

SISTER EVELEEN

RETREAT HOUSE

“A HOUSE OF PRAYER AND SPIRITUAL HELP
FOR THE GLORY OF GOD”

Sister Eveleen Barklie 1939



Sister Eveleen Retreat House is a contemplative retreat house in which many seek to experience God’s sacred presence, find rest and replenishment, listen to their own heart and God’s leading in their lives.

Sister Eveleen bequeathed this house in 1939 as a house of prayer and spiritual help. It is owned by the Anglican Church and runs ecumenically.

The spiritual ministry at Sister Eveleen Retreat House is rooted in western Christian contemplative spirituality.

Nestled amongst native trees and beach flora on Scarborough Hill in Sumner, Christchurch, the retreat house overlooks Pegasus Bay in a stunning natural environment, with a range of coastal and beach walkways.

Our beautiful garden is a great place to stop and rest.

Our St. Francis Chapel on site welcomes guests to pray and contemplate.

Everyone is welcome to visit and spend time in prayer and contemplation.

Our mission is to maintain Sister Eveleen as a sacred space for people to rest, replenish their spirit, and immerse themselves in God’s loving presence.



*We invite you to come and visit us ...
for a guided or private retreat,
an individual stay, day stay
or with your church group*

SISTER EV MINISTRY AND SERVICES

St. Francis Chapel & Prayer Rhythm



Our chapel is a quiet, reflective space for prayer and small gatherings and is open to all guests.

During the week we have our regular

Prayers Times

Monday - Midday prayer, 12 o'clock

Tuesday - Taize, 12'o'clock

Wednesday - Evening prayer, 7 pm

Thursday

Morning Prayer, 7 am

Celtic Christian, 12 o'clock

Everyone is welcome to join in.

Accommodation

SERH offers ten beds in seven rooms, each offering a range of accommodation choices and prices all with heating. All rooms are warm and inviting with captivating views of sky and sea. Each room has a tranquil and cozy atmosphere, facilitating your refreshing spiritual retreat.

The Annex

The annex has recently been renovated and offers retreatants and guests a Monastic cell experience in smaller plain rooms.

The Upper Room-Kororā is available to use as an optional quiet room.

All rooms can be booked for your personal retreat (individual overnight stay, with the option of breakfast)

Day Stay

To book a day retreat (with use of one of our rooms, NZ\$30) please get in touch via email

Retreat Fees

We have set our fees for retreats very tightly to cover the expenses of accommodation, catering, and facilitation.

If you'd like to attend but the cost is prohibitive, please get in touch as we may be able to assist you.

On the other hand, if you are in the position to give more, we would happily accept and value your generosity.

Spiritual Direction



We offer spiritual direction for individual guests and for groups upon request.

You will be given wisdom and guidance by our qualified spiritual directors, facilitating your spiritual retreat.

Rooms available for spiritual direction are St. Ignatius or the newly renovated Upper Room – Kororā in the Annex
Just get in touch with us.

Guided Retreats.

Guided retreats are an opportunity to deepen your spiritual journey under the guidance of a retreat leader. They will usually focus on a theme and will often involve extended times of silence.

We offer a wide variety of retreats from single to seven days.

Book Sister Ev for your group

Sister Eveleen Retreat House is a perfect space for your next parish or prayer group retreat. You will have the use of the main house and Annex. It offers 10 beds (in single and twin rooms), a lounge, dining area, St. Francis Chapel and the Upper Room.

Whole house bookings are self-catered.

Please get in touch via email

Housekeeping and Kitchen

Before and after use, the retreat will be cleaned by our staff. All housekeeping will be done, so you don't have to worry about it

Our full kitchen will be available for your use at any time during your stay. This includes oven, stove, microwave, fridge, freezer and cutlery, crockery and cooking equipment.

We also offer a variety of teas and coffees.

Individual and Group bookings are self-catered.



GUIDED RETREATS 2024

January

The Flame of Love ... Beyond the two habits - a Retreat with the Two T(h)eresas - Teresa of Avila and Therese of Lisieux

"The important thing is not to think much, but to love much, and so do that which best stirs you to love."

Date: 16th January (9:30) - 17th January (4pm) 2024
Explore and be inspired by Therese and Teresa and their relevance to our lives today. A retreat that will go beyond the two habits of those extraordinary women and hopefully will touch your hearts.

Retreat facilitators: Jo Smith and Lynn McConnell.

Cost (fully catered): \$200.

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com



February

Creative Joy - Summer -Seasonal Series 2024

Date: Fri 23 February (7pm) -Sun 25 February (7pm) 2024.

Join us for a seasonal series of Creative Retreat's led by Glenda Joy. We'll be using various mediums of texture, colour, writing & music to reflect and envision the seasons of life and how our stories inform and shape our world. Through simple contemplative exercises we can digest life, find meaning, clarity and celebration. These weekends are an opportunity to stop and pause in a restful & supportive place, to connect with the significant themes and spiritual elements of your life. Be refreshed by the beauty of this place, enjoying nutritious food, sweeping vistas, and walking tracks. The retreat allows time for rest, contemplation & meditation. Keeping Silence assists the inward process of reflection and there is optional sharing time during the creative sessions.

Retreat leader Glenda Joy

Cost (fully catered): \$330.

This retreat is part of our Seasonal Series

Dates: 23-25/2/2024, 10-12/5/2024, 9-11/8/2024, 8-10/11/2024 - By registering for 3 or more retreats you

will gain priority and we will offer you a discount. Although designed to follow an annual rhythm connecting upon each other, it is possible to sign up for one or multiple - retreats. By registering for 2 or more retreats you will gain priority and we will offer you a discount of NZ\$30 for each subsequent retreat. We can offer a certificate for those who attend this retreat as professional development.

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

Open Retreat Day at Sister Ev

Date: Wed, 28 February, 9:30 – 2:30pm

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month from March)- inspired by the earth and church seasons.

Theme for February- *Lent* -

This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Retreat Facilitator: Antje Duda

Cost: NZ\$35 (*Morning Tea, hot drinks are included - BYO lunch.*)

More Info and register: Follow this [link](#) or visit our website www.sistereretreat.com

S/he God- Exploring God images

Date: 29 February 2024, 7:00 pm – 8:30 pm

Immerse ourselves in, and connect with, the Biblical tradition of feminine God-images.

What impact might they have on our lives and faith?

Join us for this evening taster retreat reflecting, pondering, enjoying and maybe being surprised...

Retreat leader: Megan Blaikie **Cost:** NZ\$25

More Info and register – follow [this link](#) or visit our website www.sistereretreat.com



March

7 Day Silent Directed Retreat

"In God we live and move and have our being."

Acts 17:28

Date: Sunday, 3 (5pm) - Sat 9 March (2pm) 2024

These 7 days of silence are an opportunity to realign our lives to that of God and to come to an inner quiet which allows us to hear God afresh. Daily individual spiritual direction will be available.

Retreat leader: Glenda Prosser

Cost (fully catered): \$750.

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

Trusting the Voice Within

Date 14th March, 9:30am - 2:30pm

How has our faith been shaped by the lived-in experience of a female body? Is God more than 'He'? What is nurturing your faith now? This day-time retreat gives voice to the diversity and similarities of women's faith experiences, which haven't always been honoured or acknowledged by our various faith communities/traditions.

Bring along your experiences and a heart of discovery.

Retreat leader: Megan Blakie

Cost (fully catered): NZ\$70

More Info and register: Follow [this link](#) or visit our website www.sistereretreat.com

Coming home to the Father's Loving Embrace

Praying with and walking through the Parable of the Prodigal Son. Luke 15: 11-32

Date: Fri 15 March (7pm) – Sun 17 March (3pm)

A weekend silent retreat, where we will consider each person within the parable: the Father, the youngest son and the older brother. Reflective questions will be provided after each input session. Henri Nouwen's book, "The Return of the Prodigal Son: a Story of Homecoming" will be drawn upon as a basis for the retreat.

Retreat Leaders: Carol and Colin Renouf

Cost (fully catered): \$330.

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

Open Retreat Day @Sister Ev March

Date Thursday 27 March, 9:30 – 2:30

(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home. Theme in March: – *Holy Week*

Retreat leader: Antje Duda

Cost: \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

More Info and register:

Please [Follow this link](#) or visit our website

www.sistereretreat.com



April

The Contemplative Gaze

"... beholding as in a mirror the glory of the Lord, we are being transformed into the same image." 2 Cor 3:18

Date: Fri, 12 April (7pm) - Sun 14 April March (1:30pm) 2024

This retreat is an opportunity to draw aside from the daily pressures of life, with our time primarily spent in silence, with rhythms of contemplative prayer and a balance of devotional input, and plenty of time to rest, pray and reflect. Considering throughout what our image of God is, how that informs how we see ourselves, and how that impacts our daily lives!

Retreat leader: Donald Scott

Cost (fully catered): \$330.

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

An Introductory Encounter with the Spiritual Exercises of St. Ignatius of Loyola

A 4 week retreat with weekly sessions

Date: Fridays: 19 & 26 April, 3 & 10 May. (3-4pm)

One of the giant fathers of spiritual direction is St. Ignatius of Loyola. St. Ignatius developed a powerful programme known as the Ignatian Spiritual Exercises. The Exercises, written around 1522-1524, have helped thousands of people find their purpose and vocation in their personal and professional life.

This programme offers a taste of the incredible contribution the spiritual exercises can add to the spiritual life of each person, in their relationship with God and with others.

The programme runs for four weeks and involves a weekly one-hour long group meeting. Additionally, each participant is encouraged to engage 5-10 minutes each day in reading and reflecting on the theme presented in the weekly group meeting.

Retreat Leader: Dr. Mary Allen OFS

Cost: \$180.

You have the option to book in earlier and add a **Day Stay**, or **Overnight Stay** (self-catered and-guided). More info on this will be sent to you upon registration.

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

Open Retreat Day @Sister Ev - April

Date Thursday 25 April, 9:30 – 2:30

(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing.

Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. This is also for you if you would like to have a taster of a retreat.

Manageable in between school runs and before life might get hectic again at home. Theme:

Eastertide

Retreat leader: Antje Duda

Cost : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

More Info and register: Please [Follow this link](#) or visit our website www.sistereretreat.com



May

Attending to the needs of people in midlife- a day with Dr. Anne Shave

A day for clergy, church leaders, teams and pastoral workers

Date: 1 May 2024, 9:30 am – 4:00 pm

A day for clergy and pastoral workers to explore ways in which congregations can be intentional about supporting people who may be navigating significant transitions in life and faith. Based on Anne Shave's PhD research into the experiences of Presbyterian, Anglican and Catholic churchgoers, and her recently published book *Faith and Hope in Midlife: Reflecting on Churchgoers' Experiences*, this will be a day with time for interaction as well as a good chunk of quiet time for personal reflection.

People of all ages are welcome to attend.

Retreat leader: Dr Anne Shave

Cost (fully catered): NZ\$100.

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

Creative Joy Series- Autumn

Date: Friday, 10 May – Sun 12 May (7 pm)

Join us for a seasonal series of Creative Retreat's led by Glenda Joy. We'll be using various mediums of texture, colour, writing & music to reflect and envision the seasons of life and how our stories inform and shape our world. Through simple contemplative exercises we can digest life, find meaning, clarity and celebration. These weekends are an opportunity to stop and pause in a restful & supportive place, to connect with the significant themes and spiritual elements of your life. Be refreshed by the beauty of this place, enjoying nutritious food, sweeping vistas, and walking tracks. The retreat allows time for rest, contemplation & meditation. Keeping Silence assists the inward process of reflection and there is optional sharing time during the creative sessions.

Retreat leader Glenda Joy

Cost (including all meals): \$330.

This retreat is part of our *Seasonal Series*

please refer to the Summer retreat (Feb) for details on registering

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

Participating in the Trinity

a 5 or 7 – day silent retreat

Date: Sunday, 19 May (5pm)– Thursday, 23 May or Saturday 25 May (2pm) *your choice*

This is an opportunity to draw aside to spend time together largely in silence, inviting contemplative reflection on the Trinity, utilising various prayer methods, Scripture readings highlighting the Trinity, as well as 'gazing upon' Andrei Rublev's 15th Century icon of the Trinity, all inviting participation/communion with this glorious Trinitarian understanding and encounter with God.

Starting the evening of Pentecost Sunday and finishing just before Trinity Sunday gives a great framework for this journey!

5-day or 7-day Retreatyour choice

Our retreat offering allows you to select either a 5-day or a 7-day experience. The 5-day retreat concludes on Thursday, May 23rd, at 2 pm, offering a profound immersion in the topic.

For those seeking a more extended period of spiritual reflection, the 7-day retreat concludes on Saturday, May 25th, at 2 pm, providing additional moments for prayer and contemplation.

Retreat leaders: Donald and Janice Scott

Cost (fully catered):

5-day retreat NZ\$540 - 7-day retreat: NZ\$750

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

Open Retreat Day @Sister Ev - May

Date Thursday 29 May, 9:30 – 2:30

(every last Thursday of the month).

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. Theme this month: *The Holy Spirit*

Retreat leader: Antje Duda

Cost : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

More Info and register: Please [Follow this link](#) or visit our website www.sistereretreat.com

Seasons of Growth - a 2-day retreat

The process of grief is like healing a broken heart

Date: 31 May (9:30am) – 1 June (4pm)

Seasons for Growth is educational in its nature and is based on a belief that change, loss and grief are part of life.

William Worden, a celebrated writer and therapist, noticed that people working through their grief went through similar patterns. It seemed that those who were able to process their grief completed certain milestones on their journey. He likened these steps toward healing to the four Seasons. On this Retreat we examine Worden's insights, and strategies, that can be helpful in processing grief and loss. We explore how we can grow through our seasons of pain and disappointment. While sharing our journey in a group we feel less alone and find support from others. Through stories we will also consider how God heals our brokenness, exchanging it for hope and peace in Christ.

Retreat leaders: Joanne and Rick Smith

Cost : \$220 (fully catered, this fee also includes the seasons of growth journal).

More Info and register: Please [Follow this link](#) or visit our website www.sistereretreat.com

June

Faith and Hope in Midlife - retreat day

...exploring, reflecting, celebrating- A retreat day with Dr. Anne Shave.

Date 8 Jun 2024, 9:30 am- 4 pm

A day for all interested to explore , reflect and celebrate the significant transitions in life and faith.

Based on Anne Shave's PhD research into the experiences of Presbyterian, Anglican and Catholic churchgoers, and her recently published book *Faith and Hope in Midlife: Reflecting on Churchgoers' Experiences*, this will be a day with time for interaction as well as a good chunk of quiet time for personal reflection.



People of all ages are welcome to attend.

Retreat leader Dr. Anne Shave

Cost (fully catered): NZ\$80

More Info and register: Follow [this link](#) or visit our website: www.sistereretreat.com

Our Pilgrims Soul- A Weekend Retreat

"A pilgrim is a person who prays with the feet"

Edward Hays

Date: Fri 14 June (7pm) – Sun 16 June (1:30 pm)

Join spiritual director Elinor Galbraith to ponder this question, as we traverse our inner world this weekend. We don't need to set out on a thousand-mile trail, nor seek a sacred site to meet mystery. Spend a weekend in attunement to the Sacred presence around you and within you as we engage in creative practices and prayer.

Retreat leader: Elinor Galbraith

Cost(fully catered): \$330.00

More Info and register: Follow [this link](#) or visit our website www.sistereretreat.com

Open Retreat Day @Sister Ev - June

Date Thursday 27 June, 9:30 – 2:30

(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home. Theme for this month: *Matariki*

Retreat leader: Antje Duda

Cost : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

More Info and register: Please [Follow this link](#) or visit our website www.sistereretreat.com

July

Mid-Winter Fire - Exploring the Dynamics of the Spiritual Exercises of Ignatius of Loyola

'Whatever you are doing, that which makes you feel most alive...that is where God is.' - St Ignatius of Loyola

Date: Fri 26 July (7pm) – Sun 28 July (3pm)

Join Sister Eveleen Retreat House and Ignatian Spiritual Director Colin Renouf for this 2-night silent retreat exploring the Spiritual Exercises of St Ignatius of Loyola. We will begin by reflecting on: Who was Ignatius? And what are 'The Spiritual Exercises'? Then we will consider some of the key themes of the Exercises: Radically Loved, Profoundly Broken, Desire and Intimacy, Contemplating Christ and Awareness. The goal of the Exercises is to grow in union with God, thus gaining inner freedom and becoming more like Christ who was free to love and to serve.

Retreat leaders: Carol and Colin Renouf.

Cost (fully catered): \$330.

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

Open Retreat Day @Sister Ev - July

Date Thursday 25 July, 9:30am – 2:30pm

(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself.

Theme for July – *Contemplation in busy times*

This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home.

Retreat leader: Antje Duda

Cost : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

More Info and register: Please [Follow this link](#) or visit our website www.sistereretreat.com

August

Creative Joy Series - Winter

Date: Fri 9 August (7pm) -Sun 11

August (1:30 pm) 2024.

Join us for a seasonal series of Creative Retreat's led by Glenda Joy. We'll be using various mediums of texture, colour, writing & music to reflect and envision the seasons of life and how our stories inform and shape our world. Through simple contemplative exercises we can digest life, find meaning, clarity and celebration. These weekends are an opportunity to stop and pause in a restful & supportive place, to connect with the significant themes and spiritual elements of your life. Be refreshed by the beauty of this place, enjoying nutritious food, sweeping vistas, and walking tracks. The retreat allows time for rest, contemplation & meditation. Keeping Silence assists the inward process of reflection and there is optional sharing time during the creative sessions.

Retreat leader Glenda Joy

Cost (fully catered): \$330. *If you'd like to attend but the cost is prohibitive, please get in touch as we may be able to assist you.*

This retreat is part of our Seasonal Series

Dates: 23-25/2/2024, 10-12/5/2024, 9-11/8/2024, 8-10/11/2024 - please refer to the Summer retreat (Feb) for details on registering

More Info and register: Please follow [this link](#) or visit our website www.sistereretreat.com



Open Retreat Day @ Sister Ev– August

Date Thursday, 29 August 9:30am – 2:30pm

(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself.

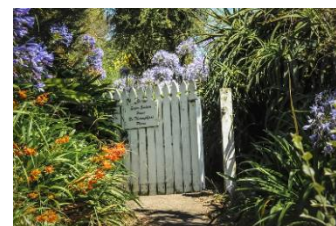
Theme for August – *Praying with St Gertrud the Great*

This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home.

Retreat leader: Antje Duda

Cost : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

More Info and register: Please [Follow this link](#) or visit our website www.sistereretreat.com



September

The Perfect Joy of Saint Francis

Date: 6 – 8 September 2024

Come join Marion Fairbrass TSSF at Sister Eveleen House for a weekend silent retreat based on some stories of Saint Francis. Hear about his wholehearted following of the gospel, his relationship with all living things and his understanding of a joyful life. There will be a rhythm of shared contemplative worship and teaching, space for personal reflective activities and time for walks. Individual sessions with the retreat director will be available Saturday and Sunday morning if requested.

Retreat leader: Marion Fairbrass

Cost : (fully catered): \$330.

More Info and register: Please [Follow this link](#) or visit our website www.sistereretreat.com

A Greening Heart – A weekend with Hildegard of Bingen

*“The mystery of God hugs you in its all-encompassing arms.”
St. Hildegard of Bingen*

Date Friday, 20 – 22 September 2024

Join spiritual director Elinor Galbraith and take some time aside to explore Saint Hildegard of Bingen, the great writer, composer, philosopher, mystic and visionary of the Middle Ages and a woman for our times. During the weekend we will be guided by her inspirations around, Spirituality, Health and Healing, Creativity and Viriditas (the greening power of God) nature and creation. This retreat will be part exploration, part sharing and reflective.

Retreat leader: Elinor Galbraith

Cost(fully catered): \$330.00

More Info and register: Follow [this link](#) or visit our website www.sistereretreat.com

Open Retreat Day @Sister Ev - Sept

Date Thursday, 26 September 9:30am – 2:30pm

(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself.

Theme: *Entering the Season of Creation*

This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home.

Retreat leader: Antje Duda

Cost : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

More Info and register: Please [Follow this link](#) or visit our website www.sistereretreat.com

October

Praying with Evelyn Underhill – A 7-day silent directed retreat

Date: Sunday, 29 September (5pm) – Saturday 5 October (2pm)

Evelyn Underhill's belief that all of life was sacred, was based on her understanding of the incarnation. Evelyn (1875- 1941) was born into a wealthy secular family but had several mystical experiences during her childhood. Her lifelong search for the meaning of these experiences was the driving force behind her research and writing on the Christian life. She was a prolific author and published over 30 books on spirituality. She was the first woman to deliver lectures to the clergy in the Church of England, to officially conduct spiritual retreats for the Church, to establish ecumenical links between churches, and one of the first woman theologians to lecture in English colleges and universities. In this retreat we will use some of Evelyn's writings on Prayer to throw light on our own spiritual journeys. Daily individual spiritual direction will be available.

Retreat leader: Glenda Prosser

Cost (fully catered): \$750.

More Info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

Open Retreat Day @ Sister Ev – October

Date Thursday, 31 October, 9:30am – 2:30pm

(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat



for yourself. Theme for this month- *Mary*

This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home.

Retreat leader: Antje Duda

Cost : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

More info and register: Please [Follow this link](#) or visit our website www.sistereretreat.com

November

Creative Joy Series - Spring

Date: Fri 8 November (7pm) – Sunday 10 November (1:30)

Join us for a seasonal series of Creative Retreat's led by Glenda Joy. We'll be using various mediums of texture, colour, writing & music to reflect and envision the seasons of life and how our stories inform and shape our world. Through simple contemplative exercises we can digest life, find meaning, clarity and celebration. These weekends are an opportunity to stop and pause in a restful & supportive place, to connect with the significant themes and spiritual elements of your life. Be refreshed by the beauty of this place, enjoying nutritious food, sweeping vistas, and walking tracks. The retreat allows time for rest, contemplation & meditation. Keeping Silence assists the inward process of reflection and there is optional sharing time during the creative sessions.

Retreat leader: Glenda Joy

Cost (fully catered): \$330.

This retreat is part of our *Seasonal Series*

Dates: 23-25/2/2024, 10-12/5/2024, 9-11/8/2024, 8-10/11/2024 - please refer to the Summer retreat (Feb) for details on registering

More info and register: Please [follow this link](#) or visit our website www.sistereretreat.com

Open Retreat Day @Sister Ev - November

Date Thursday 28 November, 9:30 – 2:30

(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. Theme – *Advent*

This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home.

Retreat leader: Antje Duda

Cost: \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

More info and register: Please [Follow this link](#) or visit our website www.sistereretreat.com

December

Carols at Sister Ev

day and time *tbc*

Join us for our annual carol service followed by hospitality and fellowship.

Between the years - A retreat

"Blessed are those whose strength is in you, whose hearts are set on pilgrimage." - Psalm 84:5

Date 28/29 December 2024 – 1/2 January 2025

A retreat to reflect the old year and welcome the new year with contemplation, celebration, in solitude and fellowship. A retreat in between the years, to reflect gently on the old year and welcome boldly the new year with peace, joy and in fellowship. The days will be accompanied by a prayer rhythm, reflective sessions, and time for rest and/or activity, in solitude and fellowship. ... All this in the beautiful environment of Sister Eveleen Retreat House in Sumner.

3 nights - 4 days, fully catered/or self-catered depending on guests. *More information to follow*
Please [follow this link](#) get in touch if you are interested in this retreat.

OUR RETREAT FACILITATORS

Dr. Mary Allen OFS

... completed her PhD at the University of Canterbury (NZ) specialising in group dynamics. After spending some years as an academic, she felt called to ministry. She served in various ministry/pastoral and spiritual roles, and currently serving as a university chaplain and spiritual director. Her personal spiritual journey was greatly inspired by the Ignatian Spiritual Exercises, and so now, she would like to share this incredible grace with others.

Megan Blakie

... is a Spiritual Director and Associate Member of the Association of Christian Spiritual Directors. Her special interest project during her training was a creative allegory about feminine God images. Megan once jumped out of a plane for charity, but prefers sailing and observing the wonders of the sea. She has a background in communications and - when not enjoying contemplative silence - uses words to help motivate people to care: for the environment, the creatures we're connected with, and each other.

Marion Fairbrass

...has been a professed member of the Third Order Society of Saint Francis for over 30 years. Following Christ after the example of Saint Francis and Saint Clare has been central to her spiritual growth. She is currently the Formation Director for the Order in New Zealand, with oversight responsibility for Enquirers, Postulants and Novices. She has been attending and

sharing the leading of retreats for many years and values the opportunity that retreats offer for "going deeper" with God. Marion completed the Formation programme for Spiritual Directors with Spiritual Growth Ministries in 2008 and is a member of NZ Association of Christian Spiritual Directors. Her own experience of growth has led her to believe that if we are attentive, we can experience a continually deepening spirituality grounded in the deep, deep love that God has for all created beings.

Elinor Galbraith

... is a Mother, Friend, Spiritual director, Spa therapist and Trauma informed coach. She loves all things centered in the Divine, that are simple, nourishing and inclusive. Her passion is to offer tools and gentle re-remembering of this by way one on one companioning (Spiritual direction), and also introducing and deepening the many ways we can slow down and access our hearts and our indwelling wisdom.

Glenda Joy

...is a registered counsellor who has been working with people of all ages and backgrounds for over 20 years. She has trained in several experimental modalities and brings creativity, mindfulness, and body awareness into her work. Glenda uses simple tools in a supportive environment to help clients find hopeful insights and reflections as they connect with themselves and the deeper themes of life. She encourages everyone to find a sense of playfulness and new ways of enjoyment in life.

Lynn McConnell

...became a Christian and Catholic as a 21-year-old in Southern Ireland. She joined an evangelical group whose main purpose was for everyone to become a saint... she thought this would happen in a year... Fifty years later with adult children and grandchildren, she is still following this exciting goal.

Glenda Prosser

... has been a spiritual director for 24 years and a pastoral supervisor for 18. She has an MA (Spirituality) from the Oblate School of Theology in San Antonio, Texas. Glenda's faith expression is Anglican but her interests are ecumenical.

Carol and Colin Renouf

...have a strong interest in Contemplative Spirituality and enjoy leading others into a deeper experience of God. Teaching, retreat leading and accompanying

others in their spiritual journey is something they both love to do. Family is really important to them, they have four adult children, with partners and eleven grandchildren. Colin with Carol's support was a Baptist Pastor for 24 years, but is now a Catholic. He has been a Spiritual Director for over 25 years. They live in Christchurch and are both involved in Community Ministry.

Dr. Anne Shave

... graduated with her doctorate in Theology from the University of Otago in 2018. Her research explored the experiences of Christians in midlife, within Catholic, Anglican and Presbyterian congregations in New Zealand. In 2019 Anne was a scholar in residence at Vaughan Park Anglican Retreat Centre in Auckland and also completed a short course in retreat direction and spiritual guidance at St Beuno's Jesuit Spirituality Centre in Wales. Formerly a secondary-school English teacher, Anne is now employed part-time at Cashmere Presbyterian Church and also works as a tutor at disability support and service provider Hōhepa Canterbury. She is currently completing a post-graduate certificate in Ministry Supervision through Laidlaw College in Auckland.

Donald and Janis Scott

... were both born and raised in the Dannevirke area, Southern Hawkes Bay, farming in the area before moving into a pastoral role at a local church. Relocating with their 4 boys to Christchurch in 2000, they led Northcity church until recently, now focusing on wider ministry to the body of Christ, with a passion for city-wide unity and bi-cultural reconciliation, with Donald also involved in Spiritual Direction and Janice leading the Elijah House regional team. Now the proud grandparents of 5 gorgeous grandchildren!

Joanne Smith

is the Seasons for Growth Course Coordinator at Christchurch City Mission. She has completed a level 4 training in counselling at Arahura Medical Centre, The Father Heart Ministry Training through Youth With A Mission, and also Prayer Ministry Training with Christian Renewal Association NZ (CRANZ). She has worked as a Social Worker and Community Worker most of her life and helps to run Church services at the Christchurch Men's Prison.

Rick Smith

... is the Pastoral Care worker at Sumner-Redcliffs Anglican Church. He has completed Mental Health Coach training run by Heartspace ministries in Christchurch.

THE TEAM AT SISTER EVELEEN RETREAT HOUSE

SUE SINCLAIR

as our Resident Host, Sue is the soul of Sister Ev. She offers hospitality to our individual guests who come here to stay and seek peace and refreshment. She has been connected with Sister Ev since 2020 and enjoys the quiet mystical spirit that the house offers. She brings to the mission of Sister Ev her learnings about lament and silence, coming through personal experience of prolonged grief and loss. She recently completed a Counselling degree through Laidlaw College. With a whanau of four adult sons, a daughter-in-law and two lively mokopuna, she and her husband treasure joy-filled family moments

ANTJE DUDA

as the Director, Antje looks after the bookings, plannings and the calm running of the retreats of the house. She brings her experience as a Pastoral Chaplain and ministry in youth and young adult ministry. She has degrees in Education, Pastoral Ministry and Chaplaincy, a whanau of five quickly growing-up sons that keep her and her husband busy. She brings her passion for sacred life-giving liturgy, pilgrimages (real and virtual) and sharing good bread as part of a Eucharistic way of life into this new adventure that is Sister Eveleen Retreat House.



*A warm Haere Mai and Kia ora from both of us.
We love to welcome you soon at Sister Ev*

SUPPORT SISTER EVELEEN RETREAT HOUSE

Sister Eveleen Retreat House is governed by a committed Board of Trustees and a group of fantastic volunteers. If you would like to support Sister Eveleen retreat House, you can do this in several ways



Sponsor a Retreat:

Having a time of retreat is a crucial component of our spiritual lives and relationship with God. However, they can also be an unaffordable luxury for many. SERH has a special fund to reduce the cost of retreats for those in financial hardship.

Support the Running of the Retreat House:

We want SERH to be accessible to everyone, regardless of their financial situation. You can help us keep our prices low by making a donation towards the day-to-day costs of running the retreat house. You can either make a one-off donation or a regular contribution.

For koha or your donation please [follow this link](#)
Sister Eveleen Retreat House is a registered charity. All donations are tax deductible.

Give your time and mahi

If you would like to give us some of your time and mahi (garden, cooking, etc.), we would love to hear from you. Please be in touch via email antje@sistereretreat.com or ph 022 563 6879

ACCESS DISCLOSURE

Location:

Please be aware of our [access disclosure](#) - SERH is a very secluded retreat, which unfortunately means that there is limited vehicular access. Getting to SERH involves a ten-minute uphill walk and then a short walk up an uneven zigzag path that is not wheelchair friendly.

If you travel by car: There is not very much parking on Whitewash Head Road so your best bet is to park down by the waterfront, on Heberden Avenue, or Scarborough Pool ([see map on website](#)) and walk up the hill. Even if there are parks on Whitewash Head Road we ask that you don't use them as there are already insufficient parks for residents. You're more than welcome to park temporarily to drop off your things, though. - If you need assistance in the evening, please give us a call.

If you travel on public Transport: The bus no. 3 goes to Sumner ([Timetable](#)), Bus Stop: Nayland St./near Head St.. Walking from there is about 20 min.

For a map, please refer to the website www.sistereretreat.com

CONTACT

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