

# SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

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# SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

This programme outlines retreats and other events which individuals may find of benefit in their spiritual journey. However Spiritual Growth Ministries Trust does not give warranty as to the suitability of a particular event for a particular individual. Each individual considering attending an event is responsible to make their own judgement as to whether the event will be suitable for them. Views, teaching or statements at the events are not necessarily those of either Spiritual Growth Ministries Workgroup or Spiritual Growth Ministries Trust.

## SPIRITUAL GROWTH MINISTRIES

Spiritual Growth Ministries is a network of people from diverse Christian traditions and experience who find depth and meaning through the Christian heritage of contemplative spirituality. The Spiritual Growth Ministries Trust aims to enable people to develop spiritual resources for their life and work by deepening their relationship with God in Jesus Christ through spiritual direction, training, retreats and other experiences of prayer.

## SPIRITUAL GROWTH MINISTRIES WORKGROUP

David Crawley	Anglican, Auckland City.
Warren Deason	Presbyterian, Albany
Carole Hunt	Baptist, Wellington. (Administrator)
Barbara McMillan	Anglican, Auckland (Formation Programme Co-ordinator)
John O'Connor	Catholic, Christchurch
Trish O'Donnell	Catholic, Christchurch
Sue Pickering	Anglican, New Plymouth
Andrew Pritchard	Post-denominational, Paraparaumu (Convenor)
Jane Wilkinson	Baptist, Palmerston North
Mike Wright	Baptist, Dunedin

## HOW YOU CAN HELP SGM

1. Write to the Convenor if you can assist our work in your area.
2. The Spiritual Directors' Formation Programme is funded from fees and gifts, and SGM seeks continued support both in prayer and financial assistance for this work.
3. The Spiritual Growth Ministries Trust has been established in order to secure the future work of SGM. Financial gifts to the Trust are welcome and should be made to the Administrator.
4. Friends of SGM contribute annually to our work. Some prefer to make a regular commitment with an automatic payment to the SGM Bank Account. If you would like to give in this way, write to the Administrator for details.
5. Update your will to include a bequest to Spiritual Growth Ministries Trust.
6. Be on our Mailing List. Send your name and address to The Administrator.

# SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

## SGM ADDRESSES

**Website:** www.sgm.org.nz

### Administrator:

Carole Hunt, The Administrator, Spiritual Growth Ministries,  
55 Navigation Drive, Whitby, Porirua 5024.

Phone (04) 234 1992. Email: sgm@clear.net.nz

### Convenor:

Andrew Pritchard

2/260 State Highway 1, Raumati South, Paraparaumu 5032.

Phone (04) 904 6764 Email: alp\_resources@paradise.net.nz

### Spiritual Directors' Formation Programme Co-ordinator:

Barbara McMillan

100 Captain Scott Road, Glen Eden, Auckland. 0603

Phone/Fax: (09) 8177376

Email: sgmtmp@xtra.co.nz

## AREA CONTACTS

As we seek to encourage more local initiative in our work we include area contacts who may be able to suggest themes and leaders if your Church wants to run an event or short retreat.

Otago	Nola Myles	(03) 473 1141
Canterbury	Lorraine Jansen	(03) 384 4322
Nelson	Margie Marshall	(03) 542 3869
Marlborough	Kevin Gwynne	(03) 577 6507
Wellington	Maureen Lamb	(04) 569 4149
Hawkes Bay	Val Chapman	(06) 843 8199
Manawatu	June Latham	(06) 359 2091
Taranaki	Sue Pickering	(06) 758 4952
Waikato	Jeanette Vink	(07) 825 8330
Bay of Plenty	Jan Earp	(07) 542 3227
Auckland	David Crawley	(09) 626 4181
Northland	Mary Maitland	(09) 436 5554

## SGM JOURNAL

The SGM Journal, Refresh, is produced twice a year around a particular theme of contemplative spirituality. The Journal is available from the Administrator.

No charge is made for the Journal but a donation towards the cost of approximately \$5 per copy posted would be appreciated.

# SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

## FORMATION PROGRAMME FOR SPIRITUAL DIRECTORS

SGM's two year programme offers comprehensive formation and training in both the theory and practice of spiritual direction. The course includes

- the regular giving of spiritual direction under supervision
- reading and written assignments
- attendance at regular workshops - five single days in each year
- a week-long residential event in the first year, and
- a residential weekend at the end of the second year

This programme prepares graduates to apply for associate membership of the Association of Christian Spiritual Directors in Aotearoa New Zealand (ACSD). After completing a further 50 hours of giving spiritual direction with regular supervision, associate members may then apply for full membership.

Formation Programme applicants are expected to have

- experience of receiving spiritual direction over a period of time
- experience of making silent, directed retreats
- a degree of maturity based on life and faith experience
- a grasp of the spiritual life, Scripture and theology
- some understanding of human developmental psychology

Pre- or co-requisites for the programme include :

- undertaking a counselling or skilled listening course
- gaining familiarity with personality type theory e.g. through a Myers-Briggs workshop and Enneagram
- participating in a workshop on Christian Dreamwork
- completing a 7-day directed retreat.

**Costs for 2011:** Application fee: \$50.00  
Manual: \$45.00  
Programme fee\*:  
Year 1 \$1333.33 + \$167.67 GST = \$1500.00  
Year 2 {2012} \$1333.33 + \$167.67 GST = \$1500.00

\* options include paying by monthly automatic payments or in 3 instalments  
Additional costs include Supervision Fee: \$50 approx. (varies according to individual supervisor), books, travel to workshops, the Waikanae residential week, and personal monthly spiritual direction.

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PLEASE NOTE THAT ALL ENQUIRERS ARE TREATED INDIVIDUALLY ACCORDING TO THEIR EXPERIENCE, so if you:

- are interested in helping others grow in their relationship with God;
- already have people approaching you to talk about their spiritual life;
- sense God's invitation to consider this area of ministry;

### Contact the Programme Co-ordinator for an application package

Barbara McMillan  
100 Captain Scott Road, Glen Eden, Auckland. 0603  
Phone/Fax: (09) 8177376  
Email: sgmt@xtra.co.nz

**Closing Date for Applications 20 August 2010.**  
LATE APPLICATIONS MAY BE CONSIDERED.

## SPIRITUAL DIRECTION

Spiritual direction offers quality listening and assistance in hearing God's voice, reflecting on the journey and facing into the movements of grace in our lives.

The Association of Christian Spiritual Directors (ACSD) in Aotearoa New Zealand has members in most parts of the country.

Contact Carole Hunt the SGM Administrator who will be able to help with contacts in your area. [sgm@clear.net.nz](mailto:sgm@clear.net.nz) (04) 234 1992, or visit the ACSD website [www.acsd.org.nz](http://www.acsd.org.nz)

## RETREATS

While the term "retreat" is sometimes loosely used to include conferences, church camps or business strategy and team-building events, none of those is what we mean by the term!

A retreat is a time set aside to be with God. It is a time to lay aside our agenda and many of the normal things that fill our lives and our minds, and to focus more completely on God's agenda for us. It is a time to hear God's word of love. It is a time to experience forgiveness and cleansing. It is a time to hear the Lord's call and to sort out our priorities. It is a time for healing and challenge. It's a time to journey further in "the way".

There are several different styles of retreat with the most common being:

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## DIRECTED RETREATS

Directed Retreats (retreats with the assistance of a spiritual director) are times away from the usual routines of life and work to deepen our relationship with God whom we know most profoundly in Jesus Christ.

Directed retreats vary in length, typically from two to seven days. They vary in style and content but include daily spiritual direction and commonly also include time each day for communal prayer, reflection and Holy Communion. Silence is usually an important aspect of a retreat, with some retreats having specified times of silence and others being fully silent.

Silence is a wonderful gift which aids the experience of discovering God's grace and love. It builds a deeper inner solitude for listening to God. Spiritual direction enables the discernment of what God is doing or saying.

## GUIDED RETREATS

These are based around talks on a theme given by the retreat leader(s) followed by times for personal meditation, reflection, prayer and silence. On some guided retreats spiritual direction sessions are offered as an option for those who request them.

## HOME AND PARISH-BASED RETREATS

We are happy to respond to the growing interest in home-based and parish-based retreats which allow the retreat to be adapted to the requirements of the people or group involved. The Retreat in Daily Life is one example: in this people commit to daily prayer and spiritual direction for the duration of the retreat but maintain their normal work and personal life. Suggestions for parish-based retreats and to be put in touch with people interested in leading these please write to Carole Hunt, the SGM Administrator.

## WILDERNESS RETREATS

A Wilderness retreat provides all that a directed retreat offers, but in a more rustic setting where cooking one's own meals is part of the contemplative experience. It also cuts costs as much as possible to enable more people to enjoy the retreat experience. The term "wilderness" refers to the sense of moving out of familiar places and comforts as well as to journeying beyond the present experiences of God's love and care. Venues are the cheapest we can find. Provide your own food, cooking utensils and bedding. The fee covers accommodation and leadership costs.

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RETREATS ARE LISTED UNDER THE APPROPRIATE REGION AND REQUESTS FOR INFORMATION AND REGISTRATION SHOULD BE MADE TO THE CONTACT PERSON LISTED.

## Professional Development for Spiritual Directors and Ministers

### 'IT IS WELL WITH MY SOUL'

A healthy, growing, personal and spiritual life is an essential foundation for Spiritual Directors, Parish Ministers and people in other ministry roles.

During Sabbatical in 2009 Andrew Pritchard has reflected on two questions:

- What has sustained ministers, monks and mystics, past and present, in ministry?
- What attitudes, practices and strategies support and sustain Spiritual Directors and Ministers in ministry today?

Andrew is open to facilitating workshop days and weekend guided retreats using the fruits of these reflections.

Expressions of interest to, Andrew Pritchard 04-9046764 or  
alp\_resources@paradise.net.nz

## SPIRITUAL THRIVING – a one-day workshop with Dr Susan Philips

### Auckland, Wednesday March 3rd

*An exciting opportunity to spend a day with a leading North American spiritual director and sociologist.*

SGM Formation programme is pleased to offer this workshop which will combine teaching with contemplative reflection; it focuses on two core biblical metaphors of rootedness and journeying, and draws on Susan's rich Spiritual Direction practice experience. Read about Susan and her most recent book "Candlelight: Illuminating the Art of Spiritual Direction (2008), on her website <http://www.susansphillips.com/reviews.html> For further details and registration - visit the SGM website [www.sgm.org.nz](http://www.sgm.org.nz)

## SGM SPECIAL INTEREST PAPERS

A list of selected special interest papers written by participants on SGM's Spiritual Director Formation Programme is available from the Administrator and is also on our web site. New papers are added throughout the year so check the web site periodically for the latest details.

## REGIONAL EVENTS

This section of the programme publicises events organised and run locally in various parts of the country. For further information and registrations for these events communicate with the local contact person(s) listed for each event. The Area Contacts listed earlier in the programme are people to approach if you would like a short event or retreat in your Church or area.

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**NORTHERN REGION**

**NORTHLAND**

**INDIVIDUAL RETREATS AND PRAYER DAYS OR GUIDED PRAYER DAYS FOR GROUPS** can be negotiated with the following directors

**MARION ROBINSON, QUIET WATERS, 8 FINCH ST, RUAKAKA**

A quiet place to come for individual retreats and/or r&r away from the business of life. Fully self contained accommodation which would also suit small groups. Spiritual Direction available. Priced from \$30.00 per night for one. Phone or Email Marion Robinson (09) 432 8539 Email quietwaters@xtra.co.nz

**THE SEED TEAM, WHANGAREI** runs various events throughout the year. These include:

- Month long Retreats in the Midst of Daily Life.
- Various Quiet Days and Evenings of Reflection.
- Weekends using the arts (such as clay, paint, mosaics, collage) as a vehicle to deepen the reflective process.
- Facilitated events with guest presenters.
- Invitations to run events in other areas considered.
- Members of the Team also offer ongoing individual Spiritual Direction.

For more information, or if you would like to be included on our Emailing list, please contact Geraldine Whalley (09) 435 3873 Anne McCracken (09) 438 1145 evenings before 8.30pm. Email: whalleyworks@xnet.co.nz

**SISTER MARY MAITLAND AT THE MISSION SISTERS RETREAT, 454 OWHIWA ROAD, R.D. 1 ONERAHI**, 0192 Phone: (09) 436 5554, Email: mary.cm@ihug.co.nz welcomes you for day or longer live-in retreats up to six days, and spiritual direction. Dates negotiable.

The following reflective prayer days will be offered during 2010

**Feb 27 A LENTEN REFLECTION DAY- “Living and Loving like Christ”**

Sat. Cuppa available before 10.30am start – shared lunch – 3pm finish  
Venue: The Mission Sisters Retreat, 454 Owhiwa Road, Parua Bay.  
Bring your Bible & Journal and a simple lunch plate to share.  
Cost: Koha offering appreciated.  
Register with Sister Mary Maitland (09) 436 5554

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**May 1 RESURRECTION MEALS - “You are invited...”**  
Sat. Cuppa available before 10.30am start – shared lunch – 3pm finish  
Venue: The Mission Sisters Retreat, 454 Owhiwa Road, Parua Bay.  
Bring your Bible & Journal and a simple lunch plate to share.  
Cost: Koha offering appreciated.  
Register with Sister Mary Maitland (09) 436 5554

**Jun 26 PAX CHRISTI REFLECTION DAY - Open to all interested in renewing their commitment for peace and justice.**

“Care of Creation 2010 World Peace Day Theme”  
Sat. Cuppa available before 10.30am start – shared lunch – 3pm finish  
Venue: The Mission Sisters Retreat, 454 Owhiwa Road, Parua Bay.  
Bring your Bible & Journal and some lunch to share.  
Cost: Koha offering appreciated.  
Register with Sister Mary Maitland (09) 436 5554

**Sep 18 GRACEFUL AGING - Ways of Choosing Life Daily.**

Sat. Cuppa available before 10.30am start – shared lunch – 3pm finish  
Venue: The Mission Sisters Retreat, 454 Owhiwa Road, Parua Bay.  
Bring your Bible & Journal and a simple lunch plate to share.  
Cost: Koha offering appreciated.  
Register with Sister Mary Maitland (09) 436 5554

**Dec 4 ADVENT DAY - Opening our Lives to God’s Holy Disturbances**

Sat. Cuppa available before 10.30am start – shared lunch – 3pm finish  
Venue: The Mission Sisters Retreat, 454 Owhiwa Road, Parua Bay.  
Bring your Bible & Journal and some lunch to share.  
Cost: Koha offering appreciated.  
Register with Sister Mary Maitland (09) 436 5554

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## AUCKLAND

### **OASIS RETREAT AND STUDY CENTRE**

206 Albany Heights Road, Albany, North Shore (09) 415 9686

Oasis is ideal for personal and group retreats, study leave, quiet days, prayer days and church planning days – catered or uncatered. Set in 5 acres of regenerating bush, kauris, nikaus, tanekaha, manuka and kanuka, tree ferns and ground ferns, with lovely native orchids in season and bird-life, the spacious lawns, gardens and seats to enjoy it all make it a special place. The extensive library of books on prayer and the prayer room, spa pool, art materials and the Prayer Koru (Our NZ style labyrinth) are available for daily visitors and longer retreats. Single room accommodation is available at reasonable prices: \$30.00 per night per person (uncatered) up to \$400.00 for seven days (catered and including spiritual direction). Quiet days - \$10.00 (BYO lunch, refreshments supplied); church retreats and planning days (catered or uncatered) negotiable.

Personal spiritual direction and ministry/work supervision is also offered.

### **THE LIGHT HOUSE 42A Toroa St, Torbay, Auckland.**

- Spiritual direction
- Ministry supervision
- Personal retreats
- Individual prayer days
- Interactive Drawing Therapy for personal growth

These are some of the options available. Contact Sheila Pritchard (09) 473 8929 for more information or to request a brochure.

### **SEASONG Orere Point S. Auckland**

131 Howard Rd Orere Point, RD 5 Papakura. 2585

Upstairs self-contained unit; safe, private, comfortable. Beach and bush views and walks. Self-catering. Sleeps one or two in the same room. Available for private retreats for the day, or longer. Spiritual direction if requested.

Charge: Koha according to ability.

Enquiries: Jill McLeod. Phone (09) 292 2099 (Free calling from Auckland.)

E-mail: jillalec@paradise.net.nz

### **THE MERCY SPIRITUALITY CENTRE**

104 The Drive, Epsom Auckland.

Within these beautiful grounds we seek to create a place of learning and for deepening relationship with God. This fosters the inner search leading to personal, social and spiritual renewal. We offer retreats, spiritual direction and companionship, and workshops on spirituality and prayer.

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**For further information on our centre and for our calender of programmes on offer, please visit our website: [www.mercycentreauckland.org.nz](http://www.mercycentreauckland.org.nz)**

Te Ngakau Waiora, Mercy Spirituality Centre, 104 The Drive, Epsom, Auckland, NZ.

Phone (09) 638 6238, Fax (09) 638 6248

Email: [mercycentrauckland@xtra.co.nz](mailto:mercycentrauckland@xtra.co.nz) or [programmesmercycentre@xtra.co.nz](mailto:programmesmercycentre@xtra.co.nz)

**Events at the Mercy Centre in 2010 - Registration for these events is essential**

Event	Speaker & Date	Time
Dreamwork Revision Group	Margaret Bowater 16 Feb -23 March	Tues 7-9pm
6 Day Directed Retreats	Various	Residential
Retreat Days	Various	9.30am – 4.30pm
Lenten Talks	Various 24 Feb – 3 March	Wed 7.30 – 9pm
Spiritual Directors' Refresher Day	TBA 27 February	9.30am – 3.30pm
Icons Writing Retreat	Sr Margaret Broadbent 9-14 March	Residential
Earth Day	Inhouse activities 22 April	10am – 12pm
Earth Evening	Fr Neil Darragh TBA	7.30-9pm.
Transitions Workshops	Sr Anne Warren 1-2 May	9.30am – 4.30pm
Dreams of Death, Grief and Healing	Margaret Bowater Fri evening 7 May Sat 8 May	Fri 6-9pm Sat 9.30am-4pm
Enneagram Unit 1	Sr Leone McIndoe 14-16 May	Fri evening + Sat/Sun 9.30am – 4.30pm
St 2 Working with Dreams & Nightmares	Margaret Bowater 5 June	9.30am – 4.30pm
Enneagram unit 2	Sr Leone McIndoe 13 June	9.30am – 4.30pm
Myers Briggs (MBTI) Unit 1	Margaret Merton 26 July	9.30am – 4.30pm
Winter Talks: Interfaith Presentations	Various 6 Thursdays June – August	7.30-9pm
Myers Briggs (MBTI) Unit 2	Margaret Merton 31 July	9.30am – 4.30pm
Introduction to Dreamworks	Margaret Bowater 25 & 26 September	9.30am – 4.30pm
Advent Talks	TBA 24 Nov & 1 Dec	7.30 – 9pm
Visions of the Sacred	Margaret Bowater 28 November	10am – 4pm

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### TAIZE/CONTEMPLATIVE STYLE SERVICE

St. John's Anglican Church, 327 Beach Rd. Campbells Bay, North Shore.

7.30pm 1st Wednesday of the month.

SUNG EVENSONG 6pm. 1st Sunday of the month.

Further details available on website [www.stjohns.net.nz](http://www.stjohns.net.nz) Phone (09) 478 3575

### Jan 10-16 SIX DAY SILENT RETREAT

A silent directed retreat at Arjay House, 73 Cliff Road, Torbay.

From Sunday 10th 7pm – Saturday 16th 12 noon. Leader: Sheila Pritchard.

This is a self-catering retreat for a maximum of 5 people.

Registration: \$25.00 plus \$395.00 on arrival.

To register contact Sheila Pritchard [s.pritch@xtra.co.nz](mailto:s.pritch@xtra.co.nz) or (09) 473 8929 to check available space then send registration fee and contact details to 42A Toroa Street, Torbay, Auckland 0630

### Mar 6 “WHAT ARE YOU LOOKING FOR?” John 1:38

Sat: 10am – 4.30pm. BYO Bible, notebook, lunch. Morning and afternoon Tea and drinks provided.

Cost \$30.00 Venue: Surf Spray House, Piha, 53 Marine Parade, South Piha.

To register contact Jeanette Brown (09) 833 8476 Email: [r.g.brown@xtra.co.nz](mailto:r.g.brown@xtra.co.nz)

### Mar 13 SLOWDOWN SATURDAYS – Half Day Retreat

Take a brief break from the busyness of everyday life to pause and spend some time with God, reconnecting, renewing and refreshing.

Sat. 8.30am – 12.30pm at St Francis Retreat Centre, Hillsborough Road.

Cost: \$15.00 per person. Morning tea included.

For information or to confirm your place contact Rachel Mackay

Tel: (09) 631 7831, or 021 251 9051 Email: [rachel@mackay.net.nz](mailto:rachel@mackay.net.nz)

### Mar 18 A FRESH LOOK AT PARABLES ... and yes I know!

Finding the wisdom in the heart of the parable.

Thurs.10am – 3pm.

Venue Mercy Spirituality Centre, 104 The Drive, Epsom, Auckland

Cost: \$15.00 payable on the day. Bring Bible, notebook and lunch.

To register contact Aynsley Mackie Ph. (09) 833 8820

or Email: [ainsley.m@xtra.co.nz](mailto:ainsley.m@xtra.co.nz)

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Apr 11  
- 14

### SILENT THREE DAY DIRECTED RETREAT – Hillsborough

7pm Sunday 11th – 4pm Wednesday 14th April

Venue: St Francis Retreat Centre, Hillsborough.

Leaders: Valerie Bridge & Marion Baker.

Cost: Registration \$30 (non refundable) + \$265.

Enquiries to St Chad's Anglican Church, Meadowbank (09) 521 5013.

Email: [marion@stchads.org.nz](mailto:marion@stchads.org.nz).

May 15

### SLOWDOWN SATURDAYS – Half Day Retreat

Take a brief break from the busyness of everyday life to pause and spend some time with God, reconnecting, renewing and refreshing.

Sat. 8.30am – 12.30pm at St Francis Retreat Centre, Hillsborough Road.

Cost: \$15.00 per person. Morning tea included.

For information or to confirm your place contact Rachel Mackay

Tel: (09) 631 7831, or 021 251 9051 Email: [rachel@mackay.net.nz](mailto:rachel@mackay.net.nz)

Jun 17

### GOD IN THE SHADOWS ... and still I know.

Listening and Hearing God in our busy world. Based on the book

“When the Soul Listens” by Jan Johnson

Thurs.10am – 3pm.

Venue: Albany Presbyterian Church, 539 Old Albany Highway, Albany.

Cost: \$15.00 payable on the day. Bring Bible, notebook and lunch.

To register contact Aynsley Mackie Ph. (09) 833 8820

or Email: [ainsley.m@xtra.co.nz](mailto:ainsley.m@xtra.co.nz)

June 25  
- 27

### JESUS SAYS “Come eat with me”

Weekend Silent Retreat Friday 6.30pm – Sunday 4pm

Venue: Over looking Mission Bay 56 Selwyn Ave. Mission Bay

Cost: \$185.00 For weekend. All meals and linen included

For further information contact Jeanette Brown (09) 833 8476

Email: [r.g.brown@xtra.co.nz](mailto:r.g.brown@xtra.co.nz)

July 4-7

### SILENT 3-DAY DIRECTED RETREAT – Long Bay

7pm Sunday 4th – 4pm Wednesday 7th. Runs concurrently with the 7-day

retreat. Venue: Vaughan Park, Anglican Retreat Centre, Long Bay

Leaders: Rev. Bridge, Marion Baker.

Cost: registration \$30 (non refundable) + \$265.

Enquiries to St Chad's Anglican Church, Meadowbank (09) 521 5013.

Email: [marion@stchads.org.nz](mailto:marion@stchads.org.nz)

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

**Jul 4 -11**     **SILENT 7-DAY DIRECTED RETREAT – Long Bay**  
7pm Sunday 4th – 2pm Sunday 11th.  
Venue: Vaughan Park, Anglican Retreat Centre, Long Bay  
Leaders: Rev. Bridge, Marion Baker. Cost: registration \$50 (non refundable) + \$645. If cost is a problem, please contact us.  
Enquiries to St Chad’s Anglican Church, Meadowbank (09) 521 5013.  
Email: marion@stchads.org.nz

**Jul 31**     **SLOWDOWN SATURDAYS – Half Day Retreat**  
Take a brief break from the busyness of everyday life to pause and spend some time with God, reconnecting, renewing and refreshing.  
Sat. 8.30am – 12.30pm at St Francis Retreat Centre, Hillsborough Road.  
Cost: \$15.00 per person. Morning tea included.  
For information or to confirm your place contact Rachel Mackay  
Tel: (09) 631 7831, or 021 251 9051 Email: rachel@mackay.net.nz

**Sep 20**     **GOD’S VESSELS – “The treasure is in earthen vessels”**  
Mon. 9.30 am. - 2.30pm at St Cuthbert’s College, Epsom with its spacious grounds and Cornwall Park nearby..  
Cost: \$15.00 BYO Lunch. Tea and coffee provided.  
To register contact Janferie or Jackie Wise. Tel: (09) 630 4929  
Email: jandjwise@xtra.co.nz

**Oct 3-9**     **SIX DAY SILENT RETREAT**  
A silent directed retreat at Arjay House, 73 Cliff Road, Torbay  
From Sunday 3rd at 7pm – Saturday 9th 12 noon. Leader: Sheila Pritchard.  
This is a self-catering retreat for a maximum of 5 people.  
Registration: \$25.00 plus \$395.00 on arrival.  
To register contact Sheila Pritchard s.pritch@xtra.co.nz or (09) 473 8929 to check available space then send registration fee and contact details to 42A Toroa Street, Torbay, Auckland 0630

**Oct 15 -17**     **“CLINGING TO THE LAST PLANK OF WOOD” Acts 27:44**  
Weekend semi silent retreat. Friday 7pm until Sunday 4pm  
Venue” Arjay House, 73 Cliff Road, Torbay.  
Cost: \$170.00 All meals provided.  
Contact Jeanette Brown for further information  
(09) 833 8476 Email: r.g.brown@xtra.co.nz

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

**Oct 7**     **PSALMS OF LAMENT ... and yet I know.**  
Journeying with and relating to the Psalmist as he laments.  
Thurs.10am – 3pm.  
Venue Mercy Spirituality Centre, 104 The Drive, Epsom, Auckland  
Cost: \$15.00 payable on the day. Bring Bible, notebook and lunch.  
To register contact Aynsley Mackie Ph. (09) 833 8820  
or Email: aynsley.m@xtra.co.nz

**Nov 13**     **SLOWDOWN SATURDAYS – Half Day Retreat**  
Take a brief break from the busyness of everyday life to pause and spend some time with God, reconnecting, renewing and refreshing.  
Sat. 8.30am – 12.30pm at St Francis Retreat Centre, Hillsborough Road.  
Cost: \$15.00 per person. Morning tea included.  
For information or to confirm your place contact Rachel Mackay  
Tel: (09) 631 7831, or 021 251 9051 Email: rachel@mackay.net.nz

**Nov 12 -14**     **SILENT WEEKEND DIRECTED RETREAT – Hillsborough**  
7pm Friday 12th – 4pm Sunday 14th.  
Venue: St Francis Retreat Centre, Hillsborough.  
Leaders: Rev. Valerie Bridge, Marion Baker.  
Cost: registration \$20 (non refundable) + \$165.  
Enquiries to St Chad’s Anglican Church (09) 521 5013.  
Email: marion@stchads.org.nz

## WAIKATO

### **QUIET MORNINGS - Hamilton.**

Jean Cotter leads a quiet mornings on the 1st Tuesday of each month at 117 Hilda Ross Village, 30 Ruakura Road, Hamilton, 9.30am -12.30pm Phone. (07) 854 8797

### **May 1     QUIET DAY – Refresh my Heart**

Following the model of Parker Palmer we will “listen alone together” for what the Spirit is saying. A balance of input and personal reflection.  
Numbers limited.  
Sat. 9.30am – 3.30 pm Venue: Chartwell Cooperating Church, Hamilton  
Cost: \$15.00. BYO lunch and writing/art materials. Tea, coffee and morning tea provided.  
Register with Christine Renner (07) 855 1099  
Email: cmrenner@orcon.net.nz

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

**May 15 QUIET DAY - FINDING GOD IN BUSYNESS – Juggling the demands of work, family, church and God.**  
Sat. 9.30am – 4pm. Venue: Union Church, 3 Stewart St. Raglan by Sea.  
Cost: \$20.00 Bring, Bible, notebook and own lunch. Tea, Coffee provided.  
Leaders: Kathleen Gavin & Jeanette Vink (Raglan based spiritual directors)  
To register call Kathleen (07) 825 5151 or Jeanette Vink. (07) 825 8330 or  
Email: jeanette.vink@yahoo.com

**Oct 16 QUIET DAY - FINDING GOD IN DARKNESS –When God seems distant and silent, what's up?**  
Sat. 9.30am – 4pm. Venue: Union Church, 3 Stewart St. Raglan by Sea.  
Cost: \$20.00 Bring, Bible, notebook and own lunch. Tea, Coffee provided.  
Leaders: Kathleen Gavin & Jeanette Vink (Raglan based spiritual directors)  
To register call Kathleen (07) 825 5151 or Jeanette. (07) 825 8330 or  
Email: jeanette.vink@yahoo.com

Jeanette Vink is also open to invitations to lead Quiet Days at churches in the Waikato and also for Spiritual Direction Contact Jeanette Vink. Tel. (07) 825 8330 or 021 2653683  
Email: jeanette.vink@yahoo.com

### **HOUCHEN HOUSE PROGRAMME**

See website [www.houchenhouse.org.nz](http://www.houchenhouse.org.nz) or Phone (07) 843 5538

### **BAY OF PLENTY**

Ria Sandberg and Bev Milne are available for Spiritual Direction and to lead Quiet Days for your group or your church in the Bay of Plenty and Rotorua.  
For information re themes and dates for Quiet Days or for any other queries, please contact either of the following:

Ria Sandberg	(07) 357 4395	Rotorua	<a href="mailto:cj.sandberg@xtra.co.nz">cj.sandberg@xtra.co.nz</a>
Bev Milne	(07) 579 2142	Tauranga	<a href="mailto:infinity40@xtra.co.nz">infinity40@xtra.co.nz</a>

**Mar 13 QUIET DAY - Bread, broken and gathered – being God's body in the world.**  
Sat. 9.30 – 3pm.  
Venue: St Barnabus Church, Ngongotaha, Rotorua. Cost. Koha  
Register with Ria Sandberg (07) 357 4395 Email: [cj.sandberg@xtra.co.nz](mailto:cj.sandberg@xtra.co.nz)  
Bev Milne (07) 579 2142 Email: [infinity40@xtra.co.nz](mailto:infinity40@xtra.co.nz)

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

**TITOKI - A PLACE OF RESTORATION**  
A place for a holiday/retreat and for people to work through emotional or spiritual issues. (Theophostic Prayer Ministry)  
Titoki Healing is situated 10 minutes from Whakatane and offers a charming homestead set in extensive grounds among mature trees. There are 7 twin guest rooms, some with ensuite facilities and a self contained two bedroomed cottage/motel. Suitable for small retreats or for time out for individuals.  
Contact the Chaplain. John Niven Phone (07) 308 6503  
Email: [titokiche@paradise.co.nz](mailto:titokiche@paradise.co.nz) Visit the website [www.titoki.org.nz](http://www.titoki.org.nz)

### **TARANAKI**

**Feb 20 QUIET DAY – Lenten Focus**  
Saturday 9.30 am - 3.00 pm.  
Conducted by Gloria Williams  
Bring Bible, writing materials, lunch, rug, koha. Tea and coffee etc provided  
Venue: St. Mary's New Plymouth.  
Contact Gloria (06) 753 4050 to register.

**Jul 10 QUIET DAY – Winter Theme**  
Saturday 9.30 am - 3.00 pm conducted by Mary Harker & Ailsa Claridge at St Mary's New Plymouth. Bring Bible, lunch, koha etc  
To register, email Ailsa: [butterfly.arr@xtra.co.nz](mailto:butterfly.arr@xtra.co.nz) or phone Mary: (06) 757 9763

**Sep 18 QUIET DAY – Spring Theme**  
Saturday 9.30 am - 3.00 pm conducted by Sue Pickering at St Mary's New Plymouth Bring Bible, lunch, koha etc. Tea, coffee etc provided.  
To register interest contact Sue (06) 758 4952 or  
Email: [suepickering@xtra.co.nz](mailto:suepickering@xtra.co.nz)

**Oct 30-31 JOY COWLEY RETREAT Advent All Year**  
Saturday & Sunday 9.30am – 3.00pm  
Bring Bible, writing materials. Total cost \$60.00 includes catered lunch, morning and afternoon teas. Venue to be confirmed  
Please register your interest by contacting Sue Pickering (06) 758 4952 or  
Email: [suepickering@xtra.co.nz](mailto:suepickering@xtra.co.nz)

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

For individual spiritual direction please contact any of the following:

Judy Clark Ph (06) 751 0933 or Email: judyclark@paradise.net.nz  
Jacquie Lambert Ph (06) 759 9041 or Email: dreaming@ihug.co.nz  
Robyn Lewis Ph (06) 755 0967 or Email: robyn@northpoint.org.nz  
Sue Pickering Ph (06) 758 4952 or Email: suepickering@xtra.co.nz  
Mary Southee Email: southee@clear.net.nz  
Gloria Williams Ph (06) 753 4050

Please contact Sue Pickering (06) 758 4952 or suepickering@xtra.co.nz to find out what else is available in region or to request a Quiet Day or short retreat for your group.

### EAST COAST

For events in Hawkes Bay contact:-

Margaret Gwynn 23 Clyde Rd, Napier Phone (06) 835 2122  
Val Chapman 9 Bright Crescent, Napier Phone (06) 843 8199  
Di Woods 23 Puketapu Rd, Taradale Phone (06) 844 2998 (wk)

### **SPIRITUAL DIRECTION**

One to one: a companion on your spiritual journey to help you explore your relationship with God. Contact any of the above.

### **RETREAT IN DAILY LIFE.**

Sunday – Friday. Offered each year as an introduction to having a spiritual companion. Participants undertake 30 minutes of prayer each day and meet daily with a spiritual director to reflect on the experience.

### **EXPLORING THE SACRED through music, readings, silence.**

Every Wednesday 9.30-10.30 am.

At 23 Clyde Rd, Napier. Enquiries to Margaret Gwynn. Phone (06) 835 2122.

### **LABYRINTHS**

A Labyrinth in the classical seven-ring design has been created on Moonwatch Lawn at Trelinnoe Park, a magnificent private garden off the Napier-Taupo Highway near Te Pohue. The Garden is open all year (\$7 entry charge) with a café open from September till June. For events involving the labyrinth (eg. Winter Solstice, New Year's Eve, Days of Pilgrimage at Trelinnoe ) contact Margaret Gwynn. Phone (06) 835 2122.

A Chartres style Labyrinth is located at Twyford on the outskirts of Hastings. Access for individuals and groups by arrangement. Facilitated events every few months. For information and directions Phone Alison Kerr (06) 879 6160

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

### **DREAM GROUP**

For those who have done one of Margaret Bowater's workshops or equivalent. Meets monthly over coffee to explore dreams offered by group members.

Contact Margaret Gwynn Phone (06) 835 2122

### **Mar 5-7 SILENT DIRECTED RETREAT**

At Maryknoll, a beautiful venue overlooking Hawkes Bay.

Fully catered. Single rooms

7pm Friday – 2pm Sunday. Cost \$175.00 (\$30.00 on registration)

Registration closes 20th February.

For further information or to register contact Val Chapman.

Phone: (06) 843 8199 or Email: valrose@slingshot.co.nz

### **Mar 20 LENTEN REFLECTIONS**

A Quiet day with guided reflections as we journey towards Easter.

Sat. 9.30am – 3.30pm Venue: All Saints Church, 23 Puketapu Rd. Taradale.

Bring Bible, notebook, own lunch. Drinks provided. Cost: \$15.00.

For further information or to register contact Val Chapman.

Phone: (06) 843 8199 or Email: valrose@slingshot.co.nz

### **Jul 24 CONTEMPLATION AND ACTION**

Allowing our spiritual life to embrace how we live practical and active lives in the world

Sat. 9.30am – 3.30pm Venue: All Saints Church, 23 Puketapu Rd. Taradale.

Bring Bible, Journal, own lunch. Drinks provided. Cost: \$15.00

For further information or to register contact Val Chapman.

Phone: (06) 843 8199 or Email: valrose@slingshot.co.nz

### **Sep 11 DOORS SHUT, WINDOWS OPEN**

Seeing transitions in life as a creative time of grace, offering new vision and beginnings.

Sat. 9.30am – 3.30pm Venue: All Saints Church, 23 Puketapu Rd. Taradale.

Bring Bible, Journal, own lunch. Drinks provided. Cost: \$15.00

For further information or to register contact Val Chapman.

Phone: (06) 843 8199 or Email: valrose@slingshot.co.nz

### **Nov 27 THE GIFT OF WAITING**

How do we use this gift of love from our God, and what we can learn from it?

Sat. 9.30am – 3.30pm Venue: All Saints Church, 23 Puketapu Rd. Taradale.

Bring Bible, Journal, own lunch. Drinks provided. Cost: \$15.00

For further information or to register contact Val Chapman.

Phone: (06) 843 8199 or Email: valrose@slingshot.co.nz

# SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

## MANAWATU

### FOR SPIRITUAL DIRECTION:

Please contact any of the following:

#### **Feilding**

Leithe Deal	(06) 323 2704	Email: leithedeal@clear.net.nz
John Jay	(06) 323 9910	Email: johnjay@paradise.net.nz
Rilma Sands	(06) 323 6972	Email: rilma@ihug.co.nz

#### **Palmerston North**

Kate Carey-Smith	(06) 354 2656	Email: kate@careysmith.net
Anne Chrisp	(06) 358 0712	Email: anne.chrisp@clear.net.nz
Barbara Coles	(06) 357 1884	Email: b.m.coles@clear.net.nz
John Franklin	(06) 357 4182	Email: franklyjohn@clear.net.nz
June Latham	(06) 359 2091	Email: june.latham@clear.net.nz
Ruth Rosser	(06) 356 9994	Email: rrpeace@xtra.co.nz
Jane Wilkinson	(06) 353 5564	Email: janeinpalmy@gmail.com

#### **Wanganui**

Sharon Corrigan	(06) 345 2045	Email: corries@clear.net.nz
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Any of above welcome invitations to run Retreats, "Retreat in Daily Life", Quiet Days or requests for details about our local activities

### WEEKLY MEDITATION AND PRAYER

Every Thursday 8.15am. Please contact John Jay for further information (06) 323 9910

**A RETREAT IN DAILY LIFE** is being planned in Feilding during Lent. Details will be published locally. Please ring John Jay to register interest. (06) 323 9910

# SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

## CENTRAL REGION

### WELLINGTON

#### WEEK OF GUIDED PRAYER

These are offered in several locations throughout the year. Each is an opportunity to explore and discover God in everyday life and deepen your prayer relationship with God. Participants commit to pray themselves for 30 minutes daily and to meet with a prayer guide to reflect on their experiences of God. Participants meet together on Sunday afternoon and then conclude the week with brunch on the Saturday morning. The week offers participation with minimal interruptions to work and other commitments as well as reducing the associated costs of a retreat.

#### 24 HOUR PERSONAL RETREATS FOR WOMEN OFFERED THROUGHOUT THE YEAR.

A safe and quiet space in a cosy home close to Eastbourne beach with bush nearby is an ideal setting for women to take a short break for personal rest and refreshment. In the stillness be drawn into the presence of God and discover how much you are loved and known. A shared meal is offered the evening you arrive; your own comfortable bedroom; shared bathroom; provision for breakfast and a light lunch. There are various opportunities to go further afield and enjoy the exquisite peace and beauty of this area. Spiritual Direction is available on request. A koha to cover expenses can be discussed when making a booking.

For more information or a booking, please contact Libby Hinton (04) 562 0117; or libby\_hinton@xtra.co.nz

**LECTIO DIVINA AND TIME FOR SILENT PRAYER** on Feb 1st and every following first Monday of the month.

Venue: Emmaus Spirituality Centre, 78 Hobson Street, Thorndon,

Time: 7pm to 8.15pm,

Cost: Koha

For more information contact: Pip Nicholls (04) 562 6364 or pip.nicholls@xtra.co.nz

#### THREE DIFFERENT OPPORTUNITIES TO SPEND SOME TIME QUIETLY PREPARING TO ENTER THE JOURNEY OF LENT WITH JESUS.

On Ash Wednesday, we are invited to go on a 40-day journey that will lead us to Good Friday and then to Easter. On each of the following days we will focus on two questions...

- What will I need for my Lenten journey? Time to reflect and listen as Jesus did in the desert
- Where am I going? This experience led Jesus into his own heart and the heart of the world

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

- Feb 10** **Facilitator:** Mary Hepburn  
**Venue:** Villa Joseph 17 Gibbons St, Upper Hutt  
**Time:** Wednesday 1pm – 4pm. Bring Bible and notebook  
**Cost:** \$10 or Koha. Tea and coffee provided  
**Registrations** to Mary on (04) 387 7242 or maryhepburn@xtra.co.nz
- Feb 13** **Facilitator:** Mary Hepburn  
**Venue:** Community Centre, Home of Compassion, Rhine Street, Island Bay, Wellington  
**Time:** Saturday 9.30 – 3.30pm. Bring Bible and notebook  
**Cost:** \$20 or Koha. Bring lunch, tea and coffee provided  
**Registrations** to Mary (04) 3877 242 or maryhepburn@xtra.co.nz
- Feb 16** **Facilitator:** Mary Hepburn  
**Venue:** Parish meeting room, St Patrick's Parish, 16 Hinemoa St, Paraparaumu.  
**Time:** Tuesday 10am -3pm. Bring Bible and notebook  
**Cost:** \$20 or Koha. Bring lunch, tea and coffee provided  
**Registrations** to Mary on (04) 3877 242 or maryhepburn@xtra.co.nz
- Feb 15** **QUIET...ISH DAYS FOR MINISTERS AND PASTORS**  
Days for restoration of soul and invigoration for ministry. The pattern of the day will include: prayer focus and theme for the day, solo time with God in the beauty of creation – walk, rest, journal, feedback and fuel for the journey,  
**Time:** Monday 9.30am – 4pm  
**Facilitator:** Andrew Pritchard  
**Venue:** Wild and beautiful spots between Levin and the South Coast of Wellington.  
A different location each time.  
**Bring:** Wet weather gear, good walking shoes/boots and a daypack required. Indoor location may be available in particularly stormy weather.  
**Cost:** \$50.00 each day. BYO food and drinks.  
Register with Andrew Pritchard (04) 904 6764 or alp\_resources@paradise.net.nz

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

- Feb 28** **A WEEK OF GUIDED PRAYER**  
**- Mar 6** See description at start of Wellington section  
**Facilitators:** Molly King and other SGM team members  
**Venue:** St Luke's Anglican Church, Elizabeth Street, Waikanae  
**Time:** Commences 4pm Sunday Feb 28th and concludes 10am on Saturday March 6th  
**Cost:** Registration: \$10. Total cost \$50  
**Registrations** by Feb 22nd to Molly King (04) 904 6102 or mdking@clear.net.nz
- Mar 20** **INTRODUCTION TO CENTERING PRAYER**  
Centering Prayer is a form of Meditation in the Christian contemplative tradition that trains the heart, mind and soul to open to the Life of Spirit. Through silence and an inner gesture of letting go, we learn to experience God beyond words, emotions and thoughts, and to release our attachment to egoic concerns or 'false self' as Merton named it. The practice cultivates a deep relationship with God, and opens us to compassion and inner knowing. This workshop is based on the teaching of Fr Thomas Keating and the Rev Dr Cynthia Bourgeault.  
**Facilitator:** Molly King  
**Venue:** St Paul's Anglican Church cnr Kapiti Road and Langdale Ave, Paraparaumu  
**Time:** Saturday 10am to 4pm  
**Cost:** \$40 BYO lunch  
**Register** by March 15th to Molly King (04) 904 6102 or mdking@clear.net.nz
- Mar 27 & 28** **MYERS-BRIGGS PERSONALITY INDICATOR**  
An interactive workshop. "So..let's just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren't." Romans 12:6 TM The MBTI, based on Carl Jung's theory of personality types, helps illuminate the different spiritual pathways through which we can develop a satisfying relationship with God. In understanding more of ourselves we understand more of God and how we can best relate to him according to our unique design.  
**Leaders:** Bob and Nita Hill  
**Venue:** Karori Baptist Church, Karori Road, Karori  
**Time:** Saturday 9.30am – 1pm. Sunday 1pm – 4pm  
**Cost:** \$40 BYO lunch or there are nearby cafes, drinks provided  
**Registrations** to Nita Hill by March 3rd. (04) 938 0462 or nitabob@clear.net  
This is necessary to enable a questionnaire to be completed and processed before the workshop.  
Send completed questionnaire to Nita at 20 Plymouth Street, Karori.

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

- Apr 10**     **WRITING YOUR FAITH JOURNEY Session 1**  
Session 1 of 3 (plus May 8 and Jun 12). Maximum of 6 participants.  
Remember, record and share God's presence through your life.  
Bring journal and lunch, tea and coffee provided.  
**Facilitator:** Trish McBride  
**Venue:** Johnsonville  
**Time:** Saturday 9.30am - 4pm  
**Cost:** \$40 per session  
**Registrations** to Trish (04) 478 6332 or mcbride@paradise.net.nz
- Apr 11**     **A WEEK OF GUIDED PRAYER**  
- 17     See description at start of Wellington section  
**Facilitators:** SGM team members  
**Venue:** St Christopher's Emmaus Center, 165 Main Rd, Tawa  
**Time:** Commences 4pm Sunday April 11th and concludes 10am on Saturday April 17th  
**Cost:** Registration: \$10. Total cost \$50  
**Registrations** by April 1st to Parish office (04) 232 8448 or admin@tac.org.nz
- Apr 19**     **QUIET...ISH DAYS FOR MINISTERS AND PASTORS**  
See Feb 15 for more information  
**Register** with Andrew Pritchard. Ph. (04) 904 6764 or alp\_resources@paradise.net.nz
- May 8**     **WRITING YOUR FAITH JOURNEY Session 2**  
Session 2 of 3 (plus 19 September). Maximum of six participants.  
Remember, record, share God's presence through your life.  
Bring journal and lunch, tea and coffee provided.  
**Facilitator:** Trish McBride  
**Venue:** Johnsonville  
**Time:** Saturday 9.30am - 4pm  
**Cost:** \$40 per session  
**Registrations** to Trish (04) 478 6332 or mcbride@paradise.net.nz

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

- May 9**     **A WEEK OF GUIDED PRAYER**  
-14     See description at start of Wellington section  
Facilitators will include: Raymond Pelly of the Cathedral and other SGM team members.  
**Venue:** Wellington Cathedral of St Paul, Molesworth St  
**Time:** Commences 4pm Sunday May 9th and concludes 7pm on Friday May 14th  
**Cost:** Registration: \$10. Total cost \$50  
**Registrations** by May 3rd to Irene Bignall (04) 472 0286 or admin@wellingtoncathedral.org.nz
- May 15**     **DREAMS, THE LANGUAGE OF THE SOUL**  
Our dreams constantly show us the way towards wholeness and fullness of life. In this workshop we will use a variety of methods to tap into the deep inner wisdom of our lives through exploring our own dreams. Please come prepared with a dream that you would like to explore.  
**Facilitator:** Marg Schrader.  
**Venue:** Kapiti Uniting Parish. 27 Raumati Rd, Raumati.  
**Time:** Saturday 10am - 4pm.  
**Cost:** \$60 on the day; \$30 for students.  
Bring your own lunch, notebook and a dream.  
**Registrations** to Marg. (04) 9059 474 or margschrader@clear.net.nz.
- May 23**     **A WEEK OF GUIDED PRAYER**  
- 29     See description at start of Wellington section  
**Facilitators:** Molly King and other SGM team members  
**Venue:** St Paul's Anglican Church cnr Kapiti Rd and Langdale Ave, Paraparaumu  
**Time:** Commences 4pm Sunday May 23rd and concludes 10am on Saturday May 29th  
**Cost:** Registration: \$10. Total cost \$50  
**Registrations** by May 17th to Molly King (04) 904 6102 or mdking@clear.net.nz
- May 29**     **COLLAGING YOUR LIFE**  
A fun way to see where and how you are being led on your journey. No artistic ability needed.  
**Facilitator:** Trish McBride  
**Venue:** Johnsonville  
**Time:** Saturday 9.30am - 4pm  
**Cost:** \$45 (includes materials, tea/coffee)  
**Registrations** to Trish (04) 478 6332 or mcbride@paradise.net.nz

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

- Jun 12** **WRITING YOUR FAITH JOURNEY Session 3**  
Maximum of 6 participants.  
Remember, record, share God's presence through your life.  
Bring journal and lunch, tea and coffee provided.  
**Facilitator:** Trish McBride  
**Venue:** Johnsonville  
**Time:** Saturday 9.30am - 4pm  
**Cost:** \$40 per session  
**Registrations** to Trish (04) 478 6332 or mcbride@paradise.net.nz
- Jun 12** **INTRODUCTION TO CENTERING PRAYER**  
Centering Prayer is a form of Meditation in the Christian contemplative tradition that trains the heart, mind and soul to open to the Life of Spirit. Through silence and an inner gesture of letting go, we learn to experience God beyond words, emotions and thoughts, and to release our attachment to egoic concerns or 'false self' as Merton named it. The practice cultivates a deep relationship with God, and opens us to compassion and inner knowing. This workshop is based on the teaching of Fr Thomas Keating and Rev Cynthia Bourgeault.  
**Facilitator:** Pip Nicholls  
**Venue:** Emmaus Spirituality Centre, 78 Hobson Street, Thorndon  
**Time:** Saturday 10am to 4pm  
**Cost:** \$40. BYO lunch  
**Register** by May 31st to Pip (04) 562 6364 or pip@thegentleartofknowing.co.nz
- Jun 13**  
**- 19** **A WEEK OF GUIDED PRAYER**  
See description at start of Wellington section  
**Facilitators:** SGM Team  
**Venue:** St Mary's Anglican Church, 170 Karori Road, Karori.  
**Time:** Commences 4pm Sunday June 13th and concludes 10am on Saturday June 19th  
**Cost:** Registration: \$10. Total cost \$50  
**Registrations** by June 8th to Robyn McLay (04) 476 4745 or drmarc@xtra.co.nz
- Jun 21** **QUIET...ISH DAYS FOR MINISTERS AND PASTORS**  
See Feb 15 for more information  
Register with Andrew Pritchard (04) 904 6764 or alp\_resources@paradise.net.nz

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

- Jul 3** **AN ALTAR IN THE WORLD – finding the sacred beneath our feet**  
A quiet day to explore and reflect on what it means to reverence everything in life. We will be using Barbara Brown Taylor's book of the same title as a tool.  
**Facilitator:** Maureen Lamb  
**Venue:** St James Anglican Church, Woburn Road, Lower Hutt  
**Time:** Saturday 9.30am - 4pm  
**Cost:** \$40  
**Registrations** by June 25th to Maureen Lamb (04) 5694 149 or maureen@lamb.org.nz
- Jul 10** **COLOURS AND SHAPES OF GRIEF**  
A time to be with our grief in a gentle, supportive atmosphere, to give it colours and shapes through collage work. No artistic ability needed.  
**Facilitator:** Trish McBride  
**Venue:** Johnsonville.  
**Time:** Saturday 9.30am - 4pm  
**Cost:** \$45 (includes materials, tea/coffee)  
**Registrations** to Trish (04) 478 6332 or mcbride@paradise.net.nz
- Jul 11**  
**- 16** **EXPERIENCING THE CONTEMPLATIVE WAY**  
This will be similar to a week of guided prayer except the prayer practice will be meditation or silent prayer. Participants will commit themselves to meditate for 30 minutes each day and then meet with a spiritual director at the beginning and the end of the week to reflect on their experiences. All participants will begin by meeting together on the Sunday afternoon and it will conclude by meeting again on the Friday evening with opportunities to meditate together twice during the week.  
**Venue:** Wellington; location yet to be decided  
**Cost:** \$50  
**Enquiries** by June 25th to: Andrew Pritchard at alp\_resources@paradise.net.nz Molly King at mdking@clear.net.nz or Pip Nicholls (04) 562 6364 or pip@thegentleartofknowing.co.nz
- Jul 28,**  
**Aug 4**  
**and 11** **ENNEAGRAM**  
"Each of us is telling the truth and we have a different story to tell"  
The Enneagram is a centuries old system rooted in sacred tradition and helps us know, appreciate and respect others and all the various parts of ourselves.  
**Facilitator:** Lyndall Brown rsj  
**Venue:** St James Anglican Church, Woburn Rd. Lower Hutt  
**Time:** Wednesday 7.30pm – 9.30pm  
**Cost:** \$60 for the 3 sessions  
**Registrations** by July 23rd to Maureen Lamb (04) 569 4149 or maureen@lamb.org.nz

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

- Aug 9** **QUIET...ISH DAYS FOR MINISTERS AND PASTORS**  
See Feb 15th for more information  
**Register** with Andrew Pritchard (04) 904 6764 or alp\_resources@paradise.net.nz
- Aug 14** **ASK THAT RAINBOW – (A repeat from 2009 by request)**  
The love of nature and a passion for the wild and elemental; the love of poetry, art and the old stories; a sense of God and the saints as a continuing personal presence...these are some of the elements that contribute to the 'colour' of Celtic spirituality. Take some time, in a rural environment, to consider how you might link with such spirituality.  
**Facilitator:** Molly King  
**Venue:** St Andrew's Church, Reikorangi (10minutes drive from Waikanae Village) BYO lunch or choose a lunch at the local pottery/café for \$8.50.  
**Time:** Saturday 10am – 4.00pm  
**Cost:** \$40  
**Registrations** by August 7th to Molly King (04) 904 6102 or mdking@clear.net.nz
- Aug 27 -31** **TWO DAY or FOUR DAY DIRECTED RETREAT**  
This retreat may be taken as a two day retreat 7.30pm Fri to 4pm Sun or 5pm Sunday to 4pm Tuesday or as a four day retreat 7.30pm Friday to 4pm Tuesday. A substantial part of each day will be in silence in order to listen more closely to God.  
**Facilitators:** SGM Team  
**Venue:** Elm Court Waikanae Christian Holiday Park Waikanae.  
**Total Cost:** \$275.00 Fri – Sun; \$285.00 Sun – Tues; \$450.00 four days  
**Registration Fee** \$50.00 PLUS retreat fee to be paid on arrival.  
**Registrations** by August 15th to Merle Hiscock, 95a Knights Rd Lower Hutt. (04) 976 4693
- Sep 11** **SOUL FOOD**  
Nourishing the spirit through creative listening to Aotearoa-New Zealand poetry and place; creative response through writing  
**Leaders:** Wellington Poets - Anne Powell & Trish Harris  
**Venue:** The Cenacle 59 Tarawera Rd, Johnsonville  
**Time:** Saturday 10am - 3 pm  
**Cost:** Suggested koha \$20. BYO lunch. Tea and Coffee provided.  
**Registrations:** (04) 4788 575 or office@cenacle.org.nz

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

- Sep 26 - Oct 2** **A WEEK OF GUIDED PRAYER**  
See description at start of Wellington section  
**Facilitators:** SGM team members  
**Venue:** Karori Baptist Church, 161-163 Karori Rd, Karori  
**Time:** Commences 4pm Sunday Sept 26th and concludes 10am on Saturday Oct 2nd  
**Cost:** Registration: \$10. Total cost \$50  
**Registrations** by Sept 20th to Viv Johnston (04) 4769 697 or viv@kbc.org.nz
- Oct 11** **QUIET...ISH DAYS FOR MINISTERS AND PASTORS**  
See Feb 15 for more information  
Register with Andrew Pritchard (04) 904 6764 or alp\_resources@paradise.net.nz
- Oct 15 - 17** **A WEEKEND RETREAT**  
**Facilitators:** Raymond Pelly & Judy Wigglesworth of St Pauls Anglican Wellington  
**Venue:** Featherstone Retreat Centre, Featherstone  
Theme and costs to be announced.  
For more information contact Raymond Pelly (04) 472 0286 or raymond.pelly@clear.co.nz
- Oct 17 - 23** **A WEEK OF GUIDED PRAYER**  
See description at start of Wellington section  
**Facilitators:** SGM team members  
**Venue:** St Christopher's Emmaus Centre, 165 Main Rd. Tawa  
**Time:** Commences 4pm Sunday October 17th and concludes 10am on Saturday October 23rd  
**Cost:** Registration: \$10. Total cost \$50  
**Registrations** by Oct 11th to Parish Office (04) 232 8448 or admin@tac.org.nz
- Oct 27** **AN EVENING EXPLORING CISTERCIAN SPIRITUALITY**  
The Cistercian Order is one of the Benedictine family of monastic orders) "Contemporary Christians, seeking a spirituality for their busy lives, are discovering a surprising source of wisdom – the sixth century rule of Saint Benedict. They are learning something invaluable about themselves and about how to live their lives. That this ancient text has enriched lives for more than fifteen hundred years affirms its enduring value."

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

**Facilitators:** Peter Stuart and other Cistercian associates  
**Venue:** St James Anglican Church, Woburn Rd, Lower Hutt  
**Time:** Wednesday 7.30 – 9pm  
**Cost:** Koha  
**Register** with Peter Stuart (04) 562 6067 or peterstuart@clear.net.nz

### Nov 4 SOUL FOOD

An enjoyable evening celebrating your own poetry and receiving guided opportunities for writing by Wellington poets Anne Powell and Trish Harris  
**Venue:** The Cenacle 59 Tarawera Rd, Johnsonville  
**Time:** Saturday 7.30pm – 9.30pm  
**Cost:** \$10. Wine and juice provided  
**Registrations:** (04) 4788 575 or office@cenacle.org.nz

### Nov 6 CREATING AND INTERPRETING MANDALAS

A workshop for anyone interested in “soul work” and personal growth. The word “mandala” means sacred circle in Sanskrit. Drawing our own mandalas helps us access our inner self, in much the same way as dream work. This day will take us on a journey into the self through an exploration of the meanings of shape and colour as they appear in our mandalas.

**Facilitator:** Catherine Shelton.

Catherine is a sister of St. Joseph, Whanganui. She worked for many years as a secondary school teacher and then trained and worked as a psychotherapist. She now works as an adult educator and facilitator with a special interest in the integration of psychology and spirituality. She has found both dream work and the drawing of mandalas wonderfully creative ways to access intuition and the inner self, and enter more consciously into one’s personal and spiritual journey.

**Venue:** St. Andrew’s Parish Centre, St. Andrew’s Anglican Church, Steyne Ave. Plimmerton. This venue is wheelchair accessible.

**Time:** Saturday 10am – 4pm

**Cost:** \$20 unwaged. \$30 waged

**Registrations** by Nov 1 to Trish Harris (04) 237 4711; harrist@paradise.net.nz or Marie Preston (04) 233 9422

### Nov 26 FILM CONNECTIONS

**evening and** We sometimes come across movies that connect with us in unexpected ways.

**Nov 27** One such movie is “Departures”. This film deals with a diverse pool of human emotions and experiences including changing career paths when your life is rooted in one particular direction. Other themes involve the temptation of a better life while compromising our moral beliefs, finding passion in our life’s work, giving meaning to our existence and finally making amends with familial

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

wounds that often hold us back from enjoying life.

The film will be shown on Friday night from 7.30 - 9.30pm. On Saturday we will explore aspects of the film that draw us to richer connections with God, others and ourselves, thereby expanding our horizons.

**Leaders:** Molly King and Maureen Lamb

**Venue:** St James Anglican Church, Woburn Rd, Lower Hutt

**Time:** Friday 7-9.30pm to see film. Saturday 9.30am - 4 .30pm

**Cost:** \$40

**Registrations** by Nov 19th to Maureen Lamb (04) 5694 149 or maureen@lamb.org.nz

Wellington Cathedral of St Paul, Molesworth Street, Wellington, offers contemplative services and special evenings of prayer during the year. For more information please contact Raymond Pelly (04)472 0286 or raymond.pelly@clear.co.nz

If you would like to be added to the Wellington database and kept informed of Wellington SGM events please contact Maureen Lamb (04) 5694 149 or maureen@lamb.org.nz

Facilitators for Quiet Days; Retreats; Group Discernment and individual Spiritual Direction are available in the Wellington area. Please ring one of the following for more details:

Andrew Pritchard (04) 904 6764;

Merle Hiscock (04) 976 4693 or

Maureen Lamb (04) 569 4149

## NELSON / MARLBOROUGH

### QUIET DAYS

Kevin Gwynne is available for spiritual direction, to lead a Quiet Day or Retreat for your Church or Group and can be contacted on SGM matters.

Email: ksgwynne@xtra.co.nz Ph: (03) 577 6507

For enquiries in the Nelson area please contact

Margie Marshall (03) 542 3869

Janet Price (03) 528 4147

Karen Moynagh Email: moynagh@ts.co.nz

Spiritual direction and prayer support is available

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

**CONTEMPLATIVE DAYS ASIDE ARE HELD ON THE LAST FRIDAY OF THE MONTH 9.30am – 2.30pm**

### **KINA DAYS ASIDE BY THE SEA**

on Fridays January 29, March 26, May 28, July 30, September 24 and November 26.  
9.30am till 2.30pm.

Enquiries to Margie Marshall (03) 542 3869, Janet Price (03) 528 4147, or  
Karen Moynagh Email: moynagh@ts.co.nz

### **ALDOURIE DAYS ASIDE IN THE COUNTRYSIDE**

Fridays February 26, April 23, June 25, August 27, October 22  
9.30am – 2.30pm

Enquiries to Margie Marshall (03) 542 3869, Janet Price (03) 528 4147, or  
Karen Moynagh Email: moynagh@ts.co.nz

### **RETREATS**

We hope to be able to respond to any interest and offer retreats, contemplative days or  
workshops to suit individual groups.  
Catered accommodation and a group meeting room are available in a rural garden setting.

## **SOUTHERN REGION**

### **CANTERBURY**

#### **THE QUIET GARDEN – Churchill Springs, Hororata, Canterbury.**

(Affiliated to the Quiet Garden Trust). 25 acres of natural springs, ponds and creeks continues  
to offer its space for day retreats on request for individuals or small groups. Groups up to  
a maximum of 12 can be catered for comfortably - but a few more can be squeezed in on  
cushions. Rev. Maggie Smith is available to lead if required to suit the needs or the season.  
Contact Rev Margaret Smith (03) 318 0793 A map will be sent on booking.

#### **ADCROFT RETREAT CENTRE**

Adcroft Retreat Centre is situated on 3.6 hectares of Prayer Garden, lake and pasture land at  
550 Buchanans Road, Yaldhurst. The Centre is available for Quiet days and Retreats and offers  
residential accommodation for up to 16 people. Day bookings are most welcome.  
Contact Kay or Malcolm Palmer (03) 342 7259 Email: adcroft@clear.net.nz

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

### **NORTH WEST CHRISTCHURCH**

Spiritual Direction; Contemplative Prayer Group; Quiet days (in conjunction with Adcroft  
Retreat Centre); Retreats in Daily Life (St Christopher's Anglican Church, Avonhead)  
Facilitator: Margaret Shearing (03) 359 9979

### **SR EVELEEN HOUSE**

- is a contemplative retreat environment in which many seek to experience God's presence,  
find rest and replenishment, and listen to their own heart and Gods leading in their lives. In  
an idyllic setting overlooking Pegasus Bay in Sumner Christchurch this retreat house offers  
regular residential weekend and 7 day retreats, and opportunities for your own self directed and  
self catered residential or day retreats. For further information contact Lyn or Kevin Gallagher  
@ 03 3266897 and for updates on upcoming events and retreat programme view our website  
www.sistereveleen.co.nz

### **ROSARY HOUSE SPIRITUAL LIFE CENTRE**

Rosary House offers opportunities for prayer and contemplation, non residential retreats, prayer  
days, spiritual direction and educational programmes which promote spiritual development.  
For a copy of the 2010 Programme contact Rosary House, 15 Dublin St. Christchurch.  
Ph. (03) 379 1298 Email. roho@xtra.co.nz

Or see website [www.sistersofmercy.org.nz](http://www.sistersofmercy.org.nz) (from February) for details of the 2010 Programme

### **CONTEMPLATIVE SERVICES**

St Mary's Merivale, have a Quiet Service monthly on 2nd Thursday. Phone (03) 355 3287  
for details. St Barnabas have a time of contemplative prayer from 7.30 – 8.30pm on the first  
Tuesday of the month. Contact Helen Straubel (03) 351 0610.

St Luke's in the City have a Labyrinth prayer walk set up. [www.stlukesinthecity.org.nz](http://www.stlukesinthecity.org.nz)  
Opawa Baptist have an alternative service called Side Door, which is interactive as well as  
contemplative, 3rd Wednesday of the month at 7.30pm and 10 days later on Sunday at 5.30pm.  
[www.sidedoor.org.nz](http://www.sidedoor.org.nz)

Also on the first Sunday of the month at 7pm a contemplative service called "Soak".

A contemplative service will be held at a Salvation Army venue in the Christchurch area  
at 4pm on each 5th Sunday of the month – namely, 30 May, 29 August, 31 October 2010.  
Contact Barbara Sampson for details. Phone (03) 344 5837 Home. 027 498 6763 mobile

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

### **THE WELL – Papanui Baptist Church, 144 Sawyers Arms Road, Christchurch**

Quiet Space for reflection and contemplation.

Quiet music, silence, readings, communion and themed centrepiece.

7-8pm 3rd Sundays each month except Dec and Jan.

Facilitators: Kathy Hughes (03) 352 2673 and Jocelyn Head (03) 354 3166

Also available for quiet days and spiritual direction.

### **MEDITATION GROUP – Redwood, Christchurch**

Meets monthly for one hour. Facilitator: Kathy Hughes (03) 352 2673

**‘DEEPEN’ 2010** is an adult spiritual formation course, based on Ignatian spirituality and contemplative prayer, and includes group learning. It will equip participants to prepare and lead contemplative prayer sessions and Weeks of Guided Prayer in their own communities.

Led by the ecumenical ‘Seed Team’ including Bede Haughey, Kevin Gallagher, Margaret Harris & Judy Leonard.

If interested Ph (03) 3266897 or Email for brochure seedteam@xtra.co.nz

## **OTAGO**

The Otago region offers the following opportunities and events during the year. Where not listed dates and venues will be available later in the year, or upon request. Please indicate your interest by phoning/emailing the contact person(s) listed; or for general enquiries contact

Nola Myles (03) 473 1141 Email: robinola@xtra.co.nz

or Mike Wright 021 735 286 Email: chaplain@tekotago.ac.nz

### **SEASIDE CRIB (BACH) AT KAKANUI IN NORTH OTAGO**

Ideal for personal or couple to retreat.

100m from the sea with inspiring views. Bring own food and sheets.

Spiritual direction available.

Enquiries to Jane Green (03) 439 5825 or 027 4335795

Email: iamjanegreen@gmail.com

### **THE CAIM**

A safe place to gather for quiet prayer and reflection offered by the Highgate Parish.

Venue: The Roslyn Church 7.15pm – 7.45pm every Wednesday.

The Caim is led by a team of people and follows daily readings from the Common

Lectionary. Everyone Welcome

## SPIRITUAL GROWTH MINISTRIES 2010 PROGRAMME

**HARBOUR HAVEN QUIET GARDEN:** a space for God’s grace. A place for silence and refreshment alone with God. Open on Thursdays 9.30am – 5pm.

Situated in a terraced garden with a sunny aspect, a harbour view and various nooks and crannies to sit. There is also a conservatory and a room for rest. If you would like prayer, a meditation to lead you into silence and reflection, just ask when you telephone.

Drinks will be provided throughout the day. Donations from \$5. Lunch is extra.

To arrange a visit contact Rev. Robyn Kerr (the host) in Dunedin on (04) 454 3244

Harbour Haven is affiliated with the Quiet Garden Movement – a ministry of stillness and hospitality. www.quietgarden.co.uk

### **QUIET DAYS, CONTEMPLATIVE WORSHIP AND ONGOING COMPANIONING/ SPIRITUAL DIRECTION**

Offered in North Otago by:

Lois McMillan (03) 439 5521 Email: ian.lois@xtra.co.nz

Jane Green (03) 439 5825 Email: iamjanegreen@gmail.com

Catherine Harvey (03) 431 7754, 021 687 637 Email: cathharvey@xtra.co.nz

In Greater Dunedin contact:

Nola Myles (03) 473 1141 or robinola@xtra.co.nz

Mike Wright 021 735 286 or chaplain@tekotago.ac.nz

### **Mar (Lent) MEDITATION RETREAT IN DAILY LIFE**

10 Scotland St Dunedin

Leader: Judith Anne O’Sullivan

Contact: Nola Myles (03) 473 1141

Email: robinola@xtra.co.nz

### **Apr 30 - May 4 FOUR DAY RETREAT AT ‘EN HAKKORE’ IN THE MANIOTOTO**

No crowds, no hassle, no noise....just hills, plains and space to meet God.

Individual rooms, meals provided some silence.

Enquiries to Jane Green (03) 439 5825 or 027 4335795

Email: iamjanegreen@gmail.com

# SPIRITUAL GROWTH MINISTRIES

## 2010 PROGRAMME

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**May 1**

### **DREAMS WORKSHOP**

Our dreams can show us the way towards wholeness and fullness of life. In this workshop we will tap into the deep inner wisdom of our lives through exploring our own dreams. Please come prepared with a dream which you would like to explore.

Facilitator: Judith Anne O'Sullivan

Contact: Nola Myles (03) 473 1141 or robinola@xtra.co.nz

**May 14  
-15**

### **COME HOLY SPIRIT**

A non-residential retreat to prepare for and celebrate Pentecost

Contact: Mike Wright 021 735 286 or chaplain@tekotago.ac.nz

**Sept**

### **RETREAT IN DAILY LIFE – in Celebration of Spring**

During this guided Retreat in Daily Life you will be given resources and encouragement to explore your awareness of God's renewing Presence in the midst of your daily work and/or study, and "everyday life". We will meet for approx. 1 hour each day (Sun – Thurs) to share our experiences together. If you are unable to join the group but would still like to join the Retreat we can arrange for you to meet with an experienced companion (spiritual director) each day instead.

Leader: Mike Wright 021 735 286

Email: chaplain@tekotago.ac.nz