



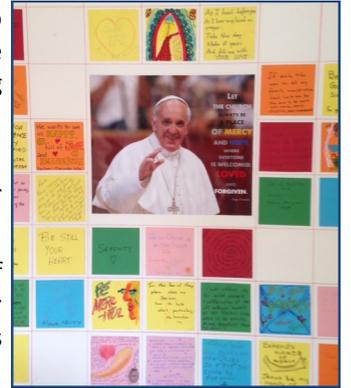
## Santa Teresa Spirituality Centre e-News

### Jubilee Year of Mercy Wall

One of the optional activities proposed to those attending one of the Santa Teresa Pilgrim Days is to draw or write a symbol, word, image or concept that captures some aspect of 'mercy' on a card tile for placing on a mercy wall (pictured). This visual mosaic provides a rich tapestry of thought helping those who stop to gaze and ponder the mystery of God's mercy.

Pope Francis in his Papal Bull announcing the Jubilee Year of Mercy reminds us: 'We need constantly to contemplate the mystery of mercy. It is a wellspring of joy and peace. Our salvation depends on it.' The Face of Mercy n.2

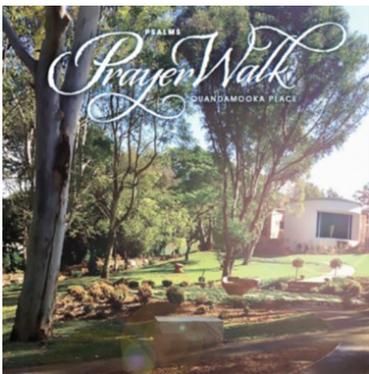
I am amazed by the creativity of our pilgrims who in a nutshell can describe their own experience of mercy, providing a doorway of understanding for us. May this year provide moments of encounter when we are touched by the mercy, compassion and forgiveness of our God, freeing us to share this with others and offering those in need, pardon and peace.



### Website Booking Enquiries Form

Recently an online booking form has been added to the Santa Teresa website. This allows guests to submit a booking request at any time of the day. Once completed, the request will be considered by our Centre Supervisor Michelle, who will advise whether your preferred booking time is available. The booking form makes provision for intending guests to make any specific requests and identify any special needs. This system will help us to respond to bookings in a timely manner and ensure that guest details are accurately recorded.

### Quandamooka Prayer Walk



One of the prayer exercises on offer is a prayer walk along the pathway through Quandamooka Place in the area below the chapels. There are seven sandstone block stations along this path. A booklet is available to accompany one on this prayer journey. It provides seven psalms, that a person can pray as they pause, sit and ponder at each of the seven stations.

Other options that could be used for this prayer journey include:

- praying 7 of your favourite prayers
- reading and reflecting on 7 biblical stories of Jesus' Resurrection appearances
- meditating on 7 sayings about 'mercy'
- giving thanks to God for 7 blessings in your life
- interceding for 7 people/situations/needs which you carry in your heart
- expressing forgiveness to God for 7 failures to love others

### Mercy Sayings

*"Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayer." — Padre Pio*

*"The ground of mercy is love, and the working of mercy is keeping our love." — Julian of Norwich*

*"Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need." — Hebrews 4:16 (NRSV)*

*"Every time someone is in need, he or she can approach it (the great river of mercy) because the mercy of God never ends." — The Face of Mercy #25*

*"Any time any of us reaches out, any time we pour even a drop of love, compassion, simple human decency (no matter how small; how seemingly insignificant) into the sea of earthly existence — we are, each and every one of us, the being called Mercy." — J M DeMatteis, Mercy (1993)*

Mercy

## St Benedict wing



Like the Caroline Chisholm wing, the St Benedict block has six modern bedrooms each with an ensuite and a balcony overlooking the chapels and Quandamooka Place. Sheltered under the branches of a large Poinciana tree, these rooms provide a haven for prayer, reading, relaxing and sleeping.

As the founder of monasticism in Western Europe, St Benedict is noted for his hospitality and spirituality enshrined in the Rule of Benedict, which outlines not only a lifestyle for monks but a guide for the Christian life. In particular, St Benedict was insistent that monasteries were places of refuge for all, especially the weary traveller needing rest and refreshment. One of his wisdoms is 'to listen with the ear of the heart'. May all who spend time at Santa Teresa experience the spirit of Benedictine hospitality.

## Day Groups—Menu packages

In response to requests for an alternative menu for day groups, Santa Teresa is offering a choice of two menu packages for \$40 and \$50 respectively. Package 1 includes morning tea and a sandwich lunch with fruit while Package 2 Includes morning tea and a buffet lunch with salads and fruit. Both packages include all day tea/coffee and a levy of \$10 as a contribution towards the costs of the Centre (eg power, cleaning and maintenance). All meals are freshly prepared by Mary-Clair and her catering team and are widely acclaimed for their quality and yumminess! For full details of costings and a sample menu visit the website at: [www.santateresa.org.au](http://www.santateresa.org.au)



## Ongoing Improvements—Hot water and coffee machines



After the major upgrade of the kitchen last year, our property improvements in 2016 will be modest. Due to a growth in visitors, a zip heater has been installed in the dining room, thereby providing a steady stream of hot water for tea and coffee at any hour of the day or night. A coffee machine and milk dispenser have also appeared, giving guests the option of good quality espresso coffee to satisfy their cravings at breakfast and morning tea..

There has been a flurry of tradesmen of late to repair faults with our air-con units, a cracked basin, outdoor lighting and sliding doors as well as our regular services for pest control, fire control and equipment certification. Any repairs or faults are attended to promptly to ensure that the Centre is a safe and comfortable home for our guests.

## Grounds—Autumn Pruning

The natural beauty of the Centre has been enhanced by our landscaped spaces and gardens to provide a variety of prayer spaces. There is much work that goes on behind the scenes to maintain these gardens. Regular mowing, edging, weeding, watering, mulching and rubbish removal is supported by an annual tree maintenance program and the pruning of our many shrubs and plants. After a prolonged dry spell, the recent rains have been a great blessing and transformed our brittle, dry lawns into a beautiful lush green carpet.

Pruning of plants to ensure ongoing strong growth and flowering is Nature's reminder to us of the paschal mystery at work. Namely, that to achieve our full potential, there are times of discipline and pain in order for us to flourish and grow strong. We are grateful for all who care for the earth and seek to preserve its beauty.



## Easter cry: 'Alleluia Jesus is Risen!'



In cutting and taking some olive branches from Santa Teresa to the Cathedral recently for the Chrism Mass when the holy oils are blessed, I was reminded that the Centre is powerfully linked to the heart of the Archdiocese. Welcoming over 120 people to the first two Pilgrim Days is another tangible sign of this unity as members of the Archdiocese gather to reflect on 'mercy' and their faith journey.

As we prepare to celebrate the Easter triduum, may our hearts be filled with the joy of the risen Lord, opening the doors of hope and life to hungry hearts.

Easter Blessings,  
Mike Humphrys - Coordinator