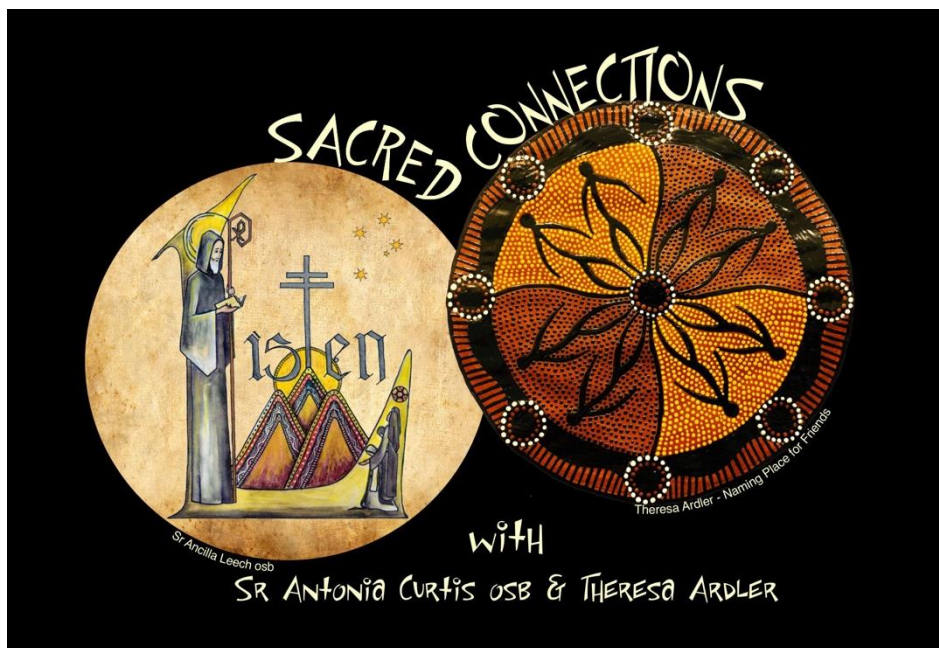


# SACRED CONNECTIONS



*Sacred Connections*  
*and*  
*Benedictine Spirituality*

In this retreat we will be pondering the values of Silence & Listening, Reverence and Community, all of which are integral to both Aboriginal Spirituality and the Rule of St Benedict. These two spiritualities embody an extremely ancient wisdom, Aboriginal spirituality developing over thousands and thousands of years and the Benedictine tradition from the 5<sup>th</sup> century and the earlier traditions of the desert mothers and fathers. Yet, despite the ancient nature of this wisdom teaching, the specific values we are looking at in the retreat will resonate deeply with the people of today's world, offering a way whereby a more meaningful and fulfilling life can be lived: a life where an integral relationship with creation is expressed, where God is revered, loved and worshipped, where his word is heard and where the dignity of all of humankind is acknowledged.

Theresa Ardler, a former lecturer in Aboriginal Spirituality at the Australian Catholic University is a sessional academic at the University of Notre Dame, Sydney campus teaching "The Making of Australian History". As well she is the Director of Gweagal Cultural Connections and gives presentations and workshops on Aboriginal Spirituality to various organisations and schools.

Sr. Antonia Curtis OSB, Jamberoo Abbey, a former teacher before entering monastic life, has lived and taught the Rule of St Benedict and its values to sisters in formation for the past 24 years. She has a certificate in Spiritual Direction from the Centre for Religious Development Cambridge Massachusetts, USA.

Theresa and Sr. Antonia will be your guides for the retreat, offering insights from their respective traditions and opening up a dialogue between the two.

In choosing to collaborate to bring this retreat to you we are stretching out our hands in friendship toward each other as we acknowledge, not just similarities but also our differences in how we see and relate to God and the world, Honouring both ways and striving to live in harmony and peace, we hope you will join us.

# OVERVIEW

There are six conferences in this retreat plus a video recorded conversation between Theresa and Sr. Antonia at the end of the retreat. There will be one conference each Sunday available for downloading, as well as suggestions for your prayer and reflection during the week.

This retreat is for you if:

- You are interested in participating in a focused retreat for Lent
- If you have an interest in Aboriginal Christian Spirituality
- If you wish to know some of the values associated with Benedictine spirituality.
- If you have an interest in making connections between the Aboriginal way of living and your Christian faith.
- If you are an oblate of our community.
- If you are seeking a way of being in our world that gives glory to God.
- If you wish to join hands in friendship and shared values with our Aboriginal brothers and sisters in a more concrete way.
- If you wish to learn more about silence, reverence and communal life.

You will need to be able to commit yourself to one hour of prayer daily.

# CONFERENCE TOPICS

## **TOPIC ONE: The Value of Silence & Listening**

CONFERENCE ONE: Silence in Aboriginal Spirituality Theresa

CONFERENCE TWO: Silence in the Rule of St Benedict Sr. Antonia

## **TOPIC TWO: The Value of Reverence**

CONFERENCE ONE: Reverence and Aboriginal Spirituality Theresa

CONFERENCE TWO: Reverence in the Rule of St Benedict Sr. Antonia

## **TOPIC THREE: The Value of Community**

CONFERENCE ONE: The value of Community in Aboriginal Spirituality Theresa

CONFERENCE TWO: Community in the Rule of St Benedict Sr. Antonia

## **CONCLUDING CONFERENCE:**

Theresa and Antonia: A Conversation

## **VIDEO CALL MEETINGS**

There is an opportunity for you to have one Google Meet 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 are limited and need to be arranged well in advance. Please contact [onlineretreat@jamberooabbey.org.au](mailto:onlineretreat@jamberooabbey.org.au) for bookings.

## **WHAT YOU WILL NEED:**

A Bible

A journal

Pencils, paints, or any other medium for expressing your insights through art.

A special place in your home or elsewhere where you can be silent and pray.