

Canisius Centre of Ignatian Spirituality

Martin Scroope, Director

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Our Centre is located within the extensive grounds of Peter Canisius House on Sydney's leafy North Shore, 30 minutes from the CBD by public transport, 45 minutes from the airport. Frequent buses are available from the Western side of Gordon Railway Station. We offer a number of well-appointed retreat bedrooms, some with ensuites, as well as bedrooms with shared bathroom amenities, a conference hall and small meeting rooms. For live-in retreats, all meals and linen are included. Disabled access and facilities are available.

The Canisius Team

Martin Scroope (Director) is married with three adult children. He taught for 21 years in Jesuit schools. From 2001-2013, he was the founding Director of the Loyola Institute - a centre for formation and leadership, and focused on Ignatian spirituality, ministry and leadership. He has worked with many Australian Catholic school communities, congregations and Jesuit institutions.

Peter Beer SJ is a Lonergan scholar and specialises in giving 30-day and 8-day retreats, as well as being an experienced spiritual director.

Caroline Coggins made the Spiritual Exercises of St Ignatius and spiritual direction training at St Beuno's in Wales. She is an analytic psychotherapist, and a long time yoga teacher in the Iyengar tradition. She is a convert to Catholicism and closely involved with St Canice's Parish at Elizabeth Bay. She has experienced the power of Ignatian spirituality to form people, bringing those who are touched by it into a personal relationship with God.

Sally Longley is an experienced spiritual director and retreat leader with extensive cross-cultural experience. She is Hon

Pastoral Carer in her church, qualified in Theology and the Ignatian Spiritual Exercises, a speaker at conferences and retreats of all denominations. Sally recently published a book: *Walking the Labyrinth as the Beloved in John's Gospel*, and a set of DVDs and Booklet entitled *Christian Meditation: 5 Ways to Pray*.

Frances Tilly is a spiritual director and Giver of the Spiritual Exercises. She is a member of the national team for the First Spiritual Exercises and a graduate of the Arrupe® Program. Her background is in European languages and literature, education and pastoral ministry. She has extensive experience in adult faith formation and accompaniment through the prism of Ignatian spirituality. She is married with three adult children.

Lynette Toohey RSCJ is professionally trained in social work, theology and spiritual direction. As a member of the Society of the Sacred Heart, she has a strong background in Ignatian heritage.

Anne Wakatama is mother of two adult children whom she raised as a single parent and has worked as a general practitioner for many years in rural NSW. She has had cross-cultural experience working in Africa and has also worked with Aboriginal people. She trained in spiritual direction at Loyola House and at Regis College in the University of Toronto. She is an experienced director in the Ignatian tradition and the Spiritual Exercises. She also enjoys giving workshops in spirituality.

Our Retreats

Costings are not final and may be revised at the discretion of Canisius Centre of Ignatian Spirituality.

Residential directed retreats can be provided at any time subject to the availability of a director and accommodation.

The Full Spiritual Exercises in Daily Life Available on Request
Retreat Team

This Retreat in daily life is available on request. It is offered with Spiritual direction over a 30 week period. Previous experience

of contemplative prayer either on a retreat or involving regular spiritual direction over an extended period is desirable. Please refer to page 3 for more information on The Full Spiritual Exercises in Daily Life. Cost \$1,950.

Silent Directed Retreat — 5, 6 or 8 Days

(retreat commences at 5.30pm and concludes after breakfast) Fri 10 Feb - Sun 19 Feb

Retreat Team *Silent, Individ-directed*

Deepen your relationship with God in silence, with guidance from a spiritual director and ample time for prayer and reflection. Cost incl accommodation and meals: \$955 for 5 days; \$1,125 for 6 days; \$1,465 for 8 days.

Women's Spirituality

Fri 17 Feb, 3pm - Sun 19 Feb, 3pm

Caroline Coggins *1 weekend*

"Blessed is she who has believed that the Lord would fulfill his promises to her!" (Luke 1:45)

Sigmund Freud said: *"The great question that has never been answered, and which I have not yet been able to answer, despite my 30 years of research into the feminine soul, is 'What does a woman want?'"*

But how could he know? We know, we feel the living water, each of us different, but not. At least Freud was game enough to wonder. This weekend is a time to come away, to reflect, with plenty of space to quiet, to come home to yourself and God. Each day, there will be a reflection time together, and spiritual accompaniment if desired. Cost \$324 including accommodation and meals.

Labyrinth Retreat

Sat 25 Mar, 9.30am-4pm

Sally Longley *1 day*

When we long for refreshing ways to pray, the labyrinth offers us a pathway to step onto, and allows us to be led into rich encounters with our God. Canisius has two labyrinths, one a Chartres pattern and one the Classical pattern. Each invites us into a different experience. This retreat is for anyone who would like to explore ways to pray with the labyrinth. Each labyrinth retreat offered

through the year will follow various themes. Cost \$105 including lunch and refreshments.

Three Ways to Pray with the Gospels

Sat 6 May, 9.30am-4pm

Sally Longley *1 day*

Someone has said that the greatest distance in the world is between our head and our heart. How can we pray in a way that bursts open the truths of the gospels and enables us to encounter anew the living God? This day will introduce each way to pray followed by a time of silence where each person can explore the particular way to pray. So the day will have a gentle rhythm of explanation and reflection, input and silence. All are welcome, whether your prayer life is alive or dead, come and drink from the Water of Life. Cost \$105 including lunch and refreshments.

Silent Directed Retreat — 5, 6 or 8 Days

(retreat commences at 5.30pm and concludes after breakfast) Fri 26 May - Sun 4 Jun

Retreat Team *Silent, Individ-directed*

Deepen your relationship with God in silence, with guidance from a spiritual director and ample time for prayer and reflection. Cost incl accommodation and meals: \$955 for 5 days; \$1,125 for 6 days; \$1,465 for 8 days.

Life Revision Course — Where Have I Been &

Where Am I Going? [Part 1](#): Thu 3 Aug, 5.30pm - Sun 6 Aug, 4pm

Sally Longley, Dieter Weinand *3 days*

This course comprises two parts, where Part 2 builds on Part 1. Using a rhythm of silence and solitude alongside sessions of input with process and group work, the course invites us to a review of the paths we have taken thus far in life, and then to be able to more ably choose our pathways forward. Some of the things we are dealt in life have not been of our choice, yet we can choose the way we respond to these. Participants who have previously done this course have found a great sense of camaraderie and community development, whilst also honouring the spaciousness required for deep prayer

and silence as each person takes the time to review their life thus far, to notice patterns of decision-making, and to discern some ways of proceeding into the future. Those who are at intersections in their lives find this particularly useful, as do those who simply want to stop and take stock of where they have come from and where they are going to. All are welcome. Participants need to enrol for both Parts. Cost of Part 1: \$550 including accommodation and meals.

Towards Peace — Walking the Labyrinth Retreat

Sat 2 Sep, 9.30am-4pm

Sally Longley with a Canisius Team member

1 day

This retreat is for men and women who are survivors of abuse or care for loved ones who are survivors. There are many forms of abuse: sexual, physical, emotional and spiritual, including bullying in the workplace. This is not a counselling retreat but a prayer retreat, designed with abuse survivors in mind. The prayer labyrinth can offer creative and healing ways to pray toward a greater sense of true shalom. Cost \$105 including lunch and refreshments.

Come & See

Fri 13 Oct, 3pm - Sun 15 Oct, 3pm

Caroline Coggins

1 weekend

'Go down, down, down to the place in you where fire and silence dwell - The place of power' (Sr Anne Powell) This weekend offers the time to move away from the busyness of normal life. To rest awhile into the mystery of our life with God. We will use poetry and scripture to aide and salve, to slow so that we can still ourselves to feel God working in us. Cost \$324 including accommodation and meals.

Full Spiritual Exercises: The 30 Day Retreat

Fri 20 Oct, 5pm - Sun 19 Nov, 10am

Retreat Team

30 days, Silent, Individ-directed

Deepen your relationship with God in silence, with guidance from a spiritual director through the Spiritual Exercises of St Ignatius. Previous experience of contemplative prayer either on a retreat or involving regular spiritual direction over an extended period is desirable. Please refer to page 3 for more information on the Full Spiritual Exercises. Cost \$5,205 incl accommodation and meals.

Silent Directed Retreat — 5, 6 or 8 Days

(retreat commences at 5.30pm and concludes after breakfast)

Fri 20 Oct - Sun 29 Oct

Retreat Team

Silent, Individ-directed

Please see page 17 for information on this retreat.

Three Ways to Pray with the Gospels

Sat 4 Nov, 9.30am-4pm

Sally Longley

1 day

Someone has said that the greatest distance in the world is between our head and our heart. How can we pray in a way that bursts open the truths of the gospels and enables us to encounter anew the living God? This day will introduce each way to pray followed by a time of silence where each person can explore the particular way to pray. So the day will have a gentle rhythm of explanation and reflection, input and silence. All are welcome, whether your prayer life is alive or dead, come and drink from the Water of Life. Cost \$105 including lunch and refreshments.

Life Revision Course — A Way of Proceeding:

Driven or Drawn? [Part 2](#): Thu 23 Nov, 5.30pm - Sun 26 Nov, 4pm

Sally Longley, Dieter Weinand

3 days

This course comprises two parts - participants must have attended Part 1. Please see the detailed description of the Course on page 17. Cost of Part 2: \$550 including accommodation and meals.

Advent Reflection Day

Sat 2 Dec, 9.30am-4pm

Frances Tilly

1 day

'We must enter into the adventure of the quest for meeting God; we must let God search and encounter us.' (Pope Francis)

Discerning the encounter. How is God drawing you into deeper relationship this Advent?

Come and enjoy a spacious day at Canisius, with time to listen, reflect and respond to the promise and invitation of God at the start of the wonderful season of Advent. Cost \$105 including lunch and refreshments.