



Cost \$250

\$50 deposit confirms the booking.

All tariffs are negotiable

Application Forms available from:

The Web site:

<https://towersretreat.org.au>

or

The Administrator

St Mary's Towers Retreat Centre

PO Box 19A

Douglas Park 2569

Ph. 02 4630 0233

Email: [contact@towersretreat.org.au](mailto:contact@towersretreat.org.au)



Topics covered in the retreat include:

- Being Mindful in the Christian Tradition
- Mindfulness practices
- The effect of mindfulness on the brain
- Mindfulness meditation
- Using the body to help us to be mindful

*Spiritual accompaniment  
and the celebration of Eucharist  
and Reconciliation  
are available.*

## *Mindfulness and the Presence of God*

*St Mary's Towers Retreat Centre*

*Presenters:*

*Michelle Vass & Lou Nulley*

*Weekend Retreat*

*13-15 March 2020*

*Keep your heart  
with all vigilance,  
For from it  
flow the springs of life.  
Prov 4:23*

*Be still and know that I am God.  
Ps 46:10*

The practice of mindfulness allows us to be present in what is happening at this very moment. From the earliest times of our Christian tradition, the present moment has always been seen as the place of encounter with the One God who is Love. This Love sustains our every breath and holds all things in being. Becoming more aware and mindful of this present moment can give us a greater appreciation of this God of Love, in every situation and in



every person we meet.

As our awareness of the presence of God in all things and in all situations deepens, our prayer too expands in giving thanks, praise, or seeking assistance. Our hearts then open to more tangible relationships with others and our world through our communion with God.



The goal of mindfulness practices today is to live life deliberately with the awareness of this presence of God – not ‘sleep walking’ through the experience of life. God is always with us, but we are often not aware of God’s presence – mindfulness awakens us to this presence.

This weekend retreat, held in profound silence, provides the opportunity for

you to learn and apply a range of mindfulness practices developed over centuries to not only allow you to enter into silence, but also to develop a natural disposition of calmness and stillness. This is conducive to a greater awareness of the presence of God in everything and in every situation.



The retreat will draw on current secular and scientific insights of mindfulness and show how these can help us be greater witnesses of Christ in our daily lives through the way we live and reflect the fruits of the Spirit.

As well as presentations and guided mindfulness practices, there will be ample time for personal reflection, spiritual accompaniment and both private and group meditation.