



## Santa Teresa Spirituality Centre e-News



### Savouring Graced Moments

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Discovering the graced moments in our lives requires us to be attentive to God's action in our lives. Whether it be one of the great passages of life (eg the birth of a child) or a momentary glimpse of God's creative genius in the beauty and intricacy of a flower that has captivated us, we need to allow these moments to fill our hearts with gratitude.

Savouring these special moments requires us to write the preciousness of the occasion in our hearts and minds. I find taking a photo of these graced moments, sometimes with a camera, but more often with the camera of my imagination helps me to hold onto these graces in my life.

Another way is to share these graced moments with others. You are encouraged in the Year of Grace to share your graced moments with others. You can do this online on the Year of Grace website at: [www.bne.catholic.net.au/yearofgrace](http://www.bne.catholic.net.au/yearofgrace)

### Wisdom from Santa Teresa

"I believe quite simply that it is Jesus Himself, hidden deep in my poor little heart, who works within me in a mysterious manner and inspires all my daily actions."

"I see with joy that in loving God the heart grows."

St Therese of Lisieux, named by Pope John Paul II's as the 'Doctor of Love' reminds us that it is in attending to the small things of life well that our capacity to love God and each other grows. How can we cultivate this attitude of loving attentiveness amidst the busyness of the many mundane daily tasks we face?



### Ignatian 30 day Retreat



Recently we welcomed Sr Therese a Benedictine sister from Jamberoo retreat centre in NSW and Samuel, an Assembly of God minister from Hong Kong who are undertaking the Ignatian Spiritual Exercises under the guidance of Fr John O'Reilly SJ.

St Ignatius after his own conversion experience 'became convinced that it was his mission from God to help people experience God's presence and learn God's will by directing them in making the Spiritual Exercises.' The Jesuits continue this mission by offering this extended period of solitude and prayer to encounter Jesus personally. If you are interested in learning more about a

private directed retreat from 1 day to 30 days in length check out the Faber Ignatian Spirituality Centre website at: <http://www.faberspirituality.org.au/>

### Santa Teresa Community Alice Springs

Archbishop Bathersby in choosing the name of the Spirituality Centre intentionally linked us to the Santa Teresa community in Alice Springs, which he visited on the occasion of Pope John Paul II's visit to Central Australia in 1986.

This link is maintained through our sale of crosses and scarves created by women from this indigenous community. Each item is individually crafted and painted and reflects their prayer and personal faith journey. Your purchases support this spiritual initiative that provides both purpose and income to these indigenous women. Please contact us (Ph 32864011) if you want to purchase any of these beautiful religious objects.



## Soul Space

Staff from some of our Archdiocesan agencies and parishes have recently attended either a one day retreat focused on the human spiritual journey (Soul Space 1) a two day exploration of ways of relating with God (Soul Space 2) or a three day reflection on our sacramentality (Soul Space 3). This three year program affords those working in the church some time to nurture their spirituality amidst the natural beauty of our Ormiston Centre.

Pictured at the right is the recent visit of the Soul Space 3 group to **David Moriarity's observatory at Wellington Point to better view the planets and stars. Through David's guidance the group learned to appreciate the grandeur of God's creation.**



## Facility Upgrades



Recent work in the Chisholm and Benedict wings completes the air-conditioning of Santa Teresa for the all year round comfort of retreatants. All bedrooms, chapels, formation spaces, the dining room and the administration offices now enjoy the year round benefit of climate control to offset winter chilly mornings and hot humid summer days.

Our friendly staff is always seeking to improve conditions at the Centre. A recent example is the upsizing to large bath towels for the comfort of those staying overnight. Our thanks go to our small dedicated team for keeping the grounds mowed and weeded, the buildings spotless, the catering nourishing and ongoing maintenance tasks up to date. Have you noticed the beautiful roses at our front entrance so lovingly cared for by Mike Ryan a generous volunteer?

## Overnight Parish & Deanery Retreats / Birthday Present

We have welcomed many groups to Santa Teresa this year. What **has been wonderful to see is the joy and peace that fills people's hearts and lives as a result of their time at the Centre.**

A number of parishes and deaneries have run an overnight retreat from Friday evening through to Saturday lunch that allows their priests and people to return to the parish for the weekend masses. Even in this short time, visitors discover the grace of time spent in prayer and reflection refreshes and inspires them.

I look forward to welcoming you to Santa Teresa during the Year of Grace, either as a member of a church group or as an individual taking time to be spiritually charged with the grandeur of God. A **recent visitor was given two days retreat as a birthday gift 'one of the best birthday presents I have ever received.'**

Grace and Peace,

*Mike Humphrys*

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