

Josephite Retreat Centre

Te Punanga ō Hōhepa

2024 Programme Mahere

*nurturing body, mind and spirit
he wāhi rangimārie*

A ministry of the
Sisters of St Joseph, Whanganui



Hohepa - Joseph

Addendum

Lord's Prayer

An exploration of how Jesus originally prayed this.

Date Saturday 16 March: 10am - 3pm
Facilitator Marie Skidmore rsj
Cost \$20

Reading & reflection for encouragement and spiritual nourishment

Date Saturday 8 June: 10am - 12 noon
Facilitators Merita Holder and Trish Daws
Cost Koha

The Book: *Falling Upwards* by Richard Rohr
A preliminary meeting to assess interest.
On registration, you will be sent material to read before the meeting.

God provides daily for us all.

Mary Mackillop, 1871

2024

Nā tō rourou
nā taku rourou
Ka ora ai te iwi

With your food basket
and my food basket
the people will thrive

This is Whakatauki, cultural wisdom from Te Ao Maori with its many layered, meanings and guidance in Tikanga, of values-based living.

Taken at its literal level, we've seen this truth in our own country recently as people have come together with food and support for others left homeless by cyclone, rain, drought or flooding.

This guiding wisdom can also be thought about at a deeper level where the food in our basket includes our spirituality, our family inheritance that has shaped us each uniquely, knowledge we gain through our senses, and our beliefs about the future that give us energy and drive to act not just for ourselves but, with others, for a thriving community.

So we carry good stuff (God stuff) in our basket. Do you believe this?

The programme this year offers opportunities to explore what's in your basket, to replenish it, to be inspired by others, to have others share food from their baskets, to share some of what you have, to know God in your life, to flourish.

Monthly Sunday afternoon **Community Liturgies** invite us to reflection, sharing, and prayer. A special morning Liturgy for **Shrove Tuesday** sets the scene for Lent, and the **Caritas Lenten Programme** will offer insights into Jesus' death and the resurrection and our world today.

Films are a powerful way of learning about what others carry in their baskets. Through the films in this year's programme, we are drawn into the lives of four women who act to bring about the change they believe in

Listening to true life stories can inspire us **A presentation on the life of C. S. Lewis**, tells of his life journey. **Students from Cullinane College share what gives energy and purpose to their lives** in an evening presentation which has always been a moving testimony from our young people.

Journaling, a Meditative Walk, Quiet Days for the Creative Soul and Creative Card Making each offer time and space to get in touch with our inner self.

If your work, paid or unpaid, is caring for others, then you are sharing the contents of your basket all the time and you will know your need to be refilled to be nurtured yourself. **Caring for those who care for others** is on the programme especially for you. And additionally on the programme is a **Nurturing Self Care** day, a gentle informative time.

During Maori Language Week, local Iwi women bring their baskets of **Waiata, Korero and Karakia** for a morning of nourishment and enjoyment through song and story.



So with your basket
and our basket
our cultural knowledge,
what we have learned from life
experience and
what hope we have for the future,
we pray our communities will thrive.

*"I have come that they may have life and have it abundantly".
John 10:10*

Patricia Daws

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.

DVD Evenings - The films are: Full Time (*subtitled*) * Herself

Films - Women Who Dare

This is a series, but could be viewed individually.

The films are:

God of the Piano * The Quiet Girl * Sophie Scholl * Babette's Feast

Winter Wonderfest Films - The films are: Ida * The Justice of Bunny King

Caritas Lenten Programme

For 2024, the Caritas Lenten Programme is entitled **The Time is Now! Ko Tēnei tonu te Wā!**

The programme will begin on Monday 19 February from 2pm - 3.30pm and subsequent Mondays during Lent.

Soul Pages

We are all born artists and our Inner artist is ready to take us on an amazing spirit filled adventure of freedom and creativity. Join us for a five-week course that will connect you with the rich soul world of the visual journal inspired by the SoulPages® method developed by Rakefet Hadar & guided by SP® facilitator Tracey Young. *BYO craft 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. The last meeting in December will be the second Wednesday of the Month.

Two Quiet Hours - *Come away with me to a quiet place: Mark 6:31*

Encountering God, Praying with Scripture using Lectio Divina and Ignatian Contemplation .

What to bring: A shared lunch if you wish to stay. Journal & pen.

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 12 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."

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."

David Scoullar is a parishioner of St Mary's in Whanganui and was Catholic chaplain at Whanganui Hospital from 2003-17. He draws inspiration from Henri Nouwen, Thomas Merton and CS Lewis.

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 15 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."

Cory Kondracki is a trained Coach and Counsellor. She wants to bring more to people's lives and to assist them to express themselves, to release and let go for their whole wellbeing by creating artwork from a soul and heart connection. She moved to Whanganui in June 2023.

Juliet Kojis is trained in the ministry of Spiritual Direction and in the giving of Prayer Days and Retreats in Daily Life. She is part of the Ignatian 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

Soul Pages

Date Monday 12: 10am - 2pm
Facilitator Tracey Young
Cost \$10

Shrove Tuesday

Date Tuesday 13: 9.15am – 10.30am
Celebration with breakfast.

Woman Who Dare Film - *God of the Piano*

Date Tuesday 13: 2pm
Facilitator Marie Skidmore rsj
Cost Koha for cuppa

For Anat, music is everything. Having never been able to reach her father's musical standards, she rests her hopes on the child she's about to have.



Community Liturgy -

Date Sunday 18: 4pm – 5pm

Soul Pages

Date Monday 19: 10am - 2pm
Facilitator Tracey Young
Cost \$10

Caritas Lenten Sharing Group

Date Monday 19: 2pm - 3.30pm
Facilitator Liz Hickey rsj & Pam Hopper

Woman Who Dare Film - *The Quiet Girl*

Date Tuesday 20: 2pm
Facilitator Marie Skidmore rsj
Cost Koha for cuppa

Set in 1981, this film tells the story of a young girl, Cáit, who is sent away for the summer from her dysfunctional family to live with "her mother's people".



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Ki tonu te ao me te orokohanga a te tangata

Tui Motu Group

Date Wednesday 21: 4pm - 5.15pm
Facilitator Liz Hickey rsj

Soul Pages

Date Monday 26: 10am - 2pm
Facilitator Tracey Young
Cost \$10

Caritas Lenten Sharing Group

Date Monday 26: 2pm - 3.30pm
Facilitator Liz Hickey rsj & Pam Hopper

Woman Who Dare Film - *Sophie Scholl*

Date Tuesday 27: 2pm
Facilitator Marie Skidmore rsj
Cost Koha for cuppa

A dramatization of the final days of Sophie Scholl, one of the most famous members of the German World War II anti-Nazi resistance movement, The White Rose.



March * Poutū-te-rangi

Soul Pages

Date Monday 4: 10am - 2pm
Facilitator Tracey Young
Cost \$10

Caritas Lenten Sharing Group

Date Monday 4: 2pm - 3.30pm
Facilitator Liz Hickey rsj & Pam Hopper

Woman Who Dare Film- *Babette's Feast*

Date Tuesday 5: 2pm
Facilitator Marie Skidmore rsj
Cost Koha for cuppa

A French refugee in Denmark transforms the lives of the elderly women for whom she works.



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Fullness of life for the Earth and its Peoples

Creative Card Making

Date Saturday 9: 10am -12.30pm; or
1.30pm - 4pm
Facilitator Julia Martin
Cost \$10 each session

Soul Pages

Date Monday 11: 10am - 2pm
Facilitator Tracey Young
Cost \$10

Caritas Lenten Sharing Group

Date Monday 11: 2pm - 3.30pm
Facilitator Liz Hickey rsj & Pam Hopper

Community Liturgy - *The Circle of Life*

Date Sunday 17: 4pm – 5pm

Caritas Lenten Sharing Group

Date Monday 18: 2pm - 3.30pm
Facilitator Liz Hickey rsj & Pam Hopper

Tui Motu Group

Date Wednesday 20: 4pm - 5.15pm
Facilitator Liz Hickey rsj

Caritas Lenten Sharing Group

Date Monday 25: 2pm - 3.30pm
Facilitator Liz Hickey rsj & Pam Hopper



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Ki tonu te ao me te orokohanga a te tangata

April * Paenga-whāwhā

Quiet Day for the Creative Soul

Date Monday 8: 10am - 2.30pm
Facilitator Tracey Young and Friends
Cost Koha

Tui Motu Group

Date Wednesday 17: 4pm - 5.15pm
Facilitator Liz Hickey rsj

Community Liturgy -

Date Sunday 21: 4pm – 5pm

DVD Evening - Full Time (subtitled)

Date Wednesday 24: 6.30pm
Cost Koha

After finally getting an interview for a job that will help her provide for her family, a woman must contend with a national transit strike.



May * Haratua

A Day with C S Lewis

Date Saturday 4: 10am - 2pm
Facilitator David Scoullar
Cost \$20

Best known as the author of the Narnia Chronicles, Clive Staples Lewis was a British writer, literary scholar, and Anglican lay theologian - a man who went from being an atheist to a Christian. More than 60 years after his death his philosophical writings are still widely cited by Christian scholars from many denominations. We will explore some of the ideas covered by Lewis in the more than 30 books he wrote which have been translated into more than 30 languages and have sold millions of copies and influenced many people.

Creative Card Making

Date Saturday 11: 10am -12.30pm; or
1.30pm - 4pm
Facilitator Julia Martin
Cost \$10 each session

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Fullness of life for the Earth and its Peoples

Quiet Day for the Creative Soul

Date Monday 13: 10am - 2.30pm
Facilitator Tracey Young and Friends
Cost Koha

Tui Motu Group

Date Wednesday 15: 4pm - 5.15pm
Facilitator Liz Hickey rsj

Caring for Those Caring for Others

Date Saturday 18: 10am - 2.30pm
Facilitator Merita Holder and Maree Hickey rsj
Cost Koha

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.

Lunch provided. Please indicate dietary needs when booking.

Community Liturgy - Peace and Understanding

Date Sunday 19: 4pm – 5pm

June * Pipiri

Quiet Day for the Creative Soul

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

Community Liturgy - Matariki, Celebrating the Maori New Year

Date Sunday 16: 4pm – 5pm

Tui Motu Group

Date Wednesday 19: 4pm - 5.15pm
Facilitator Liz Hickey rsj

Two Quiet Hours - Come away with me to a quiet place: Mark 6:31

Date Tuesday 25: 10am - 12pm
Facilitator Juliet Kojis
Cost \$10

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Ki tonu te ao me te orokohanga a te tangata

What Gives You Energy & Purpose to Your Life?

Date Thursday 27: 7pm - 9pm
Facilitator Cullinane College Students
Cost Koha

July * Hōngongoi

Quiet Day for the Creative Soul

Date Monday 8: 10am - 2.30pm
Facilitator Tracey Young and Friends
Cost Koha

Creative Card Making

Date Saturday 13: 10am -12.30pm; or
1.30pm - 4pm
Facilitator Julia Martin
Cost \$10 each session

Tui Motu Group

Date Wednesday 17: 4pm - 5.15pm
Facilitator Liz Hickey rsj

Community Liturgy - *Stone Soup*

Date Sunday 21: 4pm – 5pm

Two Quiet Hours - *Come away with me to a quiet place: Mark 6:31*

Date Tuesday 30: 10am - 12pm
Facilitator Juliet Kojis
Cost \$10

August * Here-turi-kōkā

Art and Wellbeing

Date Thursday 8: 10am - 1pm
Facilitator Cory Kondracki
Cost \$10

Quiet Day for the Creative Soul

Date Monday 12: 10am - 2.30pm
Facilitator Tracey Young and Friends
Cost Koha

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Fullness of life for the Earth and its Peoples

Winter Wonderfest Film - *Ida*

Date Tuesday 13: 2pm

Presenter Marie Skidmore rsj

Cost Koha for a cuppa

A quiet and artfully crafted film about self-discovery. A young girl deals with revelation of who she is and where she comes from.



Community Liturgy - *What's in my kete? How do I nurture it?*

Date Sunday 18: 4pm – 5pm

Winter Wonderfest Film - *The Justice of Bunny King*

Date Tuesday 20: 2pm

Presenter Marie Skidmore rsj

Cost Koha for a cuppa

A challenge to see people as more than their actions. A portrayal of resilience and the undeterred spirit of motherhood which sometimes leads to wrong decisions for the right reasons.



Tui Motu Group

Date Wednesday 21: 4pm - 5.15pm

Facilitator Liz Hickey rsj

Two Quiet Hours - *Come away with me to a quiet place: Mark 6:31*

Date Tuesday 27: 10am - 12pm

Facilitator Juliet Kojis

Cost \$10

DVD Evening - *Herself*

Date Wednesday 28 6.30pm

Cost Koha

When the public housing system disappoints her, Sandra, a single mother, decides to build her own house. In the process of doing so, she ends up rediscovering herself.



September * Mahuru

Art and Wellbeing

Date Thursday 5: 10am - 1pm

Facilitator Cory Kondracki

Cost \$10

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Ki tonu te ao me te orokohanga a te tangata

Community Liturgy - *What is it, to thrive; exploring fulness of life*

Date Sunday 15: 4pm – 5pm

Waiata, Kōrero and Karakia

Date Tuesday 17: 9.30am - 12pm

Facilitator Maramapai Stark-Simon and Lynaire Simon

Tui Motu Group

Date Wednesday 18: 4pm - 5.15pm

Facilitator Liz Hickey rsj

Creative Card Making

Date Saturday 21: 10am -12.30pm; or 1.30pm - 4pm

Facilitator Julia Martin

Cost \$10 each session

Two Quiet Hours - *Come away with me to a quiet place: Mark 6:31*

Date Tuesday 24: 10am - 12pm

Facilitator Juliet Kojis

Cost \$10

October * Whiringa-ā-nuku

Art and Wellbeing

Date Thursday 10: 10am - 1pm

Facilitator Cory Kondracki

Cost \$10

Quiet Day for the Creative Soul

Date Monday 14: 10am - 2.30pm

Facilitator Tracey Young and Friends

Cost Koha

Tui Motu Group

Date Wednesday 16: 4pm - 5.15pm

Facilitator Liz Hickey rsj

Community Liturgy - *Thriving*

Date Sunday 20: 4pm – 5pm

November * Whiringa-ā-rangi

Wander to Wonder

Date Tuesday 5: 10am - 12.30pm
Facilitator Merita Holder, Juliet Kojis,
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.



Art and Wellbeing

Date Thursday 7: 10am - 1pm
Facilitator Cory Kondracki
Cost \$10

Creative Card Making

Date Saturday 16: 10am -12.30pm; or
1.30pm - 4pm
Facilitator Julia Martin
Cost \$10 each session

Community Liturgy - We Are One

Date Sunday 17: 4pm – 5pm

Tui Motu Group

Date Wednesday 20: 4pm - 5.15pm
Facilitator Liz Hickey rsj

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Ki tonu te ao me te orokohanga a te tangata

Nurturing Self-Care Day

Date Saturday 23: 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.

Advent - A Spiritual Journey for each of us

Date Saturday 30: 10am - 12pm
Facilitator Virginia Hillgrove
Cost Koha

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

Tui Motu Group

Date Wednesday 11: 4pm - 5.15pm
Facilitator Liz Hickey rsj

Meri Kirihimete – Christmas Liturgy

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

Date Sunday 15: 4pm – 5pm

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Fullness of life for the Earth and its Peoples

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)

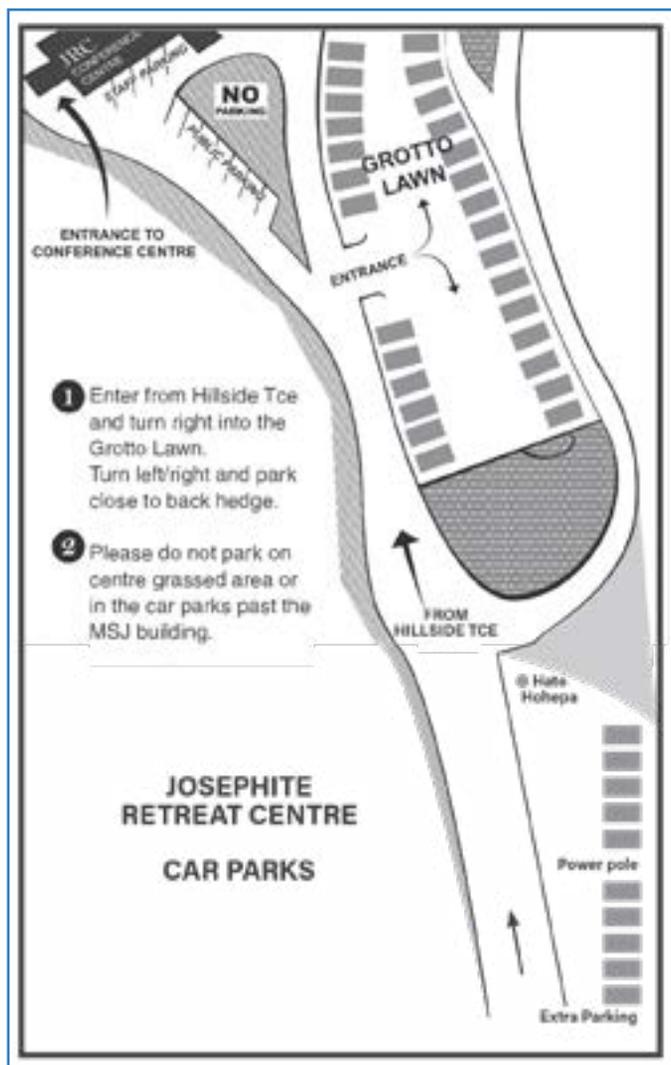
- * 2 Bedrooms (1 Double, 2 Singles)
- * Lounge/Kitchenette
- * Wheelchair bathroom with wet-floor shower

Accommodation Fees

Prices include GST

- * \$65 per person per night B&B
 - * \$45 per person per night self-cater
 - * \$115 per night for Family B&B
 - * \$95 per night for Family self-cater
 - * \$20 each extra person over 4 people
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Parking



Notes

A series of 20 horizontal dotted lines for writing notes.

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