

# Spirituality Ministry 2025 Retreats





# Our 2025 Retreats

The Sisters of Saint Joseph, in the spirit of Mary MacKillop and Julian Tenison Woods, have a long history of responding to spirituality and faith formation needs. After the Second Vatican Council, Spirituality Centres were established as the Sisters opened their hearts to the needs of the Church, other religious communities and the wider public. Our Centres span the country and have been beloved for many years.

As the Spirituality Ministry of the Sisters of Saint Joseph enters a new chapter, we have endeavoured to diversify, broaden and increase our offerings for 2025. We are delighted to be offering these longer retreats and sabbaticals as opportunities to nurture one's spirit. These programs are an invitation to all to encounter the sacred in their lives.

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## Registration Information

Please register for your desired retreat directly with the relevant Spirituality Centre.

Contact information for each Centre is available on pages 21–23.

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# Retreat Facilitators



**Annette Arnold RSJ**

Annette is a Sister of Saint Joseph, a spiritual director, a giver of the Ignatian Spiritual Exercises and a Supervisor in the Kardias Heart Wisdom Program. Formed in the Ignatian tradition in the Kardias Heart Wisdom program, Annette brings the gifts and wisdom of her years in education, counselling and leadership to this role.



**Mary-Ann Casanova RSJ**

Mary-Ann has been a Sister of Saint Joseph for 40 years. She has a passion for all things eco and her work conveys complicated concepts in simple, engaging ways. She has held positions with Catholic EarthCare Australia, Rahamim Ecological Centre, and is currently the Josephite Laudato Si Action Plan Project Officer. Mary-Ann completed her Doctoral Studies in 2023. Her research looked into the relationship between mysticism and science in the lives of Julian Tenison Woods and Teilhard de Chardin.



**Belinda Chapman**

Belinda is an experienced spiritual director and giver of the Spiritual Exercises, based in George Town in Tasmania. She delights in providing space and opportunity for people to deepen their relationship with God in whatever form that relationship is best nourished at the time of life or season within which they discover themselves. Her style of spiritual direction is creative, engaging and inclusive.



**Carmel Drew RSJ**

Carmel is a member of the Sisters of Saint Joseph of the Sacred Heart. With a background in education, Carmel has ministered in the areas of spiritual direction, supervision, retreat facilitation and faith formation for the last 20 years.



**Dr Kerrie Hide**

Doctor Kerrie Hide is a spiritual director, retreat giver and mystical theologian whose lifelong work interweaves deep heart wisdom about contemplation from the Christian mystical tradition. Her book, *Gifted Origins to Graced Fulfilment: The Soteriology of Julian of Norwich*, won first prize in the Catholic Press Awards. Kerrie's most recent book, *Love's Oneing: A Book about Contemplation*, develops and deepens this foundational work on soteriology. You can find out more about Kerrie on [her website](#).



**Fr David King C.P.**

Father David King C.P. is a priest of the Congregation of the Passion of Jesus Christ, most commonly known as The Passionists, founded to contemplate and preach the passion of Jesus as the most overwhelming sign of God's love for us. He has ministered in faith education and spirituality for most of his 34 years as a priest and hopes to affirm fellow travellers on this journey amidst the demands of the modern world. He is passionate about ministry in spirituality, assisting others to explore and deepen their relationship with God.



**Rita Malavisi RSJ**

Rita has been a Sister of Saint Joseph for over 30 years. Originally a primary school teacher, working in city and country schools, Rita is currently involved in adult faith formation at the Mary MacKillop Heritage Centre in Melbourne. She is a trained spiritual director and is the current National Chair of one of the Spiritual Direction Networks.



**Maureen McDermott RSJ**

Maureen is a Sister of Saint Joseph in the New South Wales region. In 1995 – 96, she trained in Spiritual Direction at the Centre for Religious Development in Cambridge, Massachusetts. Since returning from Boston, Maureen has been involved in programs at Baulkham Hills and spiritual direction and retreats in other centres throughout Australia. She also supports with Mission Ministry in Aged Care and Parish Ministry in small parishes where there is no resident parish priest.



**Ann Morrison RSJ**

Ann is a Sister of Saint Joseph of the Sacred Heart, currently residing in the beautiful Blue Mountains at Katoomba NSW. Ann's main ministry is retreat facilitation, spiritual direction and adult faith formation. Ann endeavours to use educational, pastoral, scriptural and life experiences to develop more deeply her call to be aware of the activity of God in life and use it to live more authentically.



**Jennifer Scally RSJ**

Jennifer is a Sister of Saint Joseph of the Sacred Heart, with 30 years of experience in the spirituality space. She has worked in many schools, in the diocese and as a spiritual director, retreat facilitator and supervisor in various ecumenical settings. Jennifer's work focuses on the need to listen within to allow for continual growth in every aspect of life. She is committed to assisting others as they grow in awareness of their own ever deepening relationship with their God and their personal growth.



# Pricing Information

The Sisters of Saint Joseph have generously subsidised and financially supported retreat programs at our Centres for many years. The newly formed Spirituality Ministry is working towards financial sustainability to ensure the provision of retreats for all well into the future and has increased prices relative to the rising costs of programs. We remain committed to the spirit of the Sisters of St Joseph in making sure that nobody is unable to do a retreat due to the cost being too high. To this end, participants who are unable to afford a retreat may apply for a discount or waiver.

# Retreats

## The Hospitality of God (Guided)

23 February – 2 March  
St Joseph's Baulkham Hills  
Norwest, NSW

Through this silent, contemplative and guided retreat, we are invited into the deep embrace of the Trinity to experience the Hospitality of God. The early 15th century Russian iconographer Andrei Rublev provides a beautiful depiction of the Trinity inviting us into the circle dance of Divine Love. Over one week, we will contemplate and explore the many invitations of this icon calling us into the very heart of God to experience the divine embrace and take that love into our everyday life. Richard Rohr is a key reference for this retreat, along with other scholars.

**Guide: Ann Morrison RSJ**

\$1,550 excl. GST | \$1,705 incl. GST

## Directed Retreat

23 February – 2 March  
St Joseph's Baulkham Hills  
Norwest, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

**Director: Jennifer Scally RSJ**

\$2,150 excl. GST | \$2,365 incl. GST

## An Invitation to Wisdom – Mission, Conversion and Transformation (Sabbatical)

2 March – 13 April  
St Joseph's Baulkham Hills  
Norwest, NSW

This sabbatical focuses on transitions and is suitable for those who are at the crossroads of life and ministry. With an integrative and holistic approach, this retreat is an invitation to openness, vulnerability and spiritual growth.

**Director: Rita Malavisi RSJ**

\$14,700 excl. GST | \$16,170 incl. GST

## Life is a Journey

6 April – 11 April  
Mary MacKillop Heritage Centre  
East Melbourne, VIC

This retreat is a reflective, prayerful excursion that contemplatively aligns our personal journeys with the journey of Jesus, focusing on transforming our past through the intimacy of God's love. It emphasises healing, liberation, freedom, and spiritual growth by reframing our life experiences. The retreat aims to transform pain into love, leading to deeper intimacy and joy, love, in and through the heart of Christ Jesus.

**Guide: Fr Chris McPhee**

\$1,250 excl. GST | \$1,375 incl. GST

## Journeying in Love

14 April – 17 April  
Mary MacKillop Heritage Centre  
East Melbourne, VIC

In this Year of Jubilee, we enter into Holy Week as “Pilgrims of Hope”. You are invited to journey with Jesus in his final days and celebrate the great feasts of our faith in the Act of Outpouring Love in the Self-Giving. During the days of this guided, silent retreat, you will have the opportunity to reflect on your journey in the light of the Paschal Journey of Jesus. You may like to bring your Bible, journal, or drawing materials, to assist you through these sacred days of silence, reflection, prayer and journalling. There will be two reflective inputs each day.

**Guide: Maureen McDermott RSJ**

\$950 excl. GST | \$1,045 incl. GST

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## Silent Ignatian Directed Retreat

21 April – 28 April  
Kilmolee  
Safety Bay, WA

The retreat will be offering contemporary materials using the Arts, based on Marlene Marburg’s contemporary expression of the Ignatian Spiritual Exercises in *Grace Upon Grace*. Daily spiritual direction will be available as well as a short daily shared reflection time.

**Director: Annette Arnold RSJ**

\$2,150 excl. GST | \$2,365 incl. GST

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## A Healing Journey... Living into Hope

4 May – 11 May  
St Joseph’s by the Sea  
Williamstown, VIC

All of us have regrets, hurt, grief and pain that we carry. Our loving God knows this and is always encouraging us to bring it into the open space of you and God. This silent retreat offers time and space to be in these hard experiences with your God and to grow in awareness of what living into hope looks like for you on your journey of healing.

**Guide: Jennifer Scally RSJ**

\$2,150 excl. GST | \$2,365 incl. GST

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## Directed Retreat

26 May – 2 June  
St Joseph’s Spirituality and Education Centre  
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

**Director: Ann Morrison RSJ**

\$2,150 excl. GST | \$2,365 incl. GST

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St Joseph’s Spirituality and Education Centre  
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

**Director: Fr David King C.P.**

\$2,150 excl. GST | \$2,365 incl. GST

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## God, I Want You to Be

26 May – 2 June  
St Joseph’s Spirituality and Education Centre  
Kincumber South, NSW

During this silent retreat, there will be the opportunity to reflect on who God is for you and your response to the call of God. Tomáš Halík writes, “... it is not what I think about God’s existence but what I profoundly want or do not want God to be”.

**Guide: Maureen McDermott RSJ**

\$1,550 excl. GST | \$1,705 incl. GST

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## Easter to Ascension (Guided)

1 June – 8 June  
St Joseph’s Baulkham Hills  
Norwest, NSW

*“You believe because you can see me:  
Happy are those who believe without seeing me.”*

This retreat will explore some of the post-resurrection stories of Jesus’ presence with the disciples and his absence. Allow the scripture characters to come alive and reveal their insights.

**Guide: Jennifer Scally RSJ**

\$1,550 excl. GST | \$1,705 incl. GST

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## Explore~Embrace~Embody: Teilhard de Chardin

12 June – 15 June  
Josephite Mission and History Centre  
Hobart, TAS

This Explore~Embrace~Embody: Teilhard de Chardin experience is designed for those who are attracted to and curious about Teilhard’s thinking and writings, but don’t necessarily find his work easy to read. Each session will include a creative mix of exploring and embracing, and will offer suggestions for embodying Teilhard’s ideas.

**Guide: Mary–Ann Casanova RSJ**

\$720 excl. GST | \$792 incl. GST

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## From Inside Out

7 July – 14 July  
Mary MacKillop Heritage Centre  
East Melbourne, VIC

In 2024, the sequel to *Inside Out* was released, nine years after the original. What insights can we draw from this film? This guided retreat will deepen your understanding of your core emotions and connect them with relevant saints and scripture passages. In a quiet and contemplative way, reflect on Psalm 51:10 – “Create in me a clean heart, O God, and renew a right spirit within me”. You even get to watch and reflect on *Inside Out* (the original) and *Inside Out 2*.

**Guide: Rita Malavisi RSJ**

\$1,950 excl. GST | \$2,145 incl. GST

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## Directed Retreat

7 July – 14 July  
St Joseph's Spirituality and Education Centre  
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

**Director: Dr Kerrie Hide**

\$2,150 excl. GST | \$2,365 incl. GST

## Directed Retreat

7 July – 14 July  
St Joseph's Spirituality and Education Centre  
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

**Director: Maureen McDermott RSJ**

\$2,150 excl. GST | \$2,365 incl. GST

## The Hidden Wisdom of Women in the Gospels

7 July – 14 July  
St Joseph's Spirituality and Education Centre  
Kincumber South, NSW

The gospels speak of many women but with very little detail. To learn more about these women, we need to learn to read between the lines with our own intuitive hearts. This silent retreat is a chance to allow some of these women to come alive and speak to us in our lives today. We will spend time with Martha and Mary, the Samaritan Woman at the Well and Mary of Magdala.

**Guide: Jennifer Scally RSJ**

\$1,550 excl. GST | \$1,705 incl. GST

## Let's be Pilgrims of Hope

11 July – 18 July  
Kilmolee  
Safety Bay, WA

This silent, contemplative and guided retreat attempts to answer Pope Francis' call to create a climate of hope within each of us which then flows into our world. We must take this call seriously, allowing our action and prayer to be the spiritual breath of our life that never ceases – awakening beauty, truth and goodness to open new, vibrant ways of being in the world.

**Guide: Ann Morrison RSJ**

\$1,750 excl. GST | \$1,925 incl. GST

## Sabbath Invitation: Come, Rest a While... (Guided)

13 July – 20 July  
St Joseph's Baulkham Hills  
Norwest, NSW

This Jubilee year invites us to pause and step aside from the pace of life around us. These days of silence offer an opportunity to be nourished by the spirit and mystery of Sabbath.

**Guide: Carmel Drew RSJ**

\$1,550 excl. GST | \$1,705 incl. GST

## Retreat in Daily Life

2 August – 14 September  
Josephite Mission and History Centre  
Hobart, TAS

*"It's much more like a dance, in which our first dance partner is God. But whenever we spend time with God and let God lead us, we are always led back to embrace other people – for example, the one whom we forgive or who forgives us. This forgiveness then gives us the freedom to go and live more generously with others in the wider human family. And then we go on to dance the dance of love with them too."* – Marina Berzins McCoy, The Ignatian Guide to Forgiveness.

This retreat (with two book-ending weekends) is about discovering the joy of dancing with God within the grace of forgiveness, by infusing everyday life with the grace of God. Expect an invigorated relationship with the master Dance Partner (God). The weekends will include input, individual silent reflective time, individual spiritual direction and creative resources. Prayer resources will be provided, and participants will commit to around 45 minutes of prayer each day and a one-hour spiritual direction session each week.

**Director: Belinda Chapman**

\$870 excl. GST | \$957 incl. GST

## Retreat in Daily Life – Pilgrims of Hope

10 August – 17 August  
St Joseph's Baulkham Hills  
Norwest, NSW

This retreat offers opportunities for the ongoing integration of the Gospel with daily life. Through a combination of prayer, reflection and sharing, it provides a wonderful, effective way of discovering God in all things.

**Director: Ann Morrison RSJ**

\$260 excl. GST | \$286 incl. GST

## God, I Want You to Be

17 August – 24 August  
St Joseph's by the Sea,  
Williamstown, VIC

During this silent retreat, there will be the opportunity to reflect on who God is for you and your response to the call of God. Tomáš Halík writes, "... it is not what I think about God's existence but what I profoundly want or do not want God to be".

**Guide: Maureen McDermott RSJ**

\$2,150 excl. GST | \$2,365 incl. GST

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## Directed Retreat

14 September – 21 September  
St Joseph's by the Sea  
Williamstown, VIC

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

**Director: Jennifer Scally RSJ**

\$2,150 excl. GST | \$2,365 incl. GST

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## Spring Whispers Wisdom

15 September – 20 September  
St Joseph's Spirituality and Education Centre  
Kincumber South, NSW

During these days of silence, the invitation is to allow our senses to awaken to the mystery of creation and to respond to its beauty, hidden wisdom and inter-connectedness within this beautiful setting.

**Director: Carmel Drew RSJ**

\$1,050 excl. GST | \$1,155 incl. GST

## Pilgrims of Hope

19 September – 25 September  
Mary MacKillop Heritage Centre  
East Melbourne, VIC

In this Year of Jubilee, this pilgrimage includes visits to sacred sites associated with Mary MacKillop's story, inviting participants to serve as "Pilgrims of Hope". This retreat is for people looking for a quiet time, a break from routine and a deeper understanding of how to be a pilgrim of hope by following in the footsteps of Mary MacKillop.

**Director: Rita Malavisi RSJ**

\$2,150 excl. GST | \$2,365 incl. GST

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## Life is a Journey

5 October – 10 October  
St Joseph's by the Sea  
Williamstown, VIC

This retreat is a reflective, prayerful excursion that contemplatively aligns our personal journeys with the journey of Jesus, focusing on transforming our past through the intimacy of God's love. It emphasises healing, liberation, freedom, and spiritual growth by reframing our life experiences. The retreat aims to transform pain into love, leading to deeper intimacy and joy, love, in and through the heart of Christ Jesus.

**Guide: Fr Chris McPhee**

\$1,750 excl. GST | \$1,925 incl. GST

## Time of Sage (Sabbatical)

1 November – 30 November  
St Joseph's Baulkham Hills  
Norwest, NSW

This sabbatical is for religious women and men living 'the Time of the Sage': that rich time of life in your 80s.

**Director: Rita Malavisi RSJ**

\$10,150 excl. GST | \$11,165 incl. GST

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## Directed Retreat

10 November – 17 November  
St Joseph's Spirituality and Education Centre  
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

**Director: Fr David King C.P.**

\$2,150 excl. GST | \$2,365 incl. GST

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## Directed Retreat

10 November – 17 November  
St Joseph's Spirituality and Education Centre  
Kincumber South, NSW

This silent, directed retreat is an opportunity to be more present and listen to yourself and the ever-present God who seeks you always. Daily spiritual direction will allow you to share your life experience and see with fresh eyes the movements of God within you and around you.

**Director: Jennifer Scally RSJ**

\$2,150 excl. GST | \$2,365 incl. GST

## Let's be Pilgrims of Hope

10 November – 17 November  
St Joseph's Spirituality and Education Centre  
Kincumber South, NSW

This silent, contemplative and guided retreat attempts to answer Pope Francis' call to create a climate of hope within each of us which then flows into our world. We must take this call seriously, allowing our action and prayer to be the spiritual breath of our life that never ceases – awakening beauty, truth and goodness to open new, vibrant ways of being in the world.

**Guide: Ann Morrison RSJ**

\$1,550 excl. GST | \$1,705 incl. GST

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## Pilgrims of Hope Journey into the Season of Advent

30 November – 7 December  
St Joseph's Baulkham Hills  
Norwest, NSW

This silent, contemplative retreat provides an opportunity to anticipate, honour and rejoice in the company of those close to the birth of Jesus, Mary the mother of Jesus, Elizabeth mother of John the Baptist and Anna the Prophetess at the Temple of Jerusalem.

**Guide: Ann Morrison RSJ**

\$1,550 excl. GST | \$1,705 incl. GST

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## Advent: Awaiting the Light at the Heart of all Life (Guided)

30 November – 7 December  
St Joseph's Baulkham Hills  
Norwest, NSW

During this time of Advent, silence invites us to awaken to the light flowing through all things – it is the same light in the 'Big Bang', in the Bethlehem Star and in the human heart.

**Guide: Carmel Drew RSJ**

\$1,550 excl. GST | \$1,705 incl. GST

# Spirituality Centres

## Registration Information

*Please mark all email retreat correspondence  
Attention: Retreats.*

*Alternatively, some Centres offer enquiry forms  
and can organise registrations through the phone.*



## Mary MacKillop Precinct, Adelaide

4 High St, Kensington SA 5068

Tucked away in the inner Adelaide suburb of Kensington, the Centre is located on the very site where Mary lived, worked, and prayed from 1872 to 1883. It is a welcoming place of spirituality, hospitality, education, and pilgrimage where Mary's legacy lives on.

Phone: (08) 8130 5910

Email: [admin.mmpsa@sosjspirit.org.au](mailto:admin.mmpsa@sosjspirit.org.au)



## St Joseph's Baulkham Hills

33 Barina Downs Rd, Norwest NSW 2153

Located beside Norwest Business Centre, this Centre sits in a perfect location, 40 minutes from Sydney's CBD. Founded in the spirit of Mary MacKillop and in the tradition of the Sisters of Saint Joseph, the centre's hospitality and services reach out to everyone, everywhere.

[Retreat Application Enquiry](#)

Phone: (02) 9634 2317

Email: [reception.sjc@sosjspirit.org.au](mailto:reception.sjc@sosjspirit.org.au)



## Mary MacKillop Heritage Centre, East Melbourne

362 Albert St, East Melbourne VIC 3002

Heritage listed and in a prime location adjacent to Melbourne's CBD, Fitzroy Gardens, MCG and theatres, this Centre offers opportunities for all to experience and be challenged by the creative spirit and dynamism of Saint Mary MacKillop's life and work and the contribution of the Sisters of Saint Joseph.

Phone: (03) 9926 9300





## Josephite Mission and History Centre, Hobart

67 Clare St, New Town TAS 7008

Established in 1907 as the Mother House of the Tasmanian Josephites, the former Sacred Heart Convent at New Town is steeped in the stories of Mary MacKillop, Julian Tenison Woods and the early Sisters. It is a beautiful and unique place to be inspired.

Phone: (03) 6228 1628

Email: [jmhc@sosjspirit.org.au](mailto:jmhc@sosjspirit.org.au)



## Kilmoree, Safety Bay

182 Arcadia Dr, Safety Bay WA 6169

Situated right on the coast of Safety Bay with spectacular ocean views, splendid sunrises, glorious sunsets and beach walks, Kilmoree facilitates a deepening of relationship with God and Creation in a hospitable, peaceful setting.

Phone: (08) 9527 3240

Email: [safety.bay@sosjspirit.org.au](mailto:safety.bay@sosjspirit.org.au)



## St Joseph's Spirituality and Education Centre, Kincumber South

8 Humphreys Rd, Kincumber South NSW 2251

Located in a natural bushland setting in a quiet corner of Kincumber South on the beautiful Central Coast of NSW, the spacious grounds from the Kincumber Broadwater create an atmosphere of tranquillity and peace, enhancing the spiritual and reflective nature of the Centre. Come and be recharged, re-energised and spend precious time connecting with each other and nature.

Retreat Enquiries

Email: [reception.sjr@sosjspirit.org.au](mailto:reception.sjr@sosjspirit.org.au)



## St Joseph's by the Sea, Williamstown

16 Esplanade, Williamstown VIC 3016

On the land of the Bunurong people, with views of Port Phillip Bay, St Joseph's by the Sea is only a short train ride from Melbourne CBD. It is a gathering place for all who seek to nurture contemplation, explore and celebrate the wonders of the universe and earth and nourish body, mind and spirit.

Phone: (03) 9397 6012

Email: [admin.sjbts@sosjspirit.org.au](mailto:admin.sjbts@sosjspirit.org.au)

