



Josephite Retreat Centre

Te Punanga ō Hōhepa



2020 Programme Mahere

*nurturing body, mind and spirit
he wāhi rangimārie*

A ministry of the Sisters of St Joseph, Whanganui

This year's Te Punanga ō Hopeha Programme sees the theme of 'Attitudes of Being' woven throughout, focusing on Pope Francis' six new Beatitudes alongside the traditional Beatitudes.

The Beatitudes are referenced throughout this year's liturgical programme offering reflections on Pope Francis' call to **"protect and care for our common home"**, **"to forgive"** and **"to have compassion for the vulnerable."**

Climate change has dominated the collective conscience of the world throughout the previous year, with global protests, marches and rallies occurring throughout much of the globe. Pope Francis' message in *Laudato Si* links climate justice to the Church's concern for the poor and vulnerable: **"...We have to realise that a true ecological approach always becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear both the cry of the earth and the cry of the poor."**

To reflect the concern of the world and the sentiments of Pope Francis, we have included **'Theology in the Context of Climate Change'** in this year's programme. Marie Skidmore rsj and Liz Hickey rsj will also lead an **exploration of *Laudato Si*** which calls us to 'protect and care for our common home'.

The global climate movement has allowed young people like Greta Thunberg to shine, we have recognised the value that young people provide in the life of the Church by running two **'This I Believe'** sessions featuring students from Cullinane College and the Palmerston North Diocesan Young Adult community.

We have also included a day-long **session on the Beatitudes** to recognise this year's theme. The session will include an examination of the traditional and new Beatitudes, seeking to help us to transfer them into a reality in our everyday lives. Our **film series** focuses on the bravery of people who are prepared to step out and live the Beatitudes, by taking bold steps out of compassion for others.

"The Beatitudes are in some sense the Christian's identity card. They identify us as followers of Jesus. We are called to be blessed, to be followers of Jesus, to confront the troubles and anxieties of our age with the spirit and love of Jesus." - *Pope Francis*

Josh Chandulal-Mackay
JRC Programme Group



Liturgies

Every 3rd Sunday of the month from 4 - 5 pm.
Our prayer process is prepared by various individuals and groups and may reflect the seasons or our theme of **Attitudes of Being**.

And we have a special time for reflection with a **Guided, Silent Retreat** in September, in the peaceful environment of the Josephite Retreat Centre. The theme is:
'Reimagining God's Dream for the World'

How Films Impact Our Spirituality

A series of five films spread over ten weeks which will explore how movies help us to understand our personal lives. This will explore (at an individual level) what can be learned about oneself from watching movies and reflecting on life's journey.

"It's not so much about the movie - it's about you."

The structure of the programme means it will be of most benefit if participants can be present at each session.

The theme this year is: **Called to be Blessed**.

Caritas 2020 Lenten Sharing will be on the theme **"Renewed by the Spirit"** from Pope Francis' document:

"May you come to realise what that word is, the message of Jesus that God wants to speak to the world by your life. Let yourself be transformed... and be renewed by the Spirit..."

'Gaudete et Exsultate' 2018, pg 24.

To be renewed we are spreading God's word by living the commandment to love and serve one another as Jesus did. The grace of God shines through us, with strength and energy to enable us to reach out with hope and love to those in need.

DVD Evenings

Some films about people who are prepared to be brave and to take bold steps for others.

Tui Motu Group

Every 3rd Wednesday of the month from 4.30 - 6pm.
An exploration of articles in the current **Tui Motu** magazine.

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

Tracey Young, Patron of Vedic Art NZ: “I enjoy learning new things and am very interested in finding spiritual practices and exploring Art and Creativity as ways to bring Peace and Prosperity into my Life, and into those of my Friends and Family and the wider Community.”

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

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

Rosalie Conder has had 43 years in religious life and has been involved in special needs education, social work and parish counselling. On leaving religious life, she has worked in mental health support. She is deeply aware of God’s action in the process of life.

Patricia Harvey M.Theol: “With a working life as a chartered accountant, I turned to full time theology after I retired. My thesis was in Practical Theology and my focus is now on climate change and its possible theologies, and the intricacies of how people are interacting with possible solutions.”

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.”

Lyndall Brown: “I am a Josephite, a Spiritual Director, currently living in Temuka. I enjoy working with adults developing the interface of Spirituality and 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 and lifestyle recommendations, aromatherapy, massage and reflexology. She moved to Whanganui from Switzerland about 13 years ago.

Margaret Rowley rsj and **Liz Hickey rsj** are Sisters of St Joseph. Margaret’s involvement has been in education, hospitality and administration. Liz has a background in education and social work. They look forward to leading a group in the **2020 Caritas Lenten Programme.**

Jill McLoughlin rsj has a keen interest in spirituality and enjoys being able to offer people the opportunity to reflect on their lives and to take time to nourish their own spirituality. She has a great love of music and enjoys using this gift to enhance the ministries she is involved in.



How Films Impact Our Spirituality (Called to Wholeness)

See p.3 for explanation.

Film: Notes on Blindness

Tuesday 4 February 7 - 9.30pm Koha

Marie Skidmore rsj

The Life-Changing Method of Tidying Up (1 Year On)

"For those that want to make life lighter and simpler for new people and for those who enjoyed last year's session."

Saturday 15 February 10am - 12pm

\$10

Tracey Young

Liturgy - Compassion for the Vulnerable

Sunday 16 February 4 - 5pm



How Films Impact Our Spirituality (Called to Wholeness)

See p.3 for explanation.

Film: I, Daniel Blake

Tuesday 18 February 7 - 9.30pm Koha

Marie Skidmore rsj

Tui Motu Group

Wednesday 19 February 4.30 - 6pm

Rita Cahill rsj

Shrove Tuesday celebration with breakfast

Tuesday 25 February 9.15 - 10.30am

Caritas Lenten Sharing Group

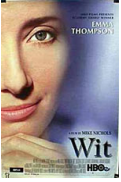
"Renewed by the Spirit"

See p.3 for explanation

Thursday 27 February 2 - 3.30pm

Liz Hickey rsj & Margaret Rowley rsj





How Films Impact Our Spirituality (Called to Wholeness)

See p.3 for explanation

Film: Wit

Tuesday 3 March 7 - 9.30pm

Koha

Marie Skidmore rsj

Caritas Lenten Sharing Group “Renewed by the Spirit”

See p.3 for explanation

Thursday 5 March 2 – 3.30pm

Liz Hickey rsj & Margaret Rowley rsj

Taizē Prayer Evening

Friday 6 March 7 - 8pm

Rita Cahill rsj

Financial Peace Workshop inspired by Dave Ramsey’s spiritual approach to increasing abundance, contentment, and improving home life and security for your future. This is a session that will creatively cover the 7 baby steps and get us all started on baby step 1 and explore the beautiful power of giving. This would be a good workshop for those who would like to improve their financial situation wherever they are financially.

Saturday 7 March 10am - 3pm

\$20

Tracey Young

Caritas Lenten Sharing Group “Renewed by the Spirit”

See p.3 for explanation

Thursday 12 March 2 – 3.30pm

Liz Hickey rsj & Margaret Rowley rsj

Creative Card Making

Suitable for beginners and regular crafters alike.

Saturday 14 March 10am - 12.30pm \$10

Julia Martin



Liturgy - Jean Vanier

Sunday 15 March 4 - 5pm



How Films Impact Our Spirituality (Called to Wholeness)

See p.3 for explanation.

Film: Whale Rider

Tuesday 17 March 7 - 9.30pm Koha

Marie Skidmore rsj

Tui Motu Group

Wednesday 18 March 4.30 - 6pm

Rita Cahill rsj

Caritas Lenten Sharing Group

“Renewed by the Spirit”

See p.3 for explanation

Thursday 19 March 2 – 3.30pm

Liz Hickey rsj & Margaret Rowley rsj

Caritas Lenten Sharing Group

“Renewed by the Spirit”

See p.3 for explanation.

Thursday 26 March 2 – 3.30pm

Liz Hickey rsj & Margaret Rowley rsj

The Mystery of Mystics!

What defines a Mystic? The mystical search for God’s love in the ordinary process of life.

Saturday 28 March 10am - 4pm

\$20

Rosalie Conder



How Films Impact Our Spirituality (Called to Wholeness)

See p.3 for explanation.

Film: Shooting Dogs

Tuesday 31 March 7 - 9.30pm Koha

Marie Skidmore rsj

Caritas Lenten Sharing Group
“Renewed by the Spirit”

see p.3 for explanation

Thursday 2 April 2 – 3.30pm

Liz Hickey rsj & Margaret Rowley rsj



Tui Motu Group

Wednesday 15 April 4.30 - 6pm

Rita Cahill rsj

Liturgy - Blessed are those who forgive

Sunday 19 April 4 - 5pm

Stations of the Resurrection -
The Journey from Easter to Pentecost.

Inspired by an ancient inscription found on a wall of the catacombs in Rome, the Stations juxtapose the Way of Light with the Way of the Cross.

They emphasize the hopeful aspect of the Christian story.

Wednesday 22 April 7pm

Koha

Rita Cahill rsj



Stations of the Resurrection

This contemplative evening follows on from 22 April.

Wednesday 29 April 7pm

Koha

Rita Cahill rsj

World Fair Trade Day – High Tea and Collection

Friday 8 May 2.30 - 3.30pm

Creative Card Making

Suitable for beginners and regular crafters alike.

Saturday 9 May 10am - 12.30pm

\$10

Julia Martin



DVD Evening - The Public

An act of civil disobedience turns into a standoff with police when homeless people in Cincinnati take over the public library to seek shelter from the bitter cold.

Wednesday 13 May 6.30pm *Supper provided* Koha

Liturgy - Blessings...

Sunday 17 May 4 - 5pm

Tui Motu Group

Wednesday 20 May 4.30 - 6pm

Rita Cahill rsj

A Day on Hildegard of Bingen - 12th century German mystic.

This Benedictine abbess was a talented poet, artist and composer. She had visions of the Divine from childhood but did not communicate anything of this until she was 42 years old. Hildegard regarded God as the Fullness of Life and all living creatures as radiating from that Brilliance...she connected science and religion, urged humans to relish their life's journey, and wrote treatises on medicine and natural history. She had a prophetic role within the Church and was finally proclaimed a Saint by Pope Benedict XVI in 2012. Much of what she proclaimed has relevance to our Christian life today.

She created many mandalas giving expressions to her visions and we will explore these.

Saturday 30 May 10am - 2pm

\$20

Marie Skidmore rsj

Theology in the Context of Climate Change

“Ignorance, Denial, Tolerance, Indifference, Stupidity – words found in the context of climate change denial.

How do these attitudes affect climate change scenarios?

Can theology help people on their journey of change?

I’ll start with the current status of the science so that we can all interact in the same context.”

Saturday 6 June 10am - 2pm

\$20

Patricia Harvey

Tui Motu Group

Wednesday 17 June 4.30 - 6pm

Rita Cahill rsj

Liturgy - Blessed are they who protect and care for our common home.

Sunday 21 June 4 - 5pm

DVD Evening - Hacksaw Ridge



The film focuses on the WWII experiences of a US pacifist and Christian combat medic, who refused to carry or use arms. He was awarded the Medal of Honor, for service during the Battle of Okinawa.

Graphic war content

Wednesday 24 June 6.30pm *Supper provided* Koha

“This We Believe...”

with Cullinane College Students

who will share their ideas and beliefs.

Thursday 25 June 7 - 9pm

Koha

Creative Card Making

Suitable for beginners and regular crafters alike.

Saturday 11 July 10am - 12.30pm

\$10

Julia Martin

Tui Motu Group

Wednesday 15 July 4.30 - 6pm

Rita Cahill rsj

Liturgy - An Attitude of Being

Sunday 19 July 4 - 5pm

**DVD Evening - Green Book**

In 1962, a world-class African-American pianist hires a tough-talking bouncer from an Italian-American neighbourhood in the Bronx, to drive him on a tour.

And despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.

Wednesday 22 July 6.30pm *Supper provided* Koha

Write for Health

"It is over 40 years since I began facilitating workshops. Yet over all that time, my life has been continuously changing. Each age has its challenges. The years have seen my writing in many forms, and some of these form part of this workshop. The experiences are revealing and enjoyable. Come along and enjoy a day with other seekers."

Saturday 25 July 9am - 4pm

\$20

Jacque Aldridge

Waiata, Kōrero and Karakia

Join us as we celebrate

Maori Language Week 2020*Date to be advised* 10am-12pm**Maramapai Simon & Lynaire Simon**
TE WIKI
○ TE REO
MĀORI
**DVD Evening - The Lunchbox**

Mumbai's lunchbox delivery system transports thousands of meals everyday from kitchens to offices.

Just one in a million lunchboxes is ever delivered to the wrong address.

This is the story of that one lunchbox.

Wednesday 12 August 6.30pm

Supper provided Koha

“This We Believe...” with Te Ahi Kaa**(Young Catholics from Palmerston North Diocese)**

who will share their ideas and beliefs.

Thursday 13 August 7 - 9pm

Koha

Liturgy - Blessed are the Peacemakers

Sunday 16 August 4 - 5pm

Tui Motu Group

Wednesday 19 August 4.30 - 6pm

Rita Cahill rsj

Creative Card Making

Suitable for beginners and regular crafters alike.

Saturday 12 September 10am - 12.30pm \$10

Julia Martin

**Six Day Guided, Silent Retreat:
'Reimagining God's Dream for the World'**

This silent guided retreat will be based on John Philip Newell's book "The Rebirthing of God".

Each day will be spent deepening our awareness with one of the following themes:

reconnecting with spiritual practice,
with the earth, with light, with compassion,
with love, and with non-violence.

The style of the retreat will include contemplative processes, music, input, and time for reflection.

Sun 13 Sept 5.30pm to Sat 19 Sept after lunch.

\$575 Live in/\$425 Live out.

Lunch & dinner provided.

Lyndall Brown rsj

Liturgy - Seeing God in Everyone

Sunday 20 September 4 - 5pm

Tui Motu Group

Wednesday 23 September 4.30 - 6pm

Rita Cahill rsj

Be-Attitudes - Attitudes of Being

A time to learn about and reflect on these very important principles of being...Be-Attitudes...helping us transform these into reality in our everyday lives.

Saturday 3 October 10am – 4pm

\$20

Marie Skidmore rsj

**DVD Evening - Red Joan**

In a picturesque village in England, Joan Stanley lives in contented retirement. Then suddenly her tranquil existence is shattered as she is shockingly arrested by MI5. For Joan has been hiding an incredible past: she is one of the most influential spies in living history.

Wed 14 October 6.30pm *Supper provided* Koha

Liturgy - Our Common Home

Sunday 18 October 4 - 5pm

Tui Motu Group

Wednesday 21 October 4.30 - 6pm

Rita Cahill rsj

A TASTER/INTRODUCTORY WORKSHOP

ON CARE FOR OUR COMMON HOME;

PRAISED BE! Laudato Si

This booklet by Pope Francis was published in 2015. It addresses the urgent need for us to pay attention to the ecological crises happening in and on our Earth. Pope Francis takes us through the roots of this crisis and suggests positive approaches and actions. He speaks of ecological education and spirituality to assist us at this time when both the Earth and the poor are crying out for our help.

Saturday 31 October 10am - 2pm

\$20

Marie Skidmore rsj and Liz Hickey rsj



Window Stars Workshop

A relaxing, pre-festive season morning of creativity and beauty.

Saturday 7 November 10am - 12pm \$10

Tracey Young

Taizē Prayer Evening

Friday 13 November 7 - 8pm

Rita Cahill rsj

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, healing nutrition and more.

Saturday 14 November 10am - 3pm

\$20

Sandra Brunner

Liturgy - Reflecting beyond

Sunday 15 November 4 - 5pm

Tui Motu Group

Wednesday 18 November 4.30 - 6pm

Rita Cahill rsj

Creative Card Making

Suitable for beginners and regular crafters alike.

Saturday 21 November 10am - 12.30pm

\$10

Julia Martin

Advent Reflection

Saturday 28 November 10am - 3pm

\$20

Jill McLoughlin rsj



Tui Motu Group

Wednesday 16 December 4.30 - 6pm

Rita Cahill rsj

Meri Kirihimete - Christmas Liturgy

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

Sunday 20 December 4 - 5pm



Tea and coffee provided.

**BYO lunch unless otherwise noted.
Registrations are essential for
programme events.**



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
and in *Midweek - Happenings*.



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, wetlands, 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 fully-equipped kitchenette is available should you wish to self-cater.



Centre Hire

- Chairs/Tables
- Kitchen
- Crockery/utensils
- Conservatory
- Quiet Room
- Projector/Laptop
- 55" LED Smart TV/Web browser
- SKYPE camera through TV
- DVD/Blu Ray Player
- CD 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

ACCOMMODATION AVAILABLE

Visitors Wing (In house)

2 double bedrooms

Lounge/Dining/Kitchenette

Bathroom

Atawhai Flat (Independent)

2 Bedrooms (1 Double, 2 Singles)

Lounge/Kitchenette

Desk

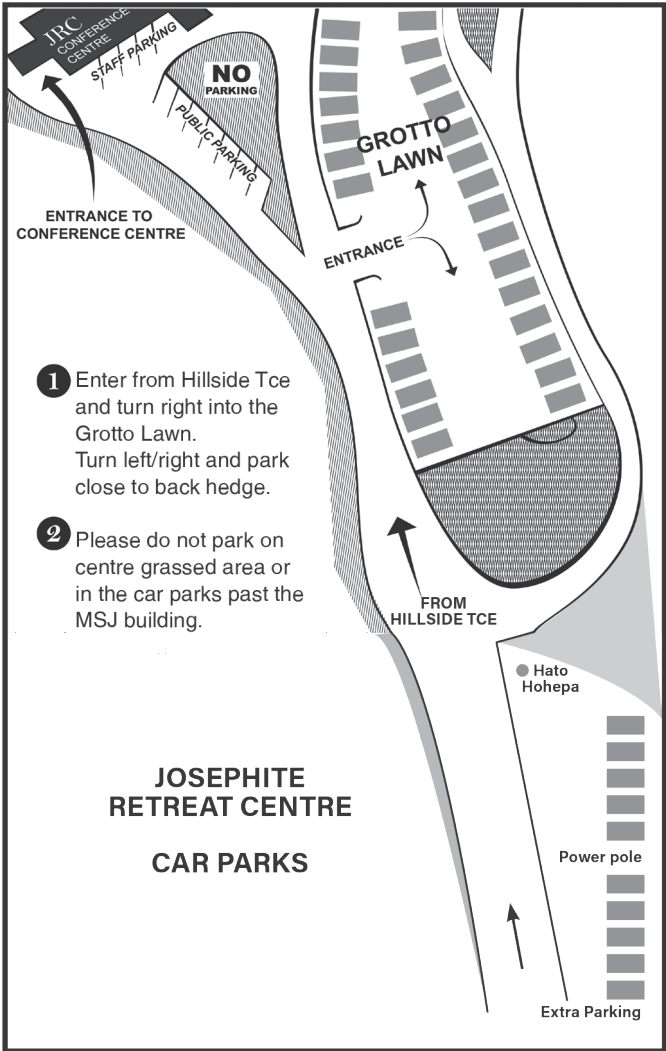
Wheelchair bathroom with wet-floor shower

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

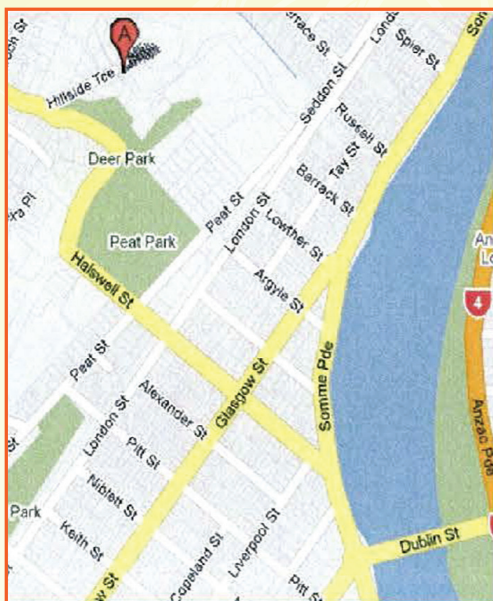


PARKING



Josephite Retreat Centre Te Punanga o Hōhepa

Mt St Joseph
14 Hillside Terrace,
P O Box 777, Whanganui, 4541



To Register

Phone 06 345 5047 ext 3

Email pam.hopper@sosj.org.au

Registrations are essential for programme events.

Early registrations are encouraged.

Groups and individuals are welcome to hire the Centre.



To view the programme online:
www.marymackillop.org.nz