

# SISTER EVELEEN

RETREAT HOUSE

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

*Sister Eveleen Barklie 1939*



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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.

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

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# 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

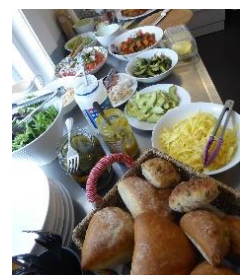
## Housekeeping and Kitchen

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.



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# GUIDED RETREATS 2024

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## January

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

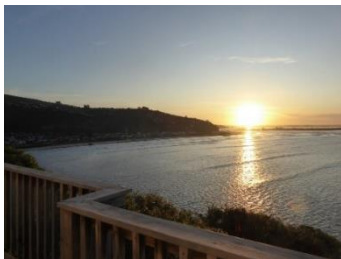
*"The important thing is not to think much, but to love much, and so do that which best stirs you to love."*

**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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 Retreat ....your 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](http://www.sistereretreat.com)

## A Day of Retreat @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](http://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](http://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](http://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](http://www.sistereretreat.com)

## A Day of Retreat @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](http://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](http://www.sistereretreat.com)

## A Day of 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](http://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.

**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](http://www.sistereretreat.com)

## A Day of 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*

**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 <http://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](http://www.sistereretreat.com)



### Hearts Ablaze – Praying with the Psalms

*Moving beyond mediocrity to passion. Write your own psalm of praise. Pen your own lament*

**Date:** Fri 13 Sept (7pm) – Sun 15 Sept (3pm)

Join Sister Eveleen Retreat House and Ignatian Spiritual Director Colin Renouf, together with his wife Carol for this 2-Night Retreat focusing on the Psalms as our Prayer Book. “To instruct us in candid honesty, God gave us the book of Psalms – a worship manual, full of ranting, raving, doubts, fears, resentments, and deep passion combined with thanksgiving, praise and statements of faith...this is how God wants us to worship him – holding back nothing of what you feel.” Rick Warren. We will look at various types of psalms, let them speak to us, understand their form and structure, then write our own psalms. There will be periods of silence throughout 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](http://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](http://www.sistereretreat.com)

## A Day of 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](http://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](http://www.sistereretreat.com)

## A Day of Retreat @ 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](http://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](http://www.sistereretreat.com)

## A Day of Retreat @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](http://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.

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## 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 remembering of this by way one on one companionship (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.

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## 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*

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## 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*



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### BECOME A FRIEND OF SISTER EV

Once you have visited the Retreat House and soaked in the atmosphere and the hospitality, we are sure you will want to return. You will always be welcome, and then - why not think about joining the network of people who support the work of the House?

#### ***Friends of Sister Eveleen Retreat House***

Friends pay an annual subscription (\$150 per person \$200 for couple or family)

This entitles them to one free overnight stay each year and a 10% discount on a retreat.

- Friends pledge to pray for the ministry of the Retreat House. Indeed, they have a special prayer which can be used each week
- Friends may help in welcoming others to the House for Retreats and offering their gifts and skills in other ways such as house maintenance, gardening, cooking for retreats.

- Friends are invited to the annual Friends' Gathering, the Carol services, Open Day, working bees, etc.
- Friends receive a quarterly newsletter which updates work done on the house, background to some retreats, profile of a retreat leader, etc.
- Friends have the opportunity for regular gatherings for coffee, chat and prayer.
- Friends can make further tax deductible donations as they are able which supports the work of the house. These donations will be used for a particular project each year - Friends will be kept advised by the Board.

**Annual subscription:**

\$150 per person or \$200 for a couple or family (*Any further donation qualifies for a tax credit.*)

**Bank Account No.** 06-0433-0631561-00

Please email [friends@sistereretreat.com](mailto:friends@sistereretreat.com) with your name and e-mail address so we can acknowledge you, include you in our Friends' newsletter and send out your Welcome letter.

**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 u 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](mailto: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](http://www.sistereretreat.com)

**CONTACT**



6 Whitewash Head Road, 6 Scarborough, Christchurch  
8081, Aotearoa - New Zealand

*Email* enquiry@sistereretreat.com

*Phone* 022 563 6879