunity to have a one to one meeting with Sr Antonia via Google Meet where you might want to share some insights, open up the material further or just touch base. There are no expectations. Spaces are limited though so bookings need to be made well in advance.

CONFERENCE TOPICS:

CONFERENCE ONE

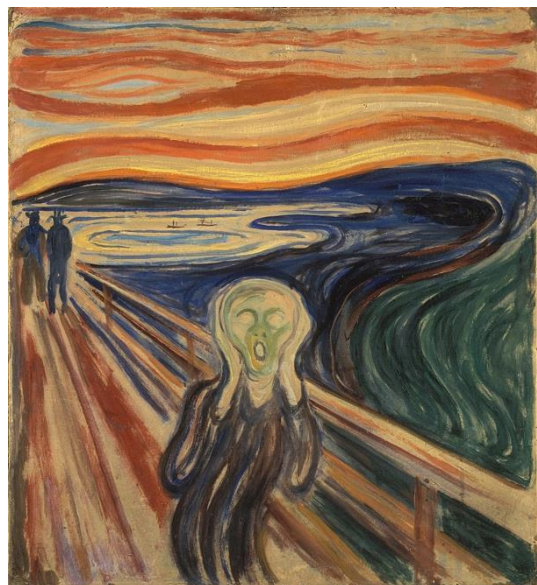
- a) *Death's Terror* (Sunday)
- b) Respite Care Story (Friday)



Jesus Prays on the Mount of Olives
Nicholas Mynheer

CONFERENCE TWO:

- a) *Crisis, Vulnerability and Fragility* (Sunday)
- b) Respite Care Story (Friday)



The Scream
Edvard Munch

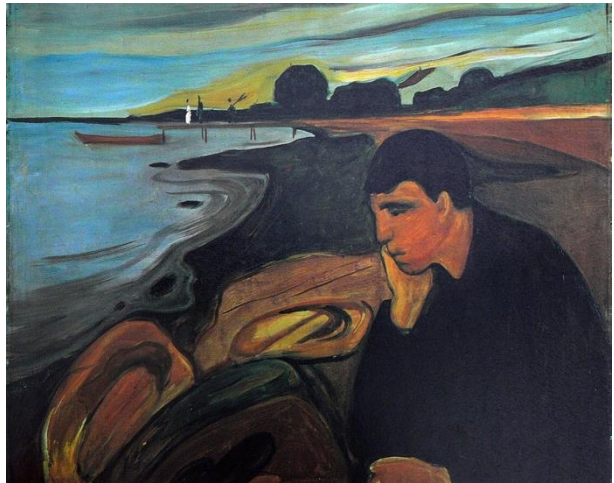
CONFERENCE THREE

- a) *Resistance and Resilience*
(Sunday)
- b) Respite Care Story (Friday)



CONFERENCE FOUR

- a) *Desolation* (Sunday)
- b) Respite Care Story (Friday)



Melancholy Edvard Munch

CONFERENCE FIVE

- a) *Rooted in the Eternal* (Sunday)
- b) Respite Care Story (Friday)



The Sun
Edvard Munch

CONFERENCE SIX

- a) *Kindly Light* (Sunday)
- b) Respite Care Story (Friday)



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