



Radical Amazement: A Contemplative Prayer Retreat***13-15 February 2026***

Awaken to wonder. In the quietness of monastic rhythm and the beauty of the south coast, discover the practice of presence through contemplative prayer. Learn to see the ordinary with fresh eyes and cultivate radical amazement—that deep sense of awe that opens the heart to the sacred in every moment. Guided by Benedictine wisdom, this weekend offers silence, reflection, and the gentle invitation to be fully present to God, to yourself, and to creation.

Presenter: Sr Magdalen Mather osb

Dare to Love as Jesus Loved***21 February 2026***

Dare to love as Jesus loved—pray with the love of Jesus this Lent, embracing the compassion that calls us beyond ourselves. This day offers a grace-filled invitation to stand with Christ and with one another as we enter this sacred season. Let it be a threshold into a Lent lived with intention, tenderness, and courage.

Presenters: Sr Magdalen Mather osb and Sr Julian Grigor

Oblate Weekend***20-22 March 2026***

A retreat for our Oblate community.

Presenters: Sr Magdalen Mather osb and Sr Mechtilde Crawford osb.

Circle of Women**28 March 2026**

This retreat offers conversation around what helps us to heal. Some healing symbols will be explored i.e. the labyrinth, the mandala, the circle. In this retreat we will affirm the wisdom of women who find their way through life's pain with the help of each other and the Holy Spirit's healing presence.

Presenter: Sr Veronica Chandler osb

Lord, Teach Us to Pray: The Aramaic Prayer of Jesus**10-12 April 2026**

In this contemplative retreat we return to the very words Jesus spoke as we explore the Lord's Prayer in its original Aramaic, uncovering layers of meaning often lost in translation. Discover the intimacy of "Abba," the urgency of daily bread, and the power of forgiveness as Jesus first taught them. Through guided reflection and prayer, experience this most familiar prayer as if for the first time—allowing its ancient rhythms to reshape your own conversation with God.

Presenter: Sr Magdalen Mather osb

He is risen!**18 April 2026**

Inviting youth and young adults aged 16 - 35 to come for a day of reflection. The Lord is risen! Let us come and spend time sitting at the tomb and wait for his voice to call our name. On this day, we will come together for praise and worship and we will pray with the scripture on Jesus' resurrection.

Presenter Sr Petra Dorothy osb

Praying Icons with Julian of Norwich**27 June 2026**

Join us for a contemplative day exploring the rich intersection of iconography and Julian of Norwich's Revelations of Divine Love. Through prayerful contemplation of various icons, we'll enter more deeply into Julian's mystical visions, allowing these sacred images to illuminate her profound insights into God's tender love and care. This retreat offers a unique opportunity to let icon and text speak to one another, opening new pathways of understanding and prayer. Suitable for those new to both iconography and Julian, as well as those seeking to deepen their existing practice.

Presenter: Sr Julian Grigor

Welcoming Sister Death

10-12 July 2026

We tend to forget or ignore the fact that one day we will die, preferring instead to focus on living our life as best we can now. But what if we were to take the plunge and turn to face the reality of our death? Based on Sr. Antonia's book *Dying to Die* we will be doing some gentle opening up of the issue of facing our dying. With some personal sharing from Sr. Antonia and the help of St. Benedict we will gently reflect on how each of us might be able to prepare for our dying. What might the journey look like? Journal work will form an integral part of the weekend.

Presenter: Sr Antonia Curtis osb

The Cloud of Unknowing: Foundation of Centering Prayer

17-19 July 2026

Drawing from the wisdom of the 14th-century mystical classic, this retreat explores *The Cloud of Unknowing* and its profound influence on the practice of Centering Prayer. Learn to move beyond thought and image into the silent presence of God, embracing the "cloud" where knowing gives way to loving. Through teaching, practice, and the stillness of monastic life, discover how this ancient contemplative path invites us to rest in God's presence with open hands and quiet hearts. A retreat for those seeking to deepen their prayer and surrender to the divine mystery.

Presenter: Sr Magdalen Mather osb

Circle of Women

September 5

This retreat offers conversation around what helps us to heal. Some healing symbols will be explored i.e. the labyrinth, the mandala, the circle. In this retreat we will affirm the wisdom of women who find their way through life's pain with the help of each other and the Holy Spirit's healing presence.

Presenter: Sr Veronica Chandler osb

Abba, Give Me a Word: The Desert and Discipleship

18-20 September 2026

In the stark wilderness of 4th-century Egypt and Syria, the Desert Fathers and Mothers sought God with radical simplicity, their wisdom distilled into brief, penetrating sayings that still speak across the centuries. This retreat invites you to sit at the feet of these ancient abbas and ammas, exploring their teachings on prayer, humility and discipleship. Discover how their desert wisdom illuminates the path of discipleship today, offering guidance for those who seek to follow Christ with clarity, courage, and an undivided heart.

Presenter: Sr Magdalen Mather osb

Listening to God

10 October 2026

Inviting youth and young adults aged 16 - 35 to this day of reflection. What does discernment mean? Come and spend a day to be with the Lord, to listen to him speaking deep into our hearts.

Presenter: Sr Petra Dorothy osb

Have a Heart

23-25 October 2026

St. John Henry Newman recognised that his deepest encounter with himself and with the Lord came not from his reading or reflection but from his prayerful dialogue, heart to heart, with Christ, alive and present. Have you ever wondered about your heart? Where is it? What is it? Informed by Pope Francis' Encyclical Letter DILEXIT NOS on the human and divine love of the Sacred Heart, we will be asking these and other questions about our heart.

What we mean by the heart and how we return to our heart will form the basis of some of our reflections. Using our journal, we will also spend some time learning to prayerfully dialogue with Jesus in the way St. John Henry Newman did. Our mind can understand the words of Jesus but only our heart, united with the heart of Christ, is capable of setting our other powers and passions, and our entire person in a stance of reverence and loving obedience to the Lord. (Pope Francis)

Presenter: Sr Antonia Curtis osb

Oblate Weekend

13-15 November 2026

A weekend retreat for our Oblate community.

Presenters: Sr Magdalen Mather osb, Sr Mechtilde Crawford osb

Journeying the Labyrinth

21 November 2026

Experience the labyrinth as a tool for contemplative prayer and spiritual insight. We'll begin by creating a labyrinth together, then explore multiple ways of engaging this ancient prayer practice - through mindful walking, contemplative writing, and other creative approaches. Whether you're new to labyrinth prayer or a seasoned pilgrim, this day of silence, reflection, and gentle movement offers space to slow down, listen deeply, and discover what the winding path reveals. No experience necessary - just an open heart and willingness to wander prayerfully

Presenter: Sr Julian Grigor

In the waiting of Advent, receive the gift of peace. As we prepare for the coming of Christ, this day offers space to step back from the rush and noise, to listen for the gentle whisper of "Peace be with you." Through silence, prayer, and reflection, explore what it means to carry peace within—not as the absence of struggle, but as the deep presence of God even in uncertainty. Let this Advent Day be a sanctuary where you can rest, restore, and remember that the Prince of Peace longs to dwell not only among us, but within us.

Presenters: Sr Magdalen Mather osb, Sr Peta Dorothy osb, Sr Julian Grigor

"We don't stop playing because we grow old; we grow old because we stop playing" (George Bernard Shaw). Play is not frivolous - it is a sacred gateway to wonder, joy, and encounter with God. As children naturally pray through play, we too are invited to rediscover this holy playfulness in our relationship with the Creator.

This weekend retreat explores prayer through the lens of play - approaching God with curiosity, delight, and freedom. We'll engage in playful prayer practices that awaken imagination, loosen our grip on outcomes, and create space for the Spirit to surprise us. Through gentle experimentation, creative exploration, and joyful abandon, we'll discover how play can deepen our prayer life and renew our sense of God's presence.

Presenter: Sr Julian Grigor