

HEAVEN IN ORDINARY

RENEWING CONNECTION

'The gate of heaven is everywhere'.
(Thomas Merton)

To live well means being connected to the deep source of our being. At one level, this is the most natural thing in the world. At another level, it can seem hard to realise. The complexity and struggle of life catches us up and our access to simple presence and ordinary joy seems blocked.

This silent retreat led by Sarah Bachelard is an invitation, early in the year, to renew connection with the heart of prayer and so with the ground of our being. We will follow a gentle rhythm of meditation, rest and reflection, with time together and time for solitude, discovering the peaceable communion of love abiding in our midst. It will speak to experienced meditators and beginners. All are welcome.



Where	St Clement's Retreat Centre, Kalangan Road, Galong
When	Friday 17 January (arrive from 4pm) to Sunday 19 January 2025 (finishing with lunch)
Cost	\$410 single ensuite \$380 shared bathroom (NB. Financial support is available for those with lesser means so don't let cost be a barrier.)
What to expect	We'll enter silence after Friday dinner until Sunday lunch. Along with input from Sarah there'll be periods of meditation each day, opportunities for one-one spiritual direction, as well as time for solitude and reflection.
Facilitator	Sarah Bachelard has led retreats in Australia and overseas. She is founder of Benedictus Contemplative Church and a teacher with the World Community for Christian Meditation.
Inquiries	Contact Sarah or Melissa at info@benedictus.com.au

'Meditation is to the spirit what breathing is to the body'. (John Main)

Register at <https://www.trybooking.com/CVUBY> (by Friday 10 January)