



## Contemplative Living with Thomas Merton

a monthly gathering for  
reflection and dialogue from  
11am -1pm each first Sunday  
of the month.



*"Contemplative living is a way of listening  
and responding to our everyday experiences  
by consciously attending to our relationships  
with self, other, God, and all of nature"*

## Creativity and Spirituality

An exploring spirituality series

In each creative experience we are guided by the artist who leads us  
to play using a variety of mediums...colour, texture, fabric, clay ...  
and enjoy personal quiet time for reflection and discovery.

2017 dates: 22 Apr, 27 May, 24 June, 22 July, 16 Sept, Oct 28



**Team:** Joan Neal and Marg Trevethan  
with each session led by local artists

*"When we engage in the arts, we dip into our souls to discover  
deep pools of wonder, breath-taking beauty and quiet revelation.  
As we create, we are invited into playfulness, poignancy and sur-  
prise—energies that revitalise our sense of purpose."*

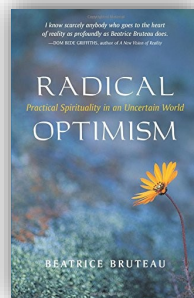
## CUMANN GRATH

24 hour Silent Retreats  
3pm Sat—3pm Sunday  
at Mercy House

*Gathering in Friendship and Silence  
to Pray and Reflect on Scripture and  
Radical Optimism by Beatrice Bruteau*

2018 dates: 17th/18th March: "Jesus, the way!"  
14th/15th July: "Jesus, the truth!"  
20th/21st October: "Jesus, the life!"

**Team** Sr Marie Williams, Therese Duff, Marg Trevethan and  
Fr. Alan Sheldrick



## The Art and Practice of Stillness

**Stillness Sundays**  
from 11am ....

An invitation to connect and allow  
silence and nature to teach you stillness.



2018 dates: TBA

**Team** Clare Plant and Marg Trevethan

*"Silence is God's language, and it's a very  
difficult language to learn."* Thomas Keating



# Keep Sunday Sacred

**CUMANN GRATH**  
*24 hour Silent Retreats*  
*3pm Sat—3pm Sunday*  
*at Mercy House*

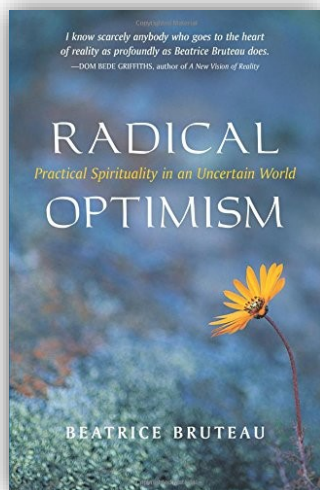
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*"only one thing is necessary: we  
just relax into the contemplation  
of Jesus, absorb his peacefulness,  
and his absolute devotion to god...  
we must learn to breathe trust...  
(B. Bruteau)*

