

RETREAT HOUSES IN LOWER NORTH ISLAND

Name	Address	Phone	Email and website
El Rancho	25 Kauri Rd. Waikanae 5036	04 902-6287	bookings@elrancho.co.nz www.elrancho.co.nz
Josephite Retreat Centre	Mt St Joseph 14 Hillside Terrace Wanganui	06 345 5047 Ext 3	ssjoseph@xtra.co.nz www.ssj.org.nz
Magnificat Community	60 Cross Creek Road RD3, Featherston 5773	06 308 9982 or 06 308 6112	enquiries@magnificat.org.nz www.magnificat.org.nz
Ngatiawa River Monastery	Terrace Road Reikorangi, Waikanae	04 293 5036	ngatiawabookings@gmail.com
Riverslea Retreat	733 Otaki Gorge Rd RD2, Otaki, 5582	06 364-3388	info@riverslearetreat.co.nz; http://www.riverslearetreat.co.nz
Silverstream Retreat	3 Reynolds Bach Drive, Lower Hutt 5019,	04 562 9080 or 0800 800 499	info@staywithus.co.nz http://www.staywithus.co.nz
Sisters of Compassion	2 Rhine Road Island Bay	04 383 7769	islandbay@compassion.org.nz www.compassion.org.nz
The Wayfarer's Homestay/ Retreat	189 Wallace Road, RD1, Levin, 5571	06 368-8421	tianlung003@hotmail.com www.facebook.com/WayfarersHomestayRetreat
The Lodge at the French Village	Mangaterere Valley Road, Carterton, RD1	06 370-3344	info@frenchvillage.co.nz http://www.frenchvillage.co.nz

RETREATS

**What are Retreats?
Where can Retreats take place?
Who can lead a Retreat?
What about personal Retreats?**



*This is sent out under the auspices
of the Wallis Trust.*

RESOURCES FOR SPIRITUAL RETREATS IN THE LOWER NORTH ISLAND

What is a retreat?

Individuals, groups or parishes may find it helpful to make time for contemplation. Time to look and listen to God together and individually, in a supportive environment and with gentle guidance, will bring spiritual benefit.

This is different from a parish planning day.

Such retreats may be for a day (a quiet day), a weekend, or several days.

There is also a retreat in daily life, or week of guided prayer, which allows people to continue with normal life while spending time each day in prayer, and half an hour daily with a prayer guide.

How does the Retreat in Daily Life work?

A team of trained prayer guides visits your Parish daily for one week. They commit themselves to accompanying you in your faith journey during the week. They promise confidentiality.

You commit yourself to:

Group sessions to begin and end the Retreat.

A half-hour of personal prayer each day.

A half-hour meeting each day with the prayer guide assigned to you.

The daily meeting with your prayer guide

focuses on what is happening in your daily prayer.

The role of the prayer guide is to listen to you and help you decide how you might spend your prayer time the next day.

The starting point for your prayer is usually Scripture and relates to your own journey.

A Retreat in Daily Life is a way to give yourself some space in your busy life.

It is an opportunity to experience:

deeper companionship with God
personal guidance in your spirituality
the transforming power of the Gospel

The Retreat offers opportunities for the ongoing integration of the Gospel with daily life. It provides a wonderful, effective way of discovering God in all things.

The process is ***prayer - reflection - sharing.***
(see <http://www.cenacle.org.nz>)



Where can retreats take place?

For a quiet day, it may be possible to use a church facility or another convenient space. It is good to have access to walks in nature, gardens or by the sea.

A suitable place will fit the number of people and the style of retreat.

A list of some Retreat places is on the back.

Who can lead a retreat?

Trained spiritual directors and retreat leaders are available. The website of the Association of Christian Spiritual Directors will list people in your area. (see <http://www.acsd.org.nz>)

There are others who can do this well, and it is wise to seek recommendations.

Some retreats offer daily spiritual direction

What about personal retreats?

Organisations like Spiritual Growth Ministries offer contemplative events throughout the year. (see <http://sgm.org.nz>)

Some places, like Kopua, are communities which accept individuals at almost any time. (see <http://kopuamonastery.org.nz>)

Sometimes people choose to spend a day or a week on their own retreat in their chosen location, and meet when desired with a spiritual director.