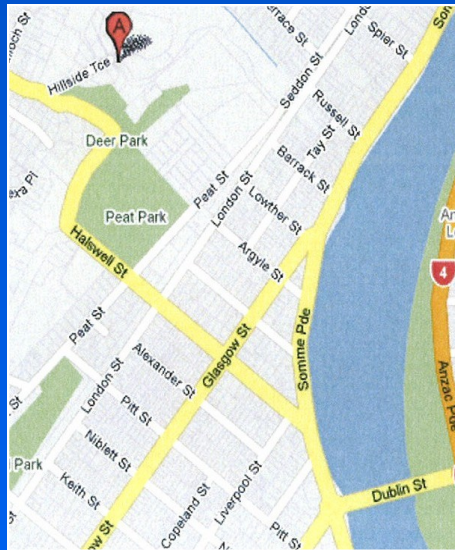


Te Punanga o Hōhepa



Josephite Retreat Centre

Mt St Joseph
14 Hillside Terrace, Whanganui
PO Box 777, Whanganui, 4541



To register:

Phone: 06 345 5047 x 3

Email: pam.hopper@sosj.org.au

*Registrations are essential
for programme events.
Early registrations encouraged.*

Groups & individuals are welcome to hire the Centre.

www.marymackillop.org.nz

Te Punanga o Hōhepa



Josephite Retreat Centre

2018 Programme Mahere

*he wāhi rangimārie
nurturing body, mind and spirit*



A ministry of the Sisters of St Joseph, Whanganui

The Earth is God's Body... Sally McFague

The Earth, our home, is beginning to look more and more like an immense pile of filth... Many things have to change course, but it is we, human beings, who above all need to change... Pope Francis

The Universe which was once molten lava now sings opera ... Brian Swimme

Nau mai, Haere mai!

We welcome you to 2018 at our Josephite Retreat Centre. We are offering a rich smorgasbord of topics, gathered loosely around the overall theme of

Fullness of Life for the Earth.

The Earth Charter, developed by the International Earth Charter Commission, (www.earthcharter.org) encourages us to have:

- Respect and care for the community of life**
- Ecological integrity**
- Social and Economic justice and**
- Communities in which democracy and peace can flourish.**

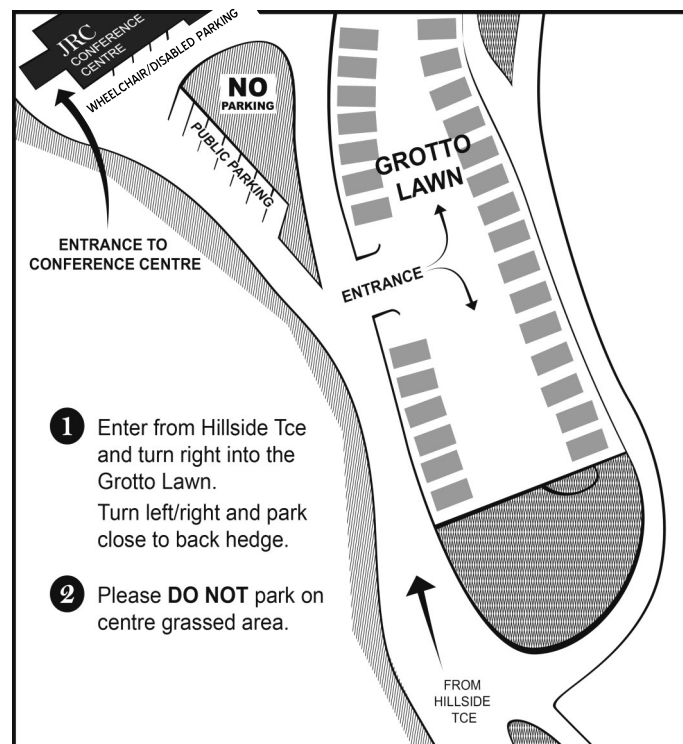
In all these aspects we humans, who have the gift of conscious awareness, are called to be responsible i.e. able to respond to the cry of the Earth and the young of all its inhabitant species, including our own. This ability to care for all the species to whom we are intrinsically connected, is nurtured by the wonderful gifts of Nature which surround us each day. How can we be more aware of many gifts e.g. that the Sun in each second expends 4 million tons of itself into light, in order to give life to everything on our planet. The Chapter Statement of the Sisters of St Joseph states:

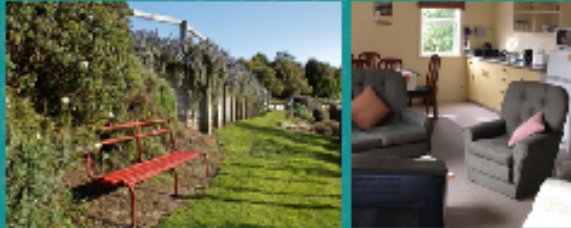
***Awakening anew to the creative vitality
of our abundant and exuberant God,
we will immerse ourselves more consciously
in the evolving mysteries
of the Universe, of Earth, of humanity.***

You are therefore invited to walk with us on this journey... So with this in mind, let us embrace the months of this new year, with an attitude of gratitude and awe for all that is in this wonderful world.



PARKING





ACCOMMODATION

Visitors Wing *(in house)*

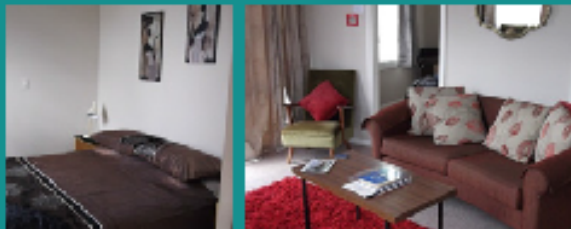
- 2 double bedrooms
- Lounge/Dining/Kitchenette
- Bathroom

Atawhai Flat *(Independent)*

- 2 Bedrooms (1 Double, 2 Singles)
- Lounge/Kitchenette
- Desk
- Wheelchair bathroom with wet-floor shower

ACCOMMODATION FEES *(prices include GST)*

- \$50 per person per night B&B
- \$40 per person per night no breakfast
- \$100 per night for Family B&B
- \$90 per night for Family no breakfast
- \$20 each extra person over 4 people



Liturgies

Every 3rd Sunday of the month from 4 - 5pm. Our liturgies are prepared by various individuals and groups and may reflect the seasons of the year or the **Year of the Healthy Planet**.

And we have a special time for reflection with a **Contemplative Retreat** in September, in the peaceful environment of the Josephite Retreat Centre. The theme is **Embracing Mystery**.

How Films Impact Our Spirituality:

A series of five films spread over ten weeks which will explore how movies help us in our personal spiritual lives. This will explore (at an individual reflection level) what can be learned about oneself from watching movies and aid growth towards authenticity. The structure of the programme means it will be of most benefit if participants can be present at each session.

DVD Evenings

A selection of interesting films from various countries which will entertain and inspire.

Tui Motu Group

Every 3rd Wednesday of the month from 7 - 8.30pm. An exploration of articles in the current **Tui Motu** magazine.

Faith Traditions

A panel consisting of representatives from several different faith traditions will share on the question: *'What's important to you in your day-to-day faith?'* This would be a respectful sharing from a people representing a variety of faith traditions in our country and is intended to help us grow in our understanding of others.

Tending the Soul

Take some guided time to reflect on your journey, in the peaceful environment of the Josephite Retreat Centre.

Marie Skidmore rsj: a Sister of St Joseph, concerned to look at avenues which develop personal spirituality & reveal the sacred in the ordinary, & to explore the sacred in nature & our connectedness with all living beings. As a counsellor, she is interested in links between psychology & spirituality, & ways in which films can influence our growth towards authenticity.

Rita Cahill rsj has many years of teaching experience & working in Parish Pastoral ministry. Music has always featured strongly within her ministries.

Fliss Newton: I have been counselling for over 25 years incorporating creative processes & journaling. I encourage clients to use writing as part of their healing to assist them work through issues, & as a vehicle for discharge & understanding. I use writing therapy as part of my own self-care & have been part of Writing Marathon Groups for many years.

Jacque Aldridge: I have been conducting workshops for 40 years from when I was writing my masters degree at Massey, in the Continuing Education program. I was instrumental in setting up the U3A Memoirs group in Palmerston North in 2016. I have seen for myself how writing a daily diary helps maintain balance, whether my issues are huge or tiny.

Julia Martin: I have been a scrap booker & card maker for more than 20 years. I love making cards & teaching others how to do so. In this busy world, it is so important for us to stop & be creative together.

Ann Jennison is an artist & a musician with a background in teaching. Her work in pastoral care at Nazareth increased an awareness of how challenging it can be to discuss death & dying. Ann wishes to increase the opportunities for daily discourse, so that these subjects can become more comfortable for all in our community.

Dorothy Gibbs is a wife, mother & grandmother. She is responsible for the flower ministry at St Theresa's Parish, Plimmerton, & loves the challenge of creating floral designs using flowers & foliage from her garden.



CENTRE HIRE

- Chairs/Tables
- Kitchen
- Crookery/utensils
- Conservatory
- Quiet Room
- Projector/Laptop
- 55" LED Smart TV/Web browser
- SKYPE camera through TV
- DVD/Blu Ray Player
- CD/Cassette Player
- Microphones
- Sound System
- Wireless Internet
- Catering

CENTRE FEES *(prices include GST)*

- Community \$30 per hour, \$120 per day
- Commercial \$40 per hour, \$180 per day
- Quiet Room Community \$40 per day
- Quiet Room Commercial \$60 per day
- Catering available on request

Extra charges may apply for some equipment used

Facilities at JOSEPHITE RETREAT CENTRE

Josephite Retreat Centre is the perfect venue for seminars, conferences, personal and professional development programmes, business meetings, interviews and retreats.

The Josephite Retreat Centre is housed in the historic building, Mount Saint Joseph, surrounded by well-established grounds, farmland and native bush with ample parking available.

The Retreat Centre boasts state of the art facilities offered in a relaxed and tranquil setting. Our conference centre setting combines the effective use of natural light and plenty of space. The result - an environment conducive to learning which ensures a successful event for everyone!

The conference room is well equipped with a variety of layout configurations for up to 50 people, with a conservatory and courtyard adjoined. Complementing the conference room is a quiet room with seating for up to 30 people. On-site accommodation is available.

The latest AV equipment is available, 55" LED Smart TV with in-built Internet and Skype capability. Projector, Interwrite-board, Wireless Internet, Audio System with microphones, Laptop and presenter aid.

Catering can be provided and we are proud to be offering our "Brain Food" menu which is designed for "boosting brain power" and keeping the mind invigorated throughout the day! A kitchenette is available fully equipped should you wish to self-cater.



Trish Daws, a Josephite Companion, grew up in Whanganui & went to Sacred Heart College. She taught in Catholic primary schools & did youth work in Auckland Diocese. She moved to Sydney & did further study in teaching Literacy & ESOL & taught in TAFE colleges there. Trish has also been involved in Sacramental programs, organising liturgies & prayer sessions. A need to play with colour & texture has led to happy dabbling in several craft areas.

Kura Simon, devoted wife of the late Morvin Simon, & mother of 11 children & many mokopuna, includes in her many skills & work, much support at Kaiwhāiki Marae, & co-tutors many community groups.

Kahurangi Simon, as eldest son of Morvin & Kura Simon, te reo Māori me ōna tīkanga were a staple diet at Kaiwhāiki Marae. After 20 years in Māori radio, Kahu now runs his own Internet Radio from home, with a popular reggae programme.

Sue Cosgrove dolc: a Sister of Compassion who lives in Wellington & whose home is "Hiruhārama/ Jerusalem".

Lyndall Brown rsj: I am a Josephite, a Spiritual Director, currently living in Auckland. I enjoy working with adults developing the interface of Spirituality & Psychology. I feel privileged to accompany people in their lives enabling them to attend to their own personal journeys.

Sandra Brunner is a naturopath with great interest in self-care. She uses a variety of modalities in her practice at the Self Care Clinic at Aramoho, such as naturopathic consultations, diet & lifestyle recommendations, aromatherapy, massage & reflexology. She moved to Whanganui from Switzerland about 2 years ago.

June Hickland rsj: I am a Sister of St Joseph, grew up in Taranaki & now living in Hawera. I have always had a passion for ministry in rural areas & for many years had Pastoral responsibility for an extensive rural district within the Hamilton Diocese. I enjoy leading Reflection Days & encouraging people to take time & space to enrich their spiritual & faith lives.



DVD Evening - Hidden Figures

The incredible untold story of the 3 brilliant African-American women who worked at NASA and helped with major space achievements.

Thursday 8 February 6.30pm *Supper provided* Koha

Shrove Tuesday celebration with breakfast

Tuesday 13 February 9.15 -10.30am

How Films Impact Our Spirituality

Help in making choices. *See P. 3 for explanation.*

Tuesday 13 February 7 - 9.30pm Koha

Marie Skidmore rsj

Liturgy: Caring for the Earth Now & for the Future

Sunday 18 February 4 - 5pm



Tui Motu Group

Wednesday 21 February 7 - 8.30pm

Rita Cahill rsj

A Way with Words: Writing for Wellbeing

Writing is an expansive process. It opens you up & helps complete your inner cycle. Writing therapy can be used for: expression; understanding old hurts; dreaming; increasing awareness; trialling new ideas; discharge; meditation etc. This workshop will use a number of processes to invite you to unlock unfinished business & build awareness, in a safe environment.

Friday 23 February 6 - 9pm &

Saturday 24 February 9am - 5pm \$20

Fliiss Newton & Jacque Aldridge

How Films Impact Our Spirituality

Search for authenticity. *See P. 3 for explanation.*

Tuesday 27 February 7 - 9.30pm Koha

Marie Skidmore rsj



DVD Evening - Mahana

Two East Coast Māori sheep-shearing families, rivals & enemies; the truth & implications of this family vendetta.

Thursday 8 March 6.30pm *Supper provided* Koha

Queries and Advertising

If you have any queries about upcoming events, or if you would like a copy of the programme posted to you at the beginning of the year, *please email*
pam.hopper@sosj.org.au

All workshops and quiet days are advertised regularly in the *River City Press - What's On* column, are featured on the *Wanganui.com* website, and in *Midweek - Happenings*.



Tea & coffee provided.
 BYO lunch unless otherwise noted.
 Registrations are essential for
 programme events.



How Films Impact Our Spirituality

Courage to act. See P. 3 for explanation.

Tuesday 13 March 7 - 9.30pm

Koha

Marie Skidmore rsj

Stamping Up - Easter Theme

Come along and create cards in the Easter theme.

Saturday 17 March 10am - 12.30pm \$10

Julia Martin

Liturgy

Sunday 18 March 4 - 5pm

Tui Motu Group

Wednesday 21 March 7 - 8.30pm

Rita Cahill rsj

How Films Impact Our Spirituality

Alone and together. See P. 3 for explanation.

Tuesday 27 March 7 - 9.30pm

Koha

Marie Skidmore rsj

April

Paenga-whāwhā



DVD Evening - Lion

A 5 year-old boy in India gets lost on a train & ends up adopted by an Australian couple. 25 years later he sets out to find his lost family...

Thursday 5 April 6.30pm *Supper provided*

Koha

How Films Impact Our Spirituality

Living an intentional life. See P. 3 for explanation.

Tuesday 10 April 7 - 9.30pm

Koha

Marie Skidmore rsj

Liturgy - Healthy Planet, Healthy Harvest



Sunday 15 April 4 - 5pm

Tui Motu Group

Wednesday 18 April 7 - 8.30pm

Rita Cahill rsj

Faith Traditions Sharing

This would be a respectful sharing from people representing a variety of faith traditions in our country & is intended to help us grow in our understanding of others.

Thursday 19 April 7 - 9pm

Koha

Living & Dying Well Weekend

A weekend workshop exploring the questions:
 "What is a good life?" *and* "What is a good death?"
and "How are these linked?"

Friday 4 May 5.45 - 8.30pm

Saturday 5 May 9.15am - 5pm

Sunday 6 May 10am - 3pm

\$20

Ann Jennison



DVD Evening - Noble

A fearless Irish woman leaves the slums of Ireland and goes to Vietnam and brings about change for many people.

Thursday 10 May 6.30pm *Supper provided* Koha

World Fair Trade Day - High Tea & Collection

Friday 11 May 2.30 - 3.30pm

Stamping Up - Mothers and Daughters

An opportunity to make your own creative cards.

Saturday 12 May 10am - 12.30pm \$10

Julia Martin



Tui Motu Group

Wednesday 16 May 7 - 8.30pm

Rita Cahill rsj

Liturgy

Sunday 20 May 4 - 5pm

Marriage Enrichment Weekend

How to build a healthy marriage that lasts a lifetime. Over a weekend, couples will be invited to discuss and reflect privately on their marriage relationship including the art of communication, the power of forgiveness, parents and in-laws, good sex and love in action. Based on Christian principles, the course is designed for couples only, both married and de-facto, from both faith and non-faith backgrounds.

Friday 25 May 7 - 9pm, Saturday 26 May 9am - 5.30pm

Sunday 27 May 9am - 3pm

\$25pp

Pam Hopper

Nurturing - Self-Care Day

Enjoy and experience a day of self-care and nurturing your body, mind and soul. We indulge with a foot spa, self-massage, aromatherapy, tips to relax and healing nutrition and more.

Saturday 3 November 10am - 3pm

\$20

Sandra Brunner



DVD Evening - The Ultimate Legacy

Following his experiences in 2 previous movies, Jason Stevens' life carries on.

Having dealt with the tragedies and perils of his own family, he now tries to help a friend on a similar journey.

Thursday 8 November 6.30pm *Supper provided* Koha

Stamping Up - Christmas Theme

Make some creative cards this Christmas.

Saturday 10 November 10am - 12.30pm



\$10

Julia Martin

Liturgy

Sunday 18 November 4 - 5pm

Tui Motu Group

Wednesday 21 November 7 - 8.30pm

Rita Cahill rsj

Advent Reflection

Saturday 1 December 10am - 3pm

\$20

June Hickland rsj

Liturgy - Meri Kirihimete

(Please bring a non-perishable food item to assist those in need at this time)

Sunday 16 December 4 - 5pm

Tui Motu Group

Wednesday 19 December 7 - 8.30pm

Rita Cahill rsj



Stamping Up - General Card Making

Another opportunity to make special cards.
Saturday 8 September 10am - 12.30pm \$10



Julia Martin

6 Day Guided Retreat**EMBRACING MYSTERY**

This Contemplative Retreat will draw on the writings of two mystics -

Thomas Merton, and Mary Oliver, a poet.

Each day will focus on a particular theme offering opportunities to embrace the Mystery of God.

This retreat will be led by **Lyndall Brown rsj**

Sunday 9 September 5.30pm to

Saturday 15 Sept after lunch.

\$575 Live in/\$425 Live out

Liturgy

Sunday 16 September 4 - 5pm

Tui Motu Group

Wednesday 19 September 7 - 8.30pm

Rita Cahill rsj

**Creating Mandalas**

In this workshop we will make individual mandalas. This can be a meditative time using pattern, colour and texture to let go past and future thoughts and dwell in the present. Or it can be used to record what is happening in one's emotional life path as recommended by Jung. Input both ways will be considered.

Saturday 13 October 10am - 2pm \$20

Trish Daws

Tui Motu Group

Wednesday 17 October 7 - 8.30pm

Rita Cahill rsj

Liturgy - Wonders of Creation

Sunday 21 October 4 - 5pm

**'This I Believe...'**

Harete Hipango is a lawyer and proud Whanganui local. She and her husband, Dean MacFater, are mana whenua of the area, with Harete having affiliations with Te Ātihaunui a Pāpārangi, Ngāti Apa and Nga Rauru. Harete was born, raised and educated in Whanganui, attending Sacred Heart College. She graduated in 1991 with an LL.B and has worked in general practice in family, mental health, youth justice, child welfare, criminal, Maori land and mediation. She has served in a number of governance roles including the Whanganui District Health Board and is now the Whanganui electorate MP, the first Māori woman MP for Whanganui in a general seat.

Harete and Dean met while at college in Whanganui and they have three adult children - Paparangi, Keepa and Roimata - whom they have inspired and are now inspired by.

Join us for an interesting and informative talk, followed by questions & supper.

Wednesday 6 June 7 - 9pm

Koha

Liturgy

Sunday 17 June 4 - 5pm

Tending the Soul

A Quiet Day of Prayer and Reflection.

Monday 18 June 10am - 3pm

Koha

Trish Daws

Tui Motu Group

Wednesday 20 June 7 - 8.30pm

Rita Cahill rsj

**'This We Believe...'**

Come along for an interesting evening as **Cullinane College Students** share their ideas and beliefs.

Followed by questions & supper.

Thursday 21 June 7 - 9pm

Koha

July**Hōngongoi****A Day on Teilhard De Chardin** (1881-1955)

"We are the universe made conscious of itself."

An exploration of the life and teaching of Teilhard De Chardin, SJ. This Jesuit visionary theologian and evolutionary theorist, who trained as a palaeontologist, was a scholar of geology and botany. He authored several books on philosophy and theology. He spent his life building a theory that would reconcile evolutionary science and religion, and is one of the foremost thinkers of our time.

Saturday 7 July 10am - 2pm \$20

Marie Skidmore rsj

**DVD Evening - The Shack**

After a family tragedy and a crisis of faith, Mack is unable to move on until he gets an invitation to a shack and meets 3 strangers who transform his life.

Thursday 12 July 6.30pm *Supper provided* Koha

Stamping Up - Birthday Theme

An opportunity to make creative birthday cards.

Saturday 14 July 10am - 12.30pm \$10

Julia Martin

Liturgy

Sunday 15 July 4 - 5pm

Tui Motu Group

Wednesday 18 July 7 - 8.30pm

Rita Cahill rsj

**Mid-Winter Christmas Floral Fun**

Morning: Floral fun using flax in interesting ways e.g. weaving, making hapene, manipulating flax.

Afternoon: creating a mid-winter Christmas table design using baubles, Christmas decorations etc.

Saturday 28 July 10am - 3pm \$20

Dorothy Gibbs

August**Here-turi-kōkā****Waiata, Kōrero, Karakia**

Join us as we celebrate **Maori Language Week 2018**.

Date to be advised. 10am - 12pm

Kura & Kahu Simon

**A Day On Thomas Berry** (1914-2009)

"Destroying rain forest for economic growth is like burning a Renaissance painting to cook a meal."

An exploration of the life and teaching of Thomas Berry, whose work showed us the importance of fostering mutually enhancing human-Earth relationships which help us to heal our traumatised global bio-system. He made a powerful call for a return to core values which include our connectedness with Nature and our recognition of the sacredness of the community of life in the evolving universe. He also helped us discover our spiritual bearings in this challenging time of concern for our planet. We will also take a look at the implications of climate change.

Saturday 4 August 10am - 2pm \$20

Marie Skidmore rsj

A Journey with Suzanne Aubert

A day to reflect and ponder on the life of Suzanne Aubert and to explore the relevance of Suzanne's vision and legacy in our world today.

Saturday 11 August 10am - 3pm \$20

Sue Cosgrove dolc

Tui Motu Group

Wednesday 15 August 7 - 8.30pm

Rita Cahill rsj

Liturgy

Sunday 19 August 4 - 5pm

**DVD Evening - The Light Between Oceans**

Lighthouse keeper, Tom, and his wife, Isabel, live on a remote island. Their bliss is turned upside-down when they learn Isabel is unable to have a child. One day, a child drifts ashore on a lifeboat - the couple now have to face a dilemma...

Thursday 23 August 6.30pm *Supper provided* Koha