



Santa Teresa Spirituality Centre e-News

'The Science of Love' of St. Therese of Lisieux – Reflection for our Lenten Journey



Therese learned the 'science of love' not by wilfully forcing herself to be loving, but by being aware of and learning from the times she was tempted to be unloving or overly attached to her emotions.

Through powerful self-reflection on her spiritual journey, Therese came to know the depth of her self-centredness, the extent of her God-inspired desires, and the role and significance of her thoughts, acts and feelings in the spiritual life. She had a great self-confidence in her ability to be honest with herself and an enormous intuitive capacity about the ways of human and divine love. Under the microscope of prayer, in her self-awareness, she came to learn universal truths about love: how love originates, how it is nourished or blocked and how it grows. Her life became a microcosm of love, her teaching, a school of love. (Joseph Schmidt *Walking the Little Way of Therese of Lisieux: Discovering the Path of Love*, The Word Among Us Press 2012, pp.33-34)

During Lent, will we take the opportunity to search our hearts to discover new ways to love ?

2018 Highlights

Some of the Highlights of Life at Santa Teresa last year include:

- ◆ The strong rapport between staff and guests was reflected in their feedback forms
- ◆ 139 young people participated in the 5 Year of Youth retreat days held at Santa Teresa.
- ◆ 3,507 guests visited during 2018 of whom 2,117 were day and 1,390 were overnight guests
- ◆ 60 Prep students from Queen of Apostles primary school spent a day in prayer activities
- ◆ The yarnng circle was created. Guests found it an easy way of gathering and listening to one another
- ◆ A wood sculpture emerged among the gum trees



Parish Reflection Days 2019 'Call to Holiness'

Taking Pope Francis' Apostolic Exhortation: 'Rejoice and Be Glad' as our inspiration, 4 reflection days focused on our 'Call to Holiness' are being offered during 2019.

- ◆ Saturday 23 March 9am-3pm
- ◆ Sunday 26 May 10am- 4pm
- ◆ Saturday 31 August 9am-3pm
- ◆ Saturday 30 November 9am-3pm

Costs are \$30 per person (includes lunch box and morning tea)

Please register at: <http://ebab.weebly.com>

(booking and payment essential 7 days prior to the day)

'Everything can be accepted and integrated into our life in this world and become a part of our path to holiness. We are called to be contemplatives even in the midst of action.' *Rejoice and Be Glad n.26*

Why Come to Santa Teresa ?



Spending time at Santa Teresa provides a beautiful place for:

- ◆ Encounter with God
- ◆ Quiet Prayer and Reflection
- ◆ Spiritual Formation
- ◆ Refreshment and Enjoyment
- ◆ Renewal of body, mind and spirit amidst God's Creation



Tree Management Audit— Beware falling Bunya Nuts

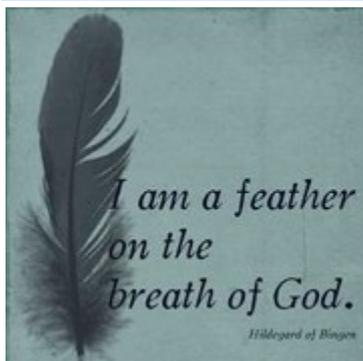
Annually, Redlands Tree Service does an audit of our trees to ensure that they are healthy and safe, particularly, our gum trees.

The tall Bunya trees in the grounds of Ormiston House next door produce a large nut that is dangerous when it is falling. Visitors are given warning of this if they are walking to the Carmelite chapel for Mass.

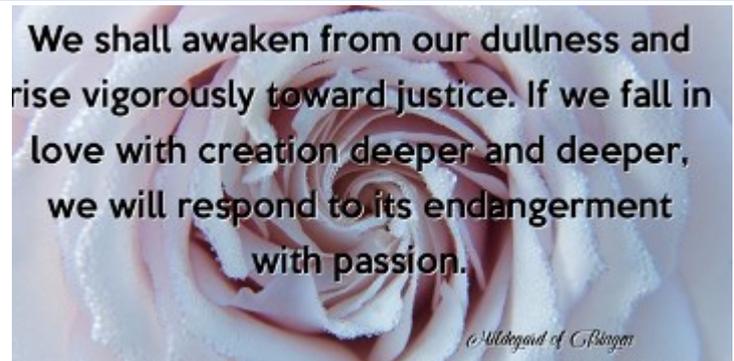
Indigenous Australians eat the nut of the bunya tree both raw and cooked (roasted or boiled). Traditionally, the nuts were additionally ground and made into a paste and cooked in hot coals to make bread.



Wisdoms from St Hildegard of Bingen OSB (1098–1179) abbess, mystic, writer, Doctor of the Church



“The Word is living,
being, spirit, all
verdant greening,
all creativity.
This Word
manifests itself
in every creature.”



Workplace Health and Safety Review & Action Plan

Archdiocesan Services recently conducted a Workplace Health and Safety Review of the Centre. This comprehensive review includes Risk Assessments, regular maintenance and testing of Plant and Equipment, Staff Training, Emergency Response Procedures, Safe Handling of Chemicals and Catering Standards. This audit is ongoing to ensure that procedures and documentation are in place to ensure the wellbeing and safety of our staff and guests.



Some Comments from our Guests

- ◆ An excellent place to sojourn with God (*Deacons' wives*)
- ◆ Nothing was too much trouble for staff. Thank you! (*Unbreakable*)
- ◆ Grounds and prayer walks are amazing. Felt I was on holy ground the entire time. (*Christian Meditation*)
- ◆ Always spotlessly clean, wonderful sense of God's love and peace in this place (*Breathe*)



Contact us soon to organise your 2019 stay with us.

Whether it is a day, an overnight, a weekend or an extended stay, come and experience the beauty and peace of this special place.

Blessings,
Mike Humphrys (Coordinator)