



Josephite Retreat Centre

Te Punanga ō Hōhepa



2022 Programme Mahere

*nurturing body, mind and spirit
he wāhi rangimārie*

A ministry of the Sisters of St Joseph, Whanganui

2022 GROUNDWATER: MAKING THE INVISIBLE VISIBLE.

This theme seems so right for these times: With increased population and economic development, together with climate variability, we humans have increased pressure on the groundwater reserves. The outcome is pollution and depletion of this vital resource. WORLD WATER DAY - 22 March 2022 – helps us appreciate and consider measures to care for this taonga.

Water is a source of life for creatures and for all forms of vegetation. It provides refreshment, cleanliness, quenches thirst and is needed for so much in life. The Josephite Retreat Centre Programme of 2022 provides refreshment, vitality, and growth. It offers opportunities to cleanse away any dross to enable us to focus on what is vital, contributing to freshness and newness.

“Hope and Trust in the midst of confusion and Covid 19” is this year’s title of the popular ‘*How Films Impact our Spirituality*’ series. The chosen films, provide a rich assortment to ponder and reflect upon in terms of our own life experience.

Retreats offer times of nurturing and refreshment. The retreats ‘*Women of Value*’ and ‘*Journey through the Book of Ruth*’ offer opportunities for refreshment and reconnection with our loving God. Retreats can happen at home like the ‘*Inner Peace in Friendship with Jesus*’ Retreat in Daily Life which takes place over 5 weeks, with weekly input sessions. Advent Reflection Days are another chance of ‘taking time out’ with God.

Opportunities for growth and depth can be found in ‘*Christian Spirituality of Dreams and Practice*’ which offers an opportunity to explore the science of sleep and dreams along with the psychology of

dreaming. Water features in ‘A Wander to Wonder’ a contemplative walk around the peaceful setting of Roto Mokoia, Westmere.

The programme includes opportunities to grow in our understanding through presentations on topics/ themes such as ‘A Talk on Walking Together’, a Josephite Day, Henri Nouwen and Matariki.

Refreshment and nurturing is offered to carers in a day entitled ‘Care for Carers’ and ‘Spirituality and Wellbeing.’ Opportunities to nurture and grow our creativity will be provided through the popular Creative Card and Windows Stars sessions.

Taking time to appreciate stillness and the importance of water in our lives, the following is part of a reflection shared at a recent Advent Reflection Day:

“Sitting in front of the doorway leading to the courtyard, I see through the green leaves of the grapevine, the fountain. I see and hear water constantly flowing, flowing, cold, fresh water life blood of the earth and all who dwell in her.”

With thanks to Wendy Ward.
Josephite Companion, Whanganui

Liz Hickey rsj



Community 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 **Groundwater: making the invisible visible**

HOW FILMS IMPACT OUR SPIRITUALITY:

The theme for our five films this year is:

Hope and Trust in the midst of confusion and Covid-19

This is a series, but could be viewed individually.

The films are: **Contagion**

Children of Men

Arrival

The Diving Bell and the Butterfly

Beasts of the Southern Wild

Participants are encouraged to reflect between viewings on how each movie connects with their experiences in life's journey.

Caritas Lenten Programme

For 2022, the Caritas Lenten Programme is entitled '**Called to be Peacemakers**' which is based on the need for all of us to find new and better ways of living as one human family. It will be based on the Lenten Sunday readings.

The programme will begin on Tuesday 1 March from 3.30 - 5pm and subsequent Tuesdays during Lent.

DVD Evenings

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

Tui Motu Group

This group meets on the **third Wednesday of the month from 4 – 5.15pm** where articles from the current **Tui Motu** magazine are explored and discussed.

Grace Shaw is a retired pastor, a trained and active spiritual director who, over the last fifteen years has been a hospital chaplain, facilitated retreats, and walked with others in their life journeys. Grace and Colin returned to NZ in 2014 having lived in the Philippines, Canada and Australia. They have four children and 10 grandchildren.

Liz Hickey rsj has a background in education with primary and secondary school teaching. She has served on a team of three Sisters operating an emergency house for families, in social work and specialist teaching. She values engaging with others around the Gospels which give hope and meaning in life.

Pam Hopper has worked for the Sisters of St Joseph for the past 10 years. Through her work in the capacity of Co-ordinator of the Josephite Retreat Centre, her spirituality has developed and widened with exposure to many different aspects in workshops, liturgies, and generally meeting and greeting a diverse group of people.

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.

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.”

Br Kevin Dobbyn rms was a founding member of Dream Network Aotearoa New Zealand which honours the scientific and spiritual approach to dreaming. In the last ten years he has had a specific interest in the impact of dreams upon spirituality and how ancient Christian writers have drawn upon either their sleeping consciousness or the alternate moments of consciousness to facilitate a greater openness to the Spirit of God. He has made a special study of Thomas Merton's 'non-method' guiding people toward a deeper encounter with Mystery and how his approach can better prepare the soul to be the home for God.

Juliet Kojis and Murray Adams are trained in the ministry of Spiritual Direction and in the giving of Prayer Days and Retreats in Daily Life.

“We are part of the Ignation Prayer and Retreat Team of the Diocese of Palmerston North.”

Merita Holder: “My involvement in mental health support and counselling, in Eldercare, end-of-life care and spiritual companioning, has brought me into contact with many unspoken heroes in the community. Being a mother teaches me much too about deep love and care.”

Maree Hickey rsj has a wide range of interests and hobbies in the areas of complementary health programmes and processes.

David Scoullar is a parishioner of St Mary's in Whanganui. He was Catholic chaplain at Whanganui Hospital from 2003-17, a ministry that drew inspiration from the writings of Henri Nouwen.

Christina Neunzerling is a Sister of St Joseph based in Auckland where she ministers as part of the NZ regional leadership team, and is on the Resource Team for those wishing to discern a call to Josephite Life. Her background is in Teaching, Adult Education, University Chaplaincy, and working in a bi-cultural context.

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 14 years ago.

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.”

Women of Value

A directed retreat.

“As women, we wear many hats. Often our identity is in one or more of the hats we wear - wife, mother, daughter, career, carer, Aunt, grandmother, sibling, single or married - titles of ‘doing’. We are not often in a space of ‘being’ - just me.

Today is a time for being in that space, an opportunity to focus on being loved by God and responding to that love.”

Session 1: Introduction

Session 2: **V** - “valuable”

Session 3: **A** - “accepted”

Session 4: **L** - “loved”

Session 5: **U** - “understood”

Session 6: **E** - “encouraged”

Saturday 12 February 9.30am - 2pm

\$20

Grace Shaw

Community Liturgy - Gifting Waters

Sunday 13 February 4 - 5pm

Tui Motu Group

Wednesday 16 February 4 - 5.15pm

Liz Hickey rsj

6 Day Guided, Silent Retreat - Journey through the Book of Ruth - A Wisdom Story

At the moment this retreat, from last year, is fully booked. Feel free to enquire if spaces have become available.

Sun 20 Feb 5.30pm - Sat 26 Feb after lunch

\$575 Live in / \$425 Live out

Christina Neunzerling rsj

Shrove Tuesday celebration with breakfast
Tuesday 1 March 9.15 - 10.30am

Caritas Lenten Sharing Group

See p.4 for explanation

Tuesday 1 March 3.30 - 5pm

Liz Hickey rsj & Pam Hopper



How Films Impact Our Spirituality
(Hope & Trust in the Midst of Confusion & Covid 19)

See p.4 for explanation.

Film: Contagion

Thursday 3 March 7 - 9.30pm

Koha

Marie Skidmore rsj

Caritas Lenten Sharing Group

Tuesday 8 March 3.30 - 5pm

Liz Hickey rsj & Pam Hopper



How Films Impact Our Spirituality
(Hope & Trust in the Midst of Confusion & Covid 19)

Film: Children of Men

Thursday 10 March 7 - 9.30pm

Koha

Marie Skidmore rsj

Creative Card-Making

Suitable for beginners and regular crafters alike.

Saturday 12 March 10am - 12.30pm

\$10

Julia Martin

Caritas Lenten Sharing Group

Tuesday 15 March 3.30 - 5pm

Liz Hickey rsj & Pam Hopper

Tui Motu Group

Wednesday 16 March 4 - 5.15pm

Liz Hickey rsj



**How Films Impact Our Spirituality
(Hope & Trust in the Midst of Confusion
& Covid 19)**

Film: Arrival

**Thursday 17 March 7 - 9.30pm Koha
Marie Skidmore rsj**

Community Liturgy

Sunday 20 March 4 - 5pm

Caritas Lenten Sharing Group

Tuesday 22 March 3.30 - 5pm

Liz Hickey rsj & Pam Hopper



**How Films Impact Our Spirituality
(Hope & Trust in the Midst of Confusion
& Covid 19)**

Film: The Diving Bell & the Butterfly

**Thursday 24 March 7 - 9.30pm Koha
Marie Skidmore rsj**

Caritas Lenten Sharing Group

Tuesday 29 March 3.30 - 5pm

Liz Hickey rsj & Pam Hopper



**How Films Impact Our Spirituality
(Hope & Trust in the Midst of Confusion
& Covid 19)**

Film: Beasts of the Southern Wild

**Thursday 31 March 7 - 9.30pm Koha
Marie Skidmore rsj**

A Christian Spirituality of Dreams & Practice

The science of sleep and dreams and the psychology of dreaming; the different types and levels of interpretation drawing on the initial work of Freud, to Jung and those scholars of dreamwork who have followed.

We will take up the challenge of interpretation, how best to work with the content of the dream or any dream-like experiences' and the discernment necessary to understand what one scholar describes as 'unopened letters from God'.

There will be a chance to follow up this work a month later with more in-depth understanding of specific areas related to the various classifications of 'dreaming'.

Saturday 2 April & 30 April 10am - 3pm \$20

Br. Kevin Dobbyn rms

Caritas Lenten Sharing Group

Tuesday 5 April 3.30 - 5pm

Liz Hickey rsj & Pam Hopper

Community Liturgy - Easter Mandalas

Sunday 10 April 4 - 5pm

Tui Motu Group

Wednesday 20 April 4 - 5.15pm

Liz Hickey rsj

A Christian Spirituality of Dreams & Practice - Follow-up

Saturday 30 April 10am - 3pm \$20

Br. Kevin Dobbyn rms

Retreat: Inner Peace in Friendship with Jesus.*Introductory night*

A 25 day Retreat in daily life, where we meet each Monday night for 5 nights and the rest is done at home. The first night is an Introduction – come and see – from then each meeting will involve reflective silence, prayer – listening, scripture and sharing of experience.

If you desire the gift of Inner Peace and bring your desire to prayer, you can be sure of meeting the giver of Peace and so enter into a deeper relationship with the Divine in Jesus Christ.

Monday 2 May 7 - 8.30pm \$25 for 5 nights or Koha

Juliet Kojis and Murray Adams

Retreat: Inner Peace in Friendship with Jesus

Monday 9 May 7 - 8.30pm

Juliet Kojis and Murray Adams

What Gives Energy and Purpose to Your Life?

Wednesday 11 May 7 - 9pm

Koha

Te Ahi Kaa

(Young Adults from Palmerston North Diocese)

Creative Card-Making

Suitable for beginners and regular crafters alike.

Saturday 14 May 10am - 12.30pm

\$10

Julia Martin

Community Liturgy - The Sacred is in the ordinary.

Sunday 15 May 4 - 5pm

Retreat: Inner Peace in Friendship with Jesus

Monday 16 May 7 - 8.30pm

Juliet Kojis and Murray Adams

Tui Motu Group

Wednesday 18 May 4 - 5.15pm

Liz Hickey rsj

Care for the Carers

Care is the matrix that holds us together, one with another. In reaching out to respond to others, we remember to reach inward, to recognise what resources us, and in the care of the self. So come and enjoy and explore in the company of others, along your care journey. All welcome.

Saturday 21 May 10am - 2.30pm

Koha

Merita Holder and Maree Hickey rsj

Lunch provided – please indicate any particular dietary need, when booking.

Retreat: Inner Peace in Friendship with Jesus

Monday 23 May 7 - 8.30pm

Juliet Kojis and Murray Adams

Retreat: Inner Peace in Friendship with Jesus

Monday 30 May 7 - 8.30pm

Juliet Kojis and Murray Adams

What Gives Energy and Purpose to Your Life?

Ko te Ngapuhi te iwi, I have a Bachelor of Education from the University of Auckland. I have 4 children aged from 16 - 36. I am Catholic and acknowledge my faith to be a grounding source in my life.

My teaching life in Auckland and Melbourne gave me the honour of supporting refugee children and families. Their stories are of traumatic experiences, prior to and transitioning to school life. I have worked with children in the judicial system transitioning them back into mainstream education. Looking into the eyes of children, I have seen every emotion, and this keeps my energy ever growing and alive.

Thursday 2 June 7 - 9pm

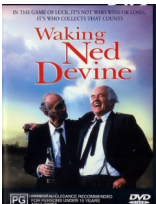
Koha

Sonya Judson

Tui Motu Group

Wednesday 15 June 4 - 5.15pm

Liz Hickey rsj



DVD Evening - Waking Ned Devine

Thursday 16 June 6.30pm

Koha

Community Liturgy - Acknowledging Matariki

Sunday 19 June 4 - 5pm

What gives Energy & Purpose to Your Life?

Thursday 7 July 7 - 9pm

Koha

Cullinane College Students**Creative Card-Making**

Suitable for beginners and regular crafters alike.

Saturday 16 July 10am - 12.30pm

\$10

Julia Martin**Community Liturgy - Enchantment in the Everyday**

Sunday 17 July 4 - 5pm

Tui Motu Group

Wednesday 20 July 4 - 5.15pm

Liz Hickey rsj**A Day with Henri Nouwen - Being the Beloved**

Dutch priest and theologian Henri Nouwen (1932-96) was one of the most prolific and popular spiritual writers of recent times. His 39 books have sold more than 7 million copies worldwide in more than 30 languages. Nouwen appealed to many audiences including Anglicans and evangelicals because of his Jesus-centred spirituality.

He explored many themes and today's focus is one that is most affirming to us all: that our lives are rooted in our spiritual identity, and that despite everything "we are the beloved child of God".

Saturday 23 July 10am - 2pm

\$20

David Scoullar**Tui Motu Group**

Wednesday 17 August 4 - 5.15pm

Liz Hickey rsj**DVD Evening - Second-Hand Wedding**

Thursday 18 August 6.30pm

Koha

Community Liturgy - Deep Waters

Sunday 21 August 4 - 5pm

Spirituality and Wellbeing

An exploration of a Spirituality of Pastoral Care in the context of an understanding of Shalom – The Reign of the Kin-dom.

Day 1 Wellbeing, Spirituality, Dimensions

Day 2 The Interplay of Gift and Shadow seen through the lens of Micah 6:8

Saturday 3 September – 9am - 3.30pm

Sunday 4 September – 9am - 3.30pm \$20

Christina Neunzerling rsj



Waiata, Kōrero and Karakia

Join us as we celebrate

Māori Language Week 2022

Monday 12 September 10am - 12pm

Maramapai Simon and Lynaire Simon

Community Liturgy - Our Compassionate Hearts

Sunday 18 September 4 - 5pm

Tui Motu Group

Wednesday 21 September 4 - 5.15pm

Liz Hickey rsj

Creative Card-Making

Suitable for beginners and regular crafters alike.

Saturday 24 September 10am - 12.30pm \$10

Julia Martin



DVD Evening - Dream Horse

Thursday 13 October 6.30pm

Koha

Community Liturgy

Sunday 16 October 4 - 5pm

Tui Motu Group

Wednesday 19 October 4 - 5.15pm

Liz Hickey rsj

Wander to Wonder

You're invited to join us on a contemplative walk in the peaceful setting of Roto Mokoia Westmere Lake. The terrain is easy and the pace is meditative, mostly walking with the gift of silence, with a few contemplative exercises, stopping at intervals for reflection.

Tuesday 1 November 10am - 12.30pm Koha
(rain-off day Nov 8th)

Merita Holder, Juliet Kojis, David Scoullar,

Bring: your water, sturdy shoes, an extra layer, some lunch items to share together.

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 5 November 10am - 3pm \$20

Sandra Brunner

Window Stars Workshop

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

Saturday 12 November 10am - 12pm \$10

Tracey Young

Tui Motu Group

Wednesday 16 November 4 - 5.15pm

Liz Hickey rsj

Creative Card-Making

Suitable for beginners and regular crafters alike.

Saturday 19 November 10am - 12.30pm \$10

Julia Martin

Community Liturgy - Refreshment

Sunday 20 November 4 - 5pm

Advent Reflection Days

An opportunity over two reflective sessions to help foster and welcome an inner receptivity during this special time of waiting.

What may birth in you this Advent Season?

Saturday 26 November & Saturday 3 December

9.30am – 12.30pm

Koha

Marie Skidmore rsj & Merita Holder

December

Hakihea

Advent Reflection Day 2

Saturday 3 December

9.30am – 12.30pm

Koha

Marie Skidmore rsj & Merita Holder

Meri Kirihimete - Christmas Liturgy

Sunday 18 December 4 - 5pm

Tui Motu Group

Wednesday 21 December 4 - 5.15pm

Liz Hickey rsj



Tea and coffee provided.

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



Covid 19 Vaccine Pass Requirement

If you wish to attend any of the events in this brochure you will be required to show a Vaccine Pass.

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



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.

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



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

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

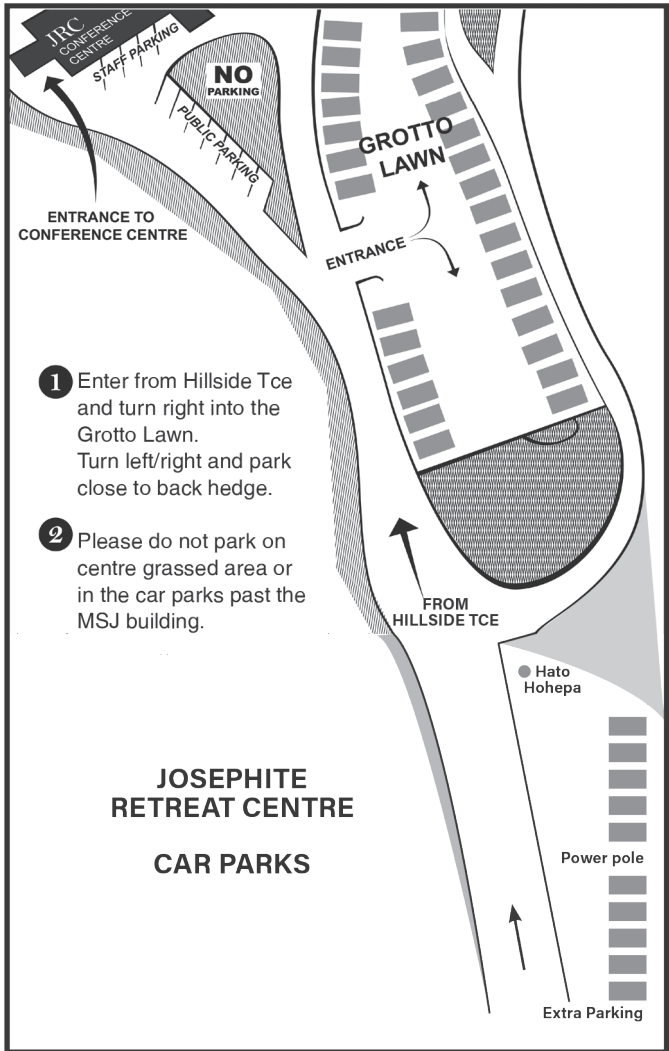
Wheelchair bathroom with wet-floor shower

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

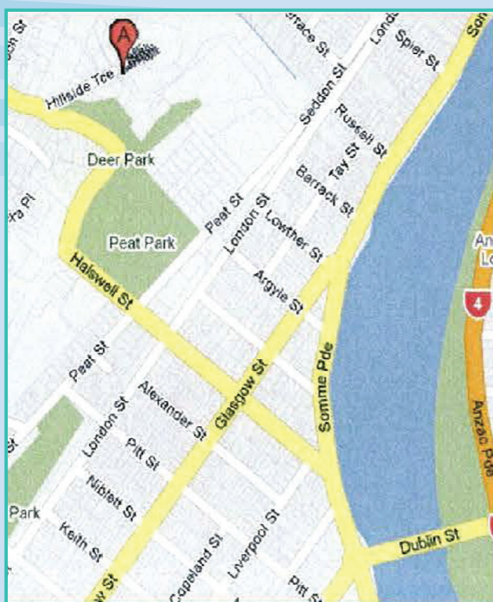


PARKING



Josephite Retreat Centre Te Punanga ō 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