

ADVENT RETREAT

Saturday 13th December 2025
9.30am - 3.30pm

CALM CONTEMPLATION: *SLOWING DOWN IN THE BUSY SEASON*

You are invited to a day of calm contemplation amongst the beautiful surroundings of St Mary's Towers Retreat Centre in Douglas Park. This is a day of embracing a slower pace, rekindling our inner journey, and enjoying time with like-minded others.

The day will include sensory prayer walks, lectio divina, breathing meditation and praying through walking the labyrinth. Morning tea and lunch are included.

St Mary's Towers: 415 Douglas Park Drive, Douglas Park
Cost: \$60 (meals included)

Your retreat facilitator will be Christabel Honeysett. Christy grew up in Wollongong where she now happily resides with her husband of 19 years and three children. Christy has worked for the Church for over twenty years: as a spiritual formation facilitator, teacher and youth minister. Christy has a Masters in Theology and is currently studying Spiritual Direction.



Please RSVP by the 3rd of December to 0422 725 438
or christabelhoneysett@barnabasministries.org.au



AT A GLANCE:

Saturday 13th December 2025

- 9.30am:** Arrive (tea & coffee)
Opening prayer
Sensory walk
- 10.30am:** Morning tea
- 11am:** Lectio Divina
Breath Prayers
- 12.30pm:** Lunch
- 1.30pm:** Labyrinth
Closing Prayer
- 3.30pm:** Finish

