



Josephite Retreat Centre

Te Punanga o Hōhepa



2023 Programme Mahere

*nurturing body, mind and spirit
he wāhi rangimārie*

A ministry of the Sisters of St Joseph, Whanganui



2023 Seasonality of Life

Every season is one of becoming – but not always of blooming. Be aware of the season you are in and give yourself the grace to be there. - Kristen Dalton

Over the last three years we have become adaptable to change. The coronavirus has created both an air of uncertainty about the future and resilience in responding to differing circumstances, despite hardships experienced enroute.

Nature has – in its Seasons – already reflected that to us in varying ways each year; although the Seasons and their impact are not so easily defined in these days of climate peril. Our personal lives also have seasons... not so predictable or measurable as those of Nature used to be, and experienced at the individual level in a unique way by each of us.

This year we are inviting reflection on the ups and downs of life... how this seasonality impacts upon us and influences our ability to live life to the full. Every one's story is different so during 2023 we offer space and time to contemplate what our experiences are calling forth from us.

Our six day silent retreat is titled: ***There is a time for every Season***; whilst the Caritas reflection group will meet during Lent in order to deepen our awareness of the death and resurrection of Jesus, and also of the paschal mystery in our personal lives. Also a day to reflect on our own ***Seasons, Cycles and Rhythms***.

The paschal mystery leads itself to reflection on the finality of life as we offer the workshop ***What makes a "good" Death?*** There is also hope and trust in resilience as the Cullinane College senior students share their views on ***What gives energy and purpose to our lives***.

We often associate winter with darkness and death... but we soon discover that those very aspects have contributed to life, as we see Spring bulbs flower, lambs gambol and a new energy released into our lives inspiring us with renewed energy. Creativity is released and opportunities for fostering this are made available in the **Quiet days for the Creative soul**; the **Creative Card Making; Mandalas; Window Stars** and the exploration of **Dreams: a resource for life to the full**.

The monthly community liturgies are a chance to deepen our reflection and to give due attention to whatever seasonality we are each currently experiencing... the **Journalling workshop** provides an excellent tool for this, whilst the **Women of Value** and **Films to Empower Women** trust the goodness of God and the resilience of women's lives to enable all things to work together unto good.

So welcome to our retreat centre this year as we recall:
*When the winds of change blow,
Remember that sometimes what appears dead
Is simply preparing for a new Season. – Jane Lee Logan.*

Marie Skidmore rsj



Programme Information

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 **Seasonality of Life**.

DVD Evenings

Temple Grandin * Penguin Bloom * Dark Waters

Films to Empower Women

This is a series, but could be viewed individually.

The films are:

The Wife * Promising Young Woman
45 Years * Whale Rider

Winter Wonderfest Films

Wit * Hidden Figures

Caritas Lenten Programme

For 2023, the Caritas Lenten Programme is entitled

I am the Light of the World.

The programme will begin on Wednesday 22 February from 2pm - 3.30pm and subsequent Wednesdays during Lent.

Quiet day for the Creative Soul series

Eight Reflective Mondays to explore, nourish and enjoy your creativity within this peaceful environment.

Topics include Mandalas, Drawing, Painting, Book/ Journal making, Collage, Crafts etc. *BYO Lunch and basic art supplies.*

Tui Motu Group

This group meets on the third Wednesday of the month from 4pm – 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 sixteen 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 Coordinator 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 is 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 fms 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.

Merita Holder "My involvement in mental health support and counselling, in Eldercare, end-of-life care and spiritual companionship, 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.

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."

Jill McLoughlin is a Sister of St Joseph currently living in Kirikiriroa. Jill has taught and been an Adviser for schools in both Religious Education and Spirituality. After a time of leadership within her congregation, Jill now enjoys providing opportunities for people to nurture their inner lives and wellbeing. As a keen musician, she believes in the amazing power of music to heal and to enrich our lives. Jill finds spending contemplative time in nature is the antidote to life's challenges!

Patricia Daws is a retired teacher, who lives in Whanganui, a would-be artist who dabbles in various crafts and is trying to age gratefully and gracefully.

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.

General Information

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

February * Hui-tanguru

Open Day

Date Sunday 5: 2pm – 4pm

Cost Koha

Join us for an informative stroll through the house and grounds of Mount Saint Joseph, incorporating the Josephite Retreat Centre, Archives and Wetlands. A well kept hidden gem at 14 Hillside Terrace, St Johns Hill, Whanganui.

Directed Retreat - Women of Value

Date Wednesday 11: 9.30am - 2pm

Facilitator Grace Shaw

Cost \$20

As women, we are many things to many people... who all give us different titles and expect different things from us. This is a day for us to be ourselves, to be 'just me', known of God, loved by God, and responding to that love. Whatever season of life we are in, may we know the love of God surrounding us.

Quiet Day for the Creative Soul

Date Monday 13: 10am - 2.30pm

Facilitator Tracey Young and Friends

Cost Koha

Films to Empower Women

Film: The wife

Date Tuesday 14: 2pm - 4.15pm

Facilitator Marie Skidmore rsj

Cost Koha

A wife questions her life choices as she travels to Stockholm to see her husband receive the Nobel Prize for Literature.



Tui Motu Group

Date Wednesday 15: 4pm - 5.15pm

Community Liturgy - A Love for all Seasons

Date Sunday 19: 4pm – 5pm

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Ki tonu te ao me te orokohanga a te tangata

Shrove Tuesday

Date Tuesday 21: 9.15am – 10.30am
Celebration with breakfast.

Films to Empower Women

Film: Promising Young Woman

Date Tuesday 21: 2pm - 4.30pm

Facilitator Marie Skidmore rsj

Cost Koha

A young woman, traumatized by a tragic event in her past, seeks out vengeance against those who crossed her path.



Caritas Lenten Sharing Group

Date Wednesday 22: 2pm - 3.30pm

Facilitator Liz Hickey rsj & Pam Hopper

Compassionate, Contemplative Communication

Date Saturday 25: 9.30am - 3.30pm

Facilitator Br. Kevin Dobbyn fms

Cost \$20

This workshop, is based on the work of Marshall Rosenberg who introduced people to non-violent communication. This is especially effective in family life, the classroom, the workplace and any social situation, particularly in resolving differing points of view. Using language more thoughtfully, contemplatively leads to more effective compassionate responses to real-life situations.

Films to Empower Women

Film: 45 Years

Date Tuesday 28: 2pm - 4pm

Facilitator Marie Skidmore rsj

Cost Koha

A married couple preparing to celebrate their wedding anniversary receives shattering news that promises to forever change the course of their lives.



March * Poutū-te-rangi

Caritas Lenten Sharing Group

Date Wednesday 1: 2pm - 3.30pm
Facilitators Liz Hickey rsj & PamHopper

Come and Create a Mandala

Date Saturday 4: 1.30pm - 3.30pm
Facilitator Trish Daws & Marie Skidmore rsj
Cost \$20

A time to restore a sense of play, to experiment, create art, explore the inner self. Materials supplied, but bring your favourite paints or pens if you wish. A guided beginning.

Quiet Day for the Creative Soul

Date Monday 6: 10am - 2.30pm
Facilitator Tracey Young and Friends
Cost Koha

Films to Empower Women

Film: Whale Rider

Date Tuesday 7: 2pm - 4.15pm
Facilitator Marie Skidmore rsj
Cost Koha

A contemporary story of love, rejection and triumph as a young Maori girl fights to fulfill a destiny her grandfather refuses to recognize.



Caritas Lenten Sharing Group

Date Wednesday 8: 2pm - 3.30pm
Facilitators Liz Hickey rsj & Pam Hopper

Creative Card Making

Date Saturday 11: 10am -12.30pm; and
1.30pm - 3.30pm
Facilitator Julia Martin
Cost \$10 each session

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Ki tonu te ao me te orokohanga a te tangata

Tui Motu Group

Date Wednesday 15: 4pm - 5.15pm

Caritas Lenten Sharing Group

Date Wednesday 15: 2pm - 3.30pm

Facilitators Liz Hickey rsj & Pam Hopper

Community Liturgy - *St Joseph, A Man of all Seasons*

Date Sunday 19: 4pm - 5pm

Caritas Lenten Sharing Group

Date Wednesday 22: 2pm - 3.30pm

Facilitators Liz Hickey rsj & Pam Hopper

Wander to Wonder

Date Monday 27: 10am - 12.30pm

Facilitator Merita Holder, Juliet Kojis,
David Scoullar

Cost Koha

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.

Bring water, sturdy shoes, an extra layer, walking poles(opt.), some lunch items to share together.

Caritas Lenten Sharing Group

Date Wednesday 29: 2pm - 3.30pm

Facilitators Liz Hickey rsj & Pam Hopper



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Fullness of life for the Earth and its Peoples

April * Paenga-whāwhā

Quiet Day for the Creative Soul

Date	Monday 3: 10am - 2.30pm
Facilitator	Tracey Young and Friends
Cost	Koha

Community Liturgy - *Come...Taste...See*

Date	Sunday 16: 4pm - 5pm
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Tui Motu Group

Date	Wednesday 19: 4pm - 5.15pm
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May * Haratua

Quiet Day for the Creative Soul

Date	Monday 1: 10am - 2.30pm
Facilitator	Tracey Young and Friends
Cost	Koha

Retreat in Daily Life: *Encountering God in a Distracted World - Looking Ahead With Hope.*

Date	Introductory Night Monday 1: 7pm - 8.30pm
Facilitator	Juliet Kojis and Murray Adams
Cost	\$25 for 5 nights or Koha

A 25 day Retreat, where we meet each Monday night for 5 nights and the rest is done at home in your own time. The first night is an Introduction - come and see. From then each meeting will include reflective silence, prayer - listening, scripture, and sharing of experiences, adapting the Spiritual Exercises of St Ignatius. If you desire the gift of Inner Peace and Hope and bring your desire to prayer, you can be sure of meeting and entering into a deeper friendship with the Divine in Jesus Christ.

Retreat in Daily Life: *Encountering God in a Distracted World - Looking Ahead With Hope.*

Date	Monday 8: 7pm - 8.30pm
Facilitator	Juliet Kojis and Murray Adams

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Kī tonu te ao me te orokohanga a te tangata

Creative Card Making

Date Saturday 13: 10am -12.30pm; and
1.30pm - 3.30pm
Facilitator Julia Martin
Cost \$10 each session

Retreat in Daily Life: *Encountering God in a Distracted World - Looking Ahead With Hope.*

Date Monday 15: 7pm - 8.30pm
Facilitator Juliet Kojis and Murray Adams

Tui Motu Group

Date Wednesday 17: 4pm - 5.15pm

Dreams: A Resource for Life to the Full

Date Saturday 20: 9.30am - 3.30pm
Facilitator Br. Kevin Dobbryn fms
Cost \$20

Drawing on the wisdom of a biblical spirituality, together with the experience of others who have shared their dreams, this retreat day gives participants a way to work with their dreams and integrate them into their lived spirituality. Knowing how to work with dreams is especially useful when the images seem to be bizarre or when there comes a time in life, or a decision to be made and action taken when one feels stuck.

Community Liturgy - *Life's Harvest*

Date Sunday 21: 4pm – 5pm

Retreat in Daily Life: *Encountering God in a Distracted World - Looking Ahead With Hope.*

Date Monday 22: 7pm - 8.30pm
Facilitator Juliet Kojis and Murray Adams

Retreat in Daily Life: *Encountering God in a Distracted World - Looking Ahead With Hope.*

Date Monday 29: 7pm - 8.30pm
Facilitator Juliet Kojis and Murray Adams

June * Pipiri

DVD Evening - Temple Grandin

Date Wednesday 7: 6.30pm

Cost Koha

A biopic of Temple Grandin, an autistic woman who has become one of the top scientists in the humane livestock handling industry.



Quiet Day for the Creative Soul

Date Monday 12: 10am - 2.30pm

Facilitator Tracey Young and Friends

Cost Koha

Community Liturgy -

Matariki, Celebrating the Maori New Year

Date Sunday 18: 4pm – 5pm

Tui Motu Group

Date Wednesday 21: 4pm - 5.15pm

Perspectives of Prayer

Date Saturday 24: 10am - 2pm

Facilitator David Scoullar

Cost \$20

Prayer has been defined as "an invocation or act that seeks to activate a rapport with an object of worship through deliberate communication." That is clinical, cold and very off-putting. More simply, prayer should be a private time between God and the worshipper. There are many ways to pray and in today's session we will explore aspects of prayer, helped by the teachings of Archbishop Sheen, Dr Charles Stanley and Fr James Martin. Bring along a favourite prayer to share.

What Gives You Energy & Purpose to Your Life

Date Thursday 29: 7pm - 9pm

Facilitator Cullinane College Students

Cost Koha

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Ki tonu te ao me te orokohanga a te tangata

July * Hōngongoi

Quiet Day for the Creative Soul

Date Monday 3: 10am - 2.30pm
Facilitator Tracey Young and Friends
Cost Koha

Creative Card Making

Date Saturday 8: 10am -12.30pm; and
1.30pm - 3.30pm
Facilitator Julia Martin
Cost \$10 each session

DVD Evening - Penguin Bloom

Date Wednesday 12: 6.30pm
Cost Koha

Based on a true story, a family takes in an injured Magpie that makes a profound difference in their lives.



Community Liturgy - Changes and all that they bring

Date Sunday 16: 4pm – 5pm

Tui Motu Group

Date Wednesday 19: 4pm - 5.15pm

A Day with Henri Nouwen - Being the Beloved

Date Saturday 22: 10am - 2pm
Facilitator David Scoullar
Cost \$20

Dutch priest and theologian Henri Nouwen (1932-96) was a prolific and popular spiritual writer. 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-centered 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." This is a repeat of a workshop held in 2022.

August * Here-turi-kōkā

Winter Wonderfest Film - Wit

Date Tuesday 1: 2 - 4.30pm
Presenter Marie Skidmore rsj
Cost Koha



A strong woman who never lets down her defences discovers a fine line between life and death that can only be walked with wit. Starring Emma Thompson.

Quiet Day for the Creative Soul

Date Monday 7: 10am - 2.30pm
Facilitator Tracey Young and Friends
Cost Koha

Winter Wonderfest Film - Hidden Figures

Date Tuesday 8: 2 - 4.45pm
Presenter Marie Skidmore rsj
Cost Koha



The women who worked very competently and successfully at NASA, and the racist way that organisation treated them at the time.

Rhythms, Cycles & Seasons

Date Saturday 12: 10am - 3pm
Facilitator Merita Holder
Cost \$20

The ways of nature, and the ways of our human lives, are pulsed with rhythms and cycles and seasons. Our attunement response to these can influence our whole wellbeing – our taha Wairua, taha Tinana, taha Whānau, and taha Hinengaro.



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Kī tonu te ao me te orokohanga a te tangata

Tui Motu Group

Date Wednesday 16: 4pm - 5.15pm

Community Liturgy

Date Sunday 20: 4pm – 5pm

DVD Evening - Dark Waters

Date Wednesday 19: 6.30pm

Cost Koha

A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution.



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Fullness of life for the Earth and its Peoples

September * Mahuru

6 Day Silent Guided Retreat - *There is a Time for Every Season*

Date Sun 3: 5.30pm - Sat 9 after lunch

Facilitator Jill McLoughlin rsj

Cost \$575 live in: \$425 live out

'Transformation is difficult, so it is good to know that there is comfort as well as challenge in the metaphor of life as a cycle of seasons.' Parker Palmer

Tapping into the wisdom of Ecclesiastes, this retreat will provide the opportunity for participants to reflect on the many seasons of their lives; to contemplate life anew with open hearts.



Waiata, Kōrero and Karakia

Date Monday 11: 9.30am - 12pm

Facilitator Maramapai Simon and Lynaire Simon

Community Liturgy - *We're in this Together*

Date Sunday 17: 4pm - 5pm

Tui Motu Group

Date Wednesday 20: 4pm - 5.15pm

Creative Card Making

Date Saturday 23: 10am - 12.30pm; and
1.30pm - 3.30pm

Facilitator Julia Martin

Cost \$10 each session

October * Whiringa-ā-nuku

Quiet Day for the Creative Soul

Date	Monday 2: 10am - 2.30pm
Facilitator	Tracey Young and Friends
Cost	Koha

Journaling - A Tool for Growth

Date	Saturday 14: 9.30am - 2.30pm
Facilitator	Grace Shaw
Cost	\$20

During this practical workshop we will explore how journaling helps us become authentic Christians.

We will look at the Bible as a journal, practise some of the principles of journaling methods (including drawing, intuitive writing, lists, reflection) and applications for prayer.

The day will include small group work, and an extended time to use that which you have learnt.

Community Liturgy - The Invitation of Spring

Date	Sunday 15: 4pm – 5pm
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Tui Motu Group

Date	Wednesday 18: 4pm - 5.15pm
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What Makes a Good Death?

Date	Saturday 21: 9.30am - 3.30pm
Facilitator	Ann Jennison
Cost	\$20

In this workshop we'll explore your concerns about your death, that of your own and loved ones. We will work with Advanced Care Planning resources.

Time permitting we can also discuss the question "Is there such a thing as a good death?"

This day is suitable for anyone wishing to develop and add finer detail to their own planning.

This is not a suitable day for anyone processing grief after a recent death.

November * Whiringa-ā-rangi

Window Stars Workshop

Date Saturday 4: 10am - 12pm

Facilitator Tracey Young

Cost \$10

A relaxing pre-festive season morning of creativity and beauty

Nurturing Self-Care Day

Date Saturday 11: 10am - 3pm;

Facilitator Sandra Brunner

Cost \$20

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.

Tui Motu Group

Date Wednesday 15: 4pm - 5.15pm

Creative Card Making

Date Saturday 18: 10am -12.30pm; and
1.30pm - 3.30pm

Facilitator Julia Martin

Cost \$10 each session

Community Liturgy

Date Sunday 19: 4pm – 5pm

Advent Reflection

Date Saturday 25: 10am - 12pm

Facilitator Liz Hickey rsj

Participants are invited to a time to prepare for Advent - the season leading to Christmas when we remember the significance of Christ's birth, his becoming 'God-with-us'.

December * Hakihea

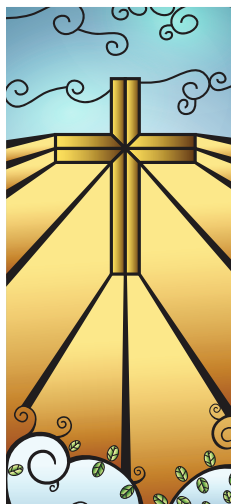
Meri Kirihimete – Christmas Liturgy

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

Date Sunday 17 4pm – 5pm

Tui Motu Group

Date Wednesday 20: 4pm - 5.15pm



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 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

Visitors Wing (In house)

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



Atawhai Flat (Independent)

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

Accommodation Fees

Prices include GST

- * \$50 per person per night B&B
- * \$40 per person per night self-cater
- * \$100 per night for Family B&B
- * \$90 per night for Family self-cater
- * \$20 each extra person over 4 people

Notes



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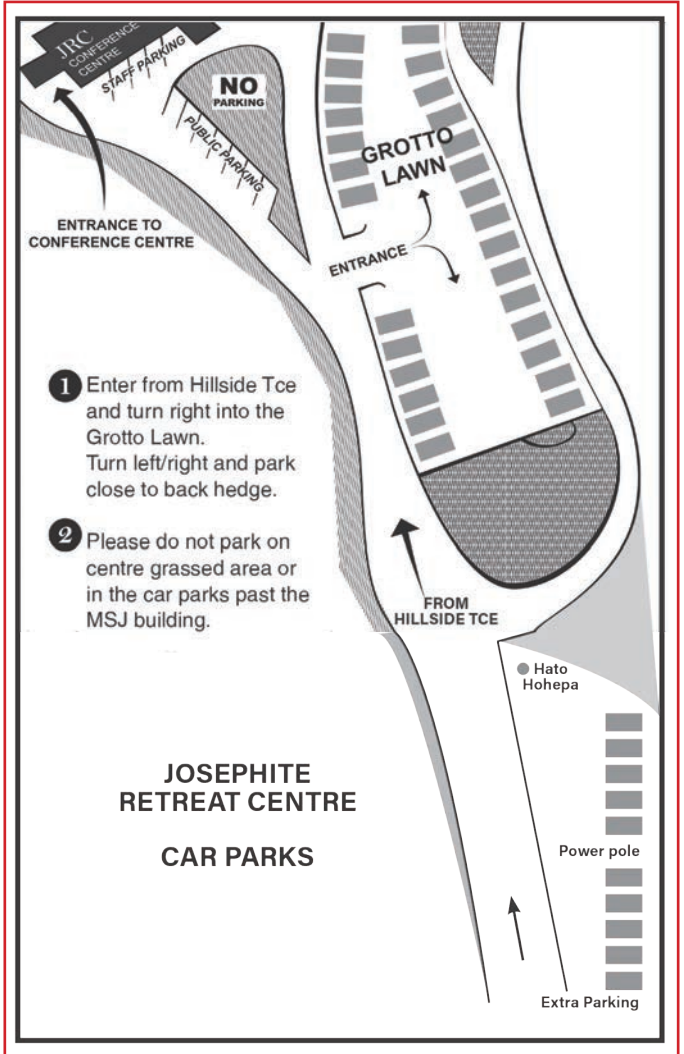
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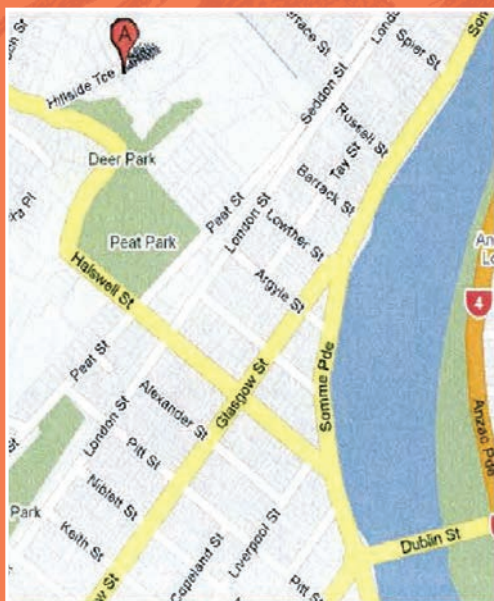
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Parking



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