

## *A Special Place of Silence*

St. Mary's Towers is steeped in a spirituality of the heart, a spirituality of the Missionaries of the Sacred Heart. All retreats are held in an atmosphere of silence to nourish and support prayer and healing. We offer a variety of retreat experiences throughout the year as well as day visits for individuals and groups. Retreats can be tailored to individual circumstances. Our Retreat Team is available during retreats and for ongoing direction.

## *Retreat Team*

Sr Pauline Compton fdnsc  
Fr Dominic Gleeson msc  
Br Peter Harvey-Jackson msc  
Fr Tru Nguyen msc  
Sr Katrina Zhang rsm

*\*Visiting Directors and presenters assist with the program throughout the year*

## *2023 Tariffs*

Cost per day:	\$165.00
Prayer weekend:	\$330.00
6 day retreat:	\$990.00
8 day retreat:	\$1320.00
9 day retreat:	\$1485.00
30 day retreat: (34 nights)	\$5610.00
Brown corridor rooms:	\$130.00 per day

Tariffs are all inclusive, and negotiable with the Director. A non-refundable deposit of \$50 for retreats of 9 days or less, or \$150 for longer retreats, is required to confirm your booking. Where possible, online payment in advance is appreciated. \*Tariffs may be subject to change



**Missionaries of the Sacred Heart  
St Mary's Towers Retreat Centre**

**415 Douglas Park Drive  
Douglas Park NSW 2569**

**Phone: (02) 46300233**

**Email:**

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

**Please see the Website for details**

*To be on earth  
the Heart of God*



**ST MARY'S TOWERS RETREAT CENTRE**

**DOUGLAS PARK AUSTRALIA**

**PROGRAM**

**2023**



**A MINISTRY OF THE MISSIONARIES OF  
THE SACRED HEART**

**30 Day Retreat**  
1 Jan 2023 to 4 Feb 2023

January	3-11	Praying with Jesus <i>Retreat Team</i>
	13-22	Life's Healing Journey <i>Retreat Team</i>
	24-1 Feb	Directed Retreat <i>Retreat Team</i>
<b>FEBRUARY – CLOSED</b>		

March	3-5	Strength in Gentleness with Ourselves and Others* <i>Kim Mannix</i>
	15-20	Surprised by Love <i>Dominic Gleeson msc</i>
	31-2 Apr	Palm Sunday* Prayer Weekend <i>Retreat Team</i>
	31-9 Apr	Easter Guided Retreat* <i>Retreat Team</i>
Apr	6-9	Easter Triduum* <i>Retreat Team</i>
	14-16	In the Company of Women - Creative Encounters - Woman at the Wedding* Pt 1 of 3 or standalone weekend <i>Elizabeth Lee</i>
	21-27	Echoes of Joy <i>Colleen Rhodes rsm</i>
May	5-11	Sinews of the Heart - exploring those elements of our spiritual lives that provide strength and bind us together* <i>Paul White</i>
	19-25	Living more Deeply in God – Praying with Ignatius of Loyola* <i>Retreat Team</i>
	26-28	Compass for the Soul: Men's Prayer Weekend* <i>Paul White</i>

## 2023

\* Indicates that a Prayer Weekend is available during that retreat. ***Directed or personal retreats can be made any time during the dates shown on this program.***

30 Day retreats offer the choice of:

- Life's Journey Experience
- The Spiritual Exercises of St Ignatius
- Praying with the Mystics

June	2-8	Winter Wisdom* <i>Retreat Team</i>
	16-18	In the Company of Women - Creative Encounters: Woman Bent Over* Pt 2 of 3 or standalone w/end <i>Elizabeth Lee</i>
	23-29	Become like Water* <i>Fr John Armstrong</i>
	30 – 6 Jul	Circle me O God! <i>Jenny Sheehan fdnsc</i>
July	7-13	Opening to your Creative Soul* <i>Elizabeth Lee</i>
	21-23	In the Company of Women - Creative Encounters: Woman with the Ointment* Pt 3 of 3 or standalone w/end <i>Elizabeth Lee</i>
<b>30 Day Retreat 31 July – 3 September 2023</b>		
August	2-10	Peaceful Living <i>Retreat Team</i>
	12-21	Life's Healing Journey <i>Retreat Team</i>
	23-31	Directed Retreat <i>Retreat Team</i>

September	22-28	The Parable of the Sower* <i>Retreat Team</i>
	29 – 5 Oct	The Trinity* <i>Colleen Rhodes rsm</i>
October	13-15	Women's Prayer Weekend* <i>Jenny Scally rsj</i>
	24-30	Song of Songs: My Beloved is Mine* <i>Pauline Compton fdnsc</i>
November	10-16	At Home in the Heart* <i>Therese Carroll rsj</i>
	17-23	Visiting the Well* <i>Jenny Scally rsj</i>
Dec	1-7	Advent Retreat Time for a New World* <i>Retreat Team</i>
	8-16	Directed Retreat* <i>Retreat Team</i>
<b>30 Day Retreat</b> 1 Jan 2024 to 4 Feb 2024		
January	3-11	In the Heart of Creation with Jesus <i>Retreat Team</i>
	13-22	Life's Healing Journey <i>Retreat Team</i>
	24-1 Feb	Directed Retreat <i>Retreat Team</i>