

# Spirituality and Retreat Programme **2017**

# Welcome

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It gives me great joy to invite you to consider spending time with us at our retreat centres. This is an opportunity to share in our mission here at Our Lady's Home of Compassion.

Following the mission of Jesus and in the spirit of Suzanne Aubert  
we offer hospitality and support with loving concern and compassion

The spirit of Suzanne Aubert lives on in all we do:  
*to care with compassion / Te Rauhi I Runga I te Pūaroa*

Suzanne Aubert and the Sisters of Compassion have had our wairua (spirit) blessed and quenched by many waters, and specifically by the waters of the Whanganui River and of Wellington Harbour. Suzanne Aubert knew it was necessary to take time to pause and to reflect. She wrote to her sisters,

'Life is a journey by road. On the way we travel the dust is thick and shade is scarce—Let us know how to select the best place to halt to bathe our eyes, to shake off the dust that covers us, and to wash our sore feet.' Directory 175:24

Now at both Hiruhārama-Jerusalem and at Island Bay we offer retreat facilities for 'all creeds and none' where people can be refreshed and woven back together again both personally and with all that, and who, has meaning for them.

At Island Bay we are offering a three year retreat programme under the umbrella of *Woven by Waters* which begins in February 2017 with a pilgrimage to Hiruhārama, led by Sr Sue Cosgrove, and finishes for the year in December with a pilgrimage to our water source, our Heritage Centre, and to Suzanne Aubert's resting place at our Home at Island Bay—all embraced in our infinity walk, our narrative, which is embodied in the Pikorua symbol; it refers to eternal emerging paths in life.

In between these two pilgrimages there are opportunities for evening meditations, Taizé chants, quiet days, weekend retreats and a six month sabbatical programme with a focus on spirituality here in Aotearoa. In addition, there are week long individually guided Ignation retreats with always the opportunity of people coming for a few hours, days or weeks of personal private retreat. Visitors can join the sisters for Mass and prayer in our Chapel. Enquire at reception for the chapel timetable.

We welcome you to our Home to be quenched...

Blessings

*Sister Margaret Anne Mills*

# Our Compassion values

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- **Divine Providence** – He Manaakitanga Atua Tapu  
Let us do our part and let God do His
- **Simplicity** – He ngāwaritanga  
We work in an open and simple manner
- **Action with the poor** – Ngā awhina ki ngā rawakore  
Our primary concern is to support the most disadvantaged
- **Justice** – He tika o ngā tāngata ki ngā tāngata  
We recognise the rights and intrinsic good of all
- **Partnership** – Te Kotahitanga  
We will develop and nurture partnerships

*Let us have such a big heart that everybody finds room in it - Suzanne Aubert*

## Registration and Enquiries for Programmes

To register: 04 383 7769

For information about programmes: [retreat@compassion.org.nz](mailto:retreat@compassion.org.nz)

## Booking for Retreats

All retreats offered at Our Lady's Home of Compassion need to be booked. Early bookings are appreciated. You can book by email, phone or mail to Our Lady's Home of Compassion.

While a fee is listed for most retreats, please contact the Guest Services Manager if you find the fee prohibitive. Everyone is welcome.

## Facilities for Hire

We have a range of accessible gathering spaces available to hire for retreats, seminars, conferences, meetings and workshops. These rooms are spacious and bright. In addition to our three larger rooms, smaller breakout rooms are available and there is also audio visual equipment for hire. There is free parking onsite.

The Home of Compassion in Island Bay extends over six acres of well-developed grounds. The gardens are an inviting place to contemplate, meditate and relax in.

## Accommodation

We offer a range of accommodation options. All rooms have individually controlled heating, a washbasin, desk, cupboard space and pleasant views. The room price includes a continental breakfast and wifi connection.

Please let us know when booking of any mobility or other requirements that you have.

## Catering

Our kitchen produces fresh food sourced from the local community and Wellington area. We can provide morning and afternoon teas, lunches and dinners at very reasonable rates.

Self-catering of pre-prepared food is an option and a surcharge applies. Please discuss your catering requirements, including any special dietary needs, when booking.

## Fees

Our fees are GST inclusive. Payment is generally on departure at reception or by online bank payment.

## Gift Vouchers

Gift vouchers are available from reception.

## The Suzanne Aubert Heritage Centre

The Heritage Centre traces the footsteps of Suzanne Aubert—her early life and influences in France, the long sea voyage to New Zealand, the places she lived and the difference she made through her extraordinary work and her steadfast commitment to her mission. You can learn more about Suzanne's ongoing legacy through the work of the Sisters of Compassion and their co-workers as they live the charism of Compassion in the world today.

Unique artefacts, and audio and visual recordings, which bring the story to life, are on display.

You can follow your time in the Heritage Centre with a visit to Suzanne Aubert's resting place, and a tour of Our Lady of Lourdes' Grotto and the grounds and gardens.

Visit [www.compassion.org.nz](http://www.compassion.org.nz) for opening hours. Schools and groups are welcome.

## Volunteers

We invite you to share in our rich tradition of caring with compassion in a range of volunteer roles such as greeting, providing a presence in our Chapel, Heritage Centre tour guides, and event support. Volunteer opportunities are also available at the Compassion Soup Kitchen. To find out more contact [heritagecentre@compassion.org.nz](mailto:heritagecentre@compassion.org.nz) or [soup@compassion.org.nz](mailto:soup@compassion.org.nz).

## Chapel and Prayer Spaces

Our Chapel will reopen in mid 2017. You are welcome to come and pray in the quiet of any of our prayer spaces.

## Hiruhārama-Jerusalem

The Sisters of Compassion have been present at Jerusalem since 1883 when Suzanne Aubert established a convent school there. Later in 1892, she founded the congregation of the Sisters of Compassion and today the Sisters are kaitiaki (guardians) of the church, old convent and the grounds. The Sisters have always worked in partnership with the local tangata whenua.

The old convent is available for retreat and pilgrimage. There is sleeping for 19 people and a well-equipped kitchen for self-catering. Phone 06 342 8190 to make a booking.

## Pastoral Care

Pastoral support is available to pilgrims and visitors.

## Personal and Group Private Retreats

We welcome people from 'all creeds and none', as Suzanne said, to come for a day, a weekend or longer for some time 'apart'. A retreat may be the perfect medicine and you can be silent and eat alone or join in with others for meals and prayer. A retreat can be a time to unplug and recharge, to reconnect more deeply with your own roots, a time to more deeply consider a transition, or a much needed break from work, family or other commitments.

## Time Out

The Home of Compassion is the perfect place to take a day out of your busy life and have some quiet time. Time to read a book, sleep, reflect, pray or just simply relax in our quiet and respectful environment. We can offer our accommodation rooms for this purpose. Tea and coffee is provided and lunch is available.

## Spiritual Direction

Spiritual direction, also called companioning, is being present in the moment, seeing and honouring the sacred mystery of the soul of another, hearing another's sacred story with all its everyday ups and downs.

In the space that is created in a spiritual companioning session, there is an invitation to recognise what it is to be human in an ever deepening relationship with that which is unnameable and frequently called God. Spiritual companioning provides space to acknowledge our deepest longings — to explore the paradoxes of life and our longings to feel loved and to offer love.

There are three Spiritual Directors at the Home:

Sr Margaret Anne Mills

Sr Sue Cosgrove

Fr Alan Roberts

# Regular Groups

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## Christian Meditation

Christian meditation is an ancient form of contemplative prayer, deeply anchored in the teachings of the early Christian desert, fathers and mothers of the 4th and 5th centuries.

It echoes the spirit of the psalmist's words:

*Be still and know that I am God*

The present day global spread of meditation in the Christian tradition expresses a universal human need for stillness and presence in a world ruled by a pace of change not previously experienced in human history.

*We can meditate outside of any spiritual tradition, but, it will  
always lead us back home where we belong: the heart.*

*Fr Laurence Freeman*

We meet every Monday evening at 7pm (February to December) in the Chapel.

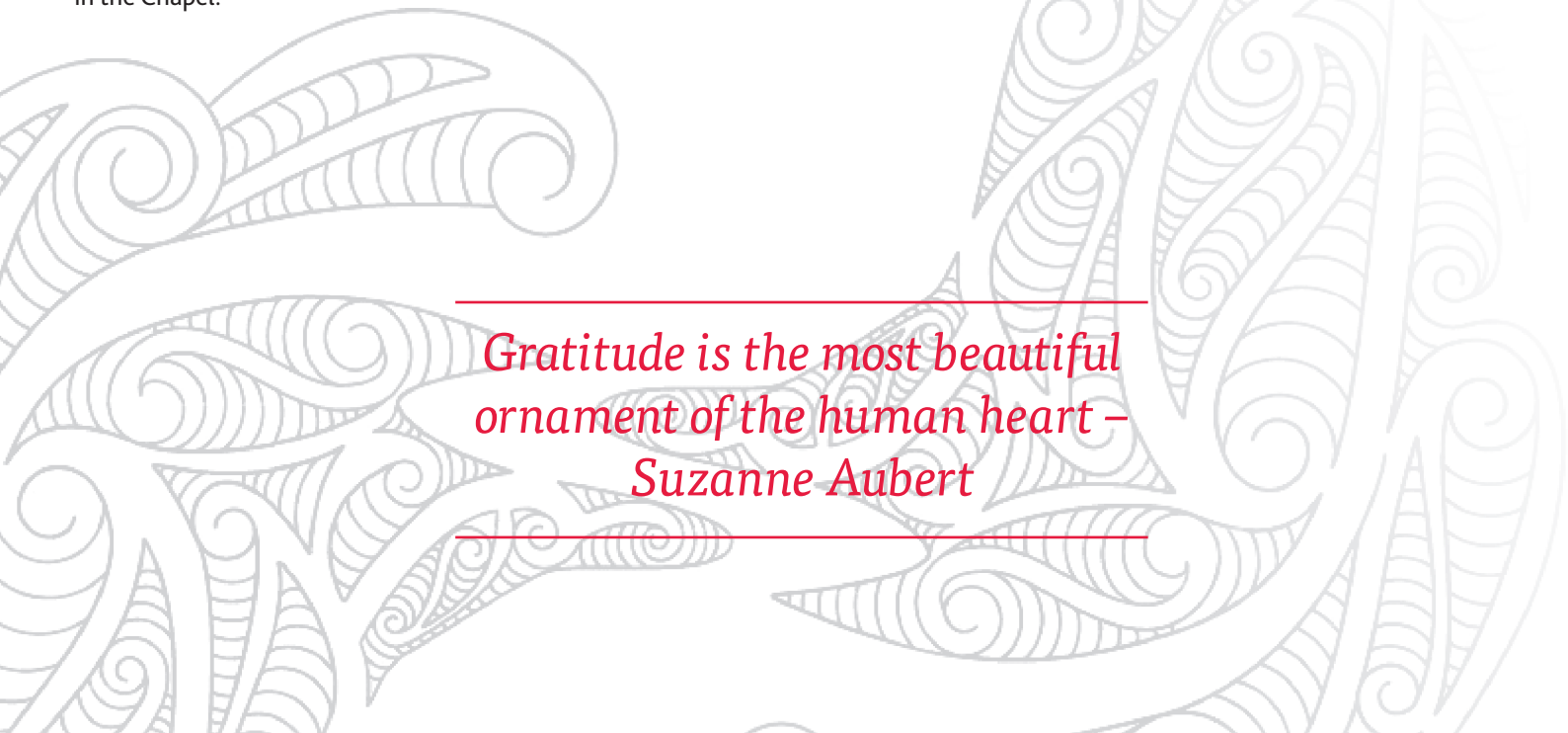
## Taizé Prayer

Taizé is an ecumenical community south of Lyon in France. Taizé worship is a prayer service consisting of meditative singing — simple songs typically featuring a line or two from the Psalms, creating a kind of lectio divina in music, reading and spoken prayer along with periods of silence.

We meet on the first Friday evening of the month (February to December) at 7pm in the Chapel.

## The Wallis Trust

We are very grateful that the retreat offerings have received support from the Wallis Trust. Frederick and Margaret Wallis set up the Trust to support people to 'feed their soul' through retreats and quiet days. This was based initially at Wallis House in Lower Hutt, and after it closed, through grants to support the vision. More can be found out about the Wallis Trust at [www.wallistrust.org.nz](http://www.wallistrust.org.nz).



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*Gratitude is the most beautiful  
ornament of the human heart –  
Suzanne Aubert*

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# Retreat Programme 2017

## February

### Pilgrimage to Hiruhārama-Jerusalem

*I am the River, the River is me  
Ko au te awa, ko te awa ko au*

These words embody the spiritual, cultural and historical relationship of Whanganui Māori with Te Awa o Whanganui (the Whanganui River). It holds their ancestry. This important whakataukī, or saying, traditionally used by local Māori has become increasingly relevant to the Sisters of Compassion and other Pākehā locals. Their lives and history have also become interwoven by the river as it travels on its journey to the sea.

A pilgrimage hiko along the river road is an invitation to enter into the wairua of the River and to continue embracing the mystery of life.

**Guides:** Sr Sue Cosgrove, Sr Josephine Gorman and Pip Nicholls  
**Dates:** 9 am Friday 10<sup>th</sup> February to 11<sup>th</sup> February 2017  
**Fee:** \$50 for accommodation

*Never forget that... a Māori village was the cradle of  
our Institute – Suzanne Aubert*

## April

### Quiet Day with Suzanne Aubert

These days are an invitation to spend a few hours resting and reflecting on an aspect of the life and vision of Suzanne Aubert.

**Venue:** Our Lady's Home of Compassion  
**Date:** 10.30am to 2.30pm Thursday 6<sup>th</sup> April 2017  
**Fee:** A suggested offering of \$30 is appreciated. Lunch included.

### Tūrangawaewae Wānanga – Our Place to Stand

Through pōwhiri, music, story, karakia and kōrero, Hēnare will begin his exploration of identity both for Māori and for individual participants of the wānanga. The view is from cosmology to microcosms, from the general to the specific, and how Māori, and how we, relate to the world around us, including with the Treaty of Waitangi and living here in Aotearoa. The wānanga will conclude with a summary of how the sacredness of the parts interconnect with the sacredness of the whole.

**Facilitators:** Hēnare Walmsley  
**Venue:** Our Lady's Home of Compassion  
**Date:** 10am to 4pm Saturday 8<sup>th</sup> April 2017  
**Fee:** \$50 for the day which includes lunch  
**Registration by:** 24<sup>th</sup> March

## May

### Quiet Day with Suzanne Aubert

These days are an invitation to spend a few hours resting and reflecting on an aspect of the life and vision of Suzanne Aubert.

**Venue:** Our Lady's Home of Compassion  
**Date:** 10.30am to 2.30pm Thursday 4<sup>th</sup> May 2017  
**Fee:** A suggested offering of \$30 is appreciated. Lunch included.

### Woven by Waters—a Down-under Spiritual Sabbatical

What does it mean in 2017 for us individually and collectively to experience and live fully in Aotearoa? During this six month sabbatical we will explore the River under the river. We will relook at what we believe, reflect on what we experience, reconfirm what we know to be true for ourselves and recommit to a personal 'spiritual rule' that is a holy encounter with the deepest wellsprings of our own aliveness. We will be encouraged by many New Zealand mystics, including Suzanne Aubert, who said 'our life should combine the life of Martha and Mary, walking arm in arm together and never separated'. This sabbatical will begin and end with a weekend retreat. In between there will be once-a-month spiritual companion sessions.

**Facilitators:** Sr Sue Cosgrove and Pip Nicholls  
**Venue:** Our Lady's Home of Compassion  
**Dates:** 10am Saturday 13<sup>th</sup> May to 3pm 14<sup>th</sup> May 2017 and 10am Saturday 11<sup>th</sup> November to 3pm 12<sup>th</sup> November 2017  
**Fee:** \$150 for each residential weekend retreat and \$200 for the five spiritual companioning sessions—\$500 in total.

**Registration by:** 26<sup>th</sup> April

## June

### Quiet Day with Suzanne Aubert

These days are an invitation to spend a few hours resting and reflecting on an aspect of the life and vision of Suzanne Aubert.

**Venue:** Our Lady's Home of Compassion  
**Date:** 10.30am to 2.30pm Thursday 1<sup>st</sup> June 2017  
**Fee:** A suggested offering of \$30 is appreciated. Lunch included.

### Praying with and for the Poor

This is a retreat day to explore together possibilities regarding contemplative prayer with and among the poor and people on the edges. 'With this topic two intensely important strands of my life come together. I was brought up in India and lived for many years as a missionary in Bangladesh. Justice and compassion for the poor have been instilled in me. Equally important to me are the individual, solitary times of contemplative prayer. I am rich enough and leisured enough to pursue this; but what of those whose prayer for daily bread is absolutely literal—and often goes unanswered?

There are no formulas but you are invited in to hear some stories, explore some questions, and listen with God to the cry of the poor.

**Facilitator:** Adrienne Thompson  
**Venue:** Our Lady's Home of Compassion  
**Date:** 10am to 4pm Saturday 10<sup>th</sup> June 2017  
**Fee:** \$50 which includes lunch  
**Registration by:** 26<sup>th</sup> May

## Personality and purpose: Suzanne Aubert as an atom of instrumentality

Writing to a friend and helper, Suzanne Aubert, in her late eighties, described her own personality as 'nothing else than an atom of instrumentality in the work which God has raised Himself'. Although confessing whimsically to never having had any 'timid modesty', she said her sole purpose, her mission, was to follow the example of Jesus in 'doing good' in a humble way.

What were some of the strands of her personality which were so wholeheartedly, unfailingly, dedicated to others? How did she apply her multiple talents to her life's purpose? How did her keen intellect and intense spirituality go hand in hand with her down-to-earth practicality and unaffected friendliness? The 'instrumentality' of Suzanne is an ever-expanding universe of discovery.

**Facilitator:** Jessie Munro  
**Venue:** Our Lady's Home of Compassion  
**Date:** 10am to 3pm Sunday 18<sup>th</sup> June 2017  
**Fee:** Suggested offering of \$50 which includes lunch  
**Registration by:** 26<sup>th</sup> May

## Let's celebrate Suzanne's Birthday

The Sisters extend a warm welcome to everyone who would like to celebrate the anniversary of Suzanne Aubert's birthday. Celebrant Cardinal John Dew.

**Venue:** Our Lady's Home of Compassion  
**Date:** 6pm Mass, Monday 19<sup>th</sup> June 2017

## July

### Quiet Day with Suzanne Aubert

These days are an invitation to spend a few hours resting and reflecting on an aspect of the life and vision of Suzanne Aubert.

**Venue:** Our Lady's Home of Compassion  
**Date:** 10.30am to 2.30pm Thursday 6<sup>th</sup> July 2017  
**Fee:** A suggested offering of \$30 is appreciated. Lunch included.

### A New Heart

An 8-day silent individually guided retreat in the dynamic of the Spiritual Exercises of St Ignatius of Loyola. Applications open to all.

**Facilitators:** Arrupe Team  
**Venue:** Our Lady's Home of Compassion  
**Dates:** 7pm Friday 14<sup>th</sup> July to 9am Sunday 23<sup>rd</sup> July 2017  
**To apply:** [arrupenz@xtra.co.nz](mailto:arrupenz@xtra.co.nz) or online [www.arrupe.org.nz](http://www.arrupe.org.nz)

### Tūrangawaewae Wānanga—Our Place to Stand

Through pōwhiri, music, story, karakia and kōrero, Hēnare will his exploration of identity both for Māori and for individual participants of the wānanga. The view is from cosmology to microcosms, from the general to the specific and how Māori, and how we, relate to the world around us, including with the Treaty of Waitangi and living here in Aotearoa. The wānanga will conclude with a summary of how the sacredness of the parts interconnect with the sacredness of the whole.

**Facilitators:** Hēnare Walmsley  
**Venue:** Our Lady's Home of Compassion  
**Date:** 10am to 4pm Saturday 22<sup>nd</sup> July 2017  
**Fee:** \$50 for the day which includes lunch  
**Registration by:** 7<sup>th</sup> July

## August

### Quiet Day with Suzanne Aubert

These days are an invitation to spend a few hours resting and reflecting on an aspect of the life and vision of Suzanne Aubert.

**Venue:** Our Lady's Home of Compassion  
**Date:** 10.30am to 2.30pm Thursday 3<sup>rd</sup> August 2017  
**Fee:** A suggested offering of \$30 is appreciated. Lunch included.

### Coming Home to who we are...

How do we hold in our hand the epic nature of the cosmos and the episodic nature of our life? Traditionally in all cultures it has been through storytelling—truth-telling through myth, parable, legend and fable. During this weekend retreat we will turn to the great myths and smaller parables to sweep the dust from our path so that the way Home is clearer through getting to know deeper the Hero within our own story. As Joy says, that mystical path is from our 'head to our heart, the menu to the meal'.

There will be times of storytelling, deep listening, silent prayer and meditation, personal reflection, ritual, rest, silence and refreshment.

**Facilitators:** Joy Cowley and Pip Nicholls  
**Venue:** Our Lady's Home of Compassion  
**Dates:** 10am Saturday 12<sup>th</sup> to 3pm Sunday 13<sup>th</sup> August 2017  
**Fee:** \$200 Residential, \$145 non-residential which includes lunches and dinner  
**Registration by:** 22<sup>nd</sup> July

## September

### Quiet Day with Suzanne Aubert

These days are an invitation to spend a few hours resting and reflecting on an aspect of the life and vision of Suzanne Aubert.

**Venue:** Our Lady's Home of Compassion  
**Date:** 10.30am to 2.30pm Thursday 7<sup>th</sup> September 2017  
**Fee:** A suggested offering of \$30 is appreciated. Lunch included.

### Holy Mystery

A 6-day silent individually guided retreat in the dynamic of the Spiritual Exercises of St Ignatius of Loyola. Applications open to all.

**Facilitators:** Arrupe Team  
**Venue:** Our Lady's Home of Compassion  
**Dates:** 7pm Friday 29<sup>th</sup> September to 9am 6<sup>th</sup> October 2017  
**To apply:** [arrupenz@xtra.co.nz](mailto:arrupenz@xtra.co.nz) or online [www.arrupe.org.nz](http://www.arrupe.org.nz)

### Writing the Soul Home

Poems, like prayer, are about presence. They offer us an alternative space. This is a day with meditation and New Zealand poetry. There will be opportunities for reading poems, guided meditation & writing. In addition, please bring two of your favourite New Zealand poems.

**Facilitator:** Anne Powell  
**Venue:** Our Lady's Home of Compassion  
**Date:** 10am to 4pm Saturday 30<sup>th</sup> September 2017  
**Fee:** \$50 which includes lunch  
**Registration by:** 16<sup>th</sup> September

## October

### Pilgrimage within Wellington

The notion of going on a pilgrimage and being a pilgrim is a very ancient one that belongs to the spiritual tradition of all great faiths. Places of pilgrimage beckon people to touch and get caught in the atmosphere and spiritual realities that belong to their origins. However it is not only the site that takes people deep into its heart, but the journey itself, the setting out to capture something of the spirit and the place—its tradition and ongoing vision and mission.

Sr Jo Gorman and Sr Sue Cosgrove will lead a pilgrimage around Wellington to the places special to Suzanne Aubert. This will begin at Island Bay and will include following in the footsteps of the remarkable Suzanne Aubert. The pilgrimage is an invitation to enter into just what a life of faith and compassion can accomplish.

**Facilitators:** Sr Sue Cosgrove and Sr Josephine Gorman  
**Venue:** Our Lady's Home of Compassion  
**Date:** 9am-4pm Saturday 7<sup>th</sup> October 2017

## November

### Woven by Waters—a Down-under Spiritual Sabbatical

This is the final weekend retreat of the six month sabbatical which began in May. During this weekend we will draw together the threads explored during the preceding six months, having been refreshed by the River beneath our river.

## Presenter Profiles

**Adrienne Thompson** is a New Zealander, born and brought up in India. For 20 years she was a missionary and mother in Bangladesh. She now lives in Wellington, a practicing grandmother, offering spiritual direction and supervision, participating in community, learning te reo Māori, and discovering how to live faith-fully in Aotearoa.

**Sr Anne Powell** has three collections of her poems published and is working towards a 4<sup>th</sup>. Her poems also appear in anthologies and other publications. She lives in the Cenacle Community at Waikanae where she is engaged in retreats and spiritual direction and where everything continues to say "write me".

**Hēnare Walmsley** is Māori from the Te Arawa tribes of Tuhourangi Ngāti Wahiao, Ngāti Whakaue, and Ngāti Tuwharetoa. He is an Architect and an accomplished musician in Taonga Pūoro—Māori musical instruments. Brought up on the marae at Whakarewarewa village, Rotorua, Hēnare acknowledges a deep connection with Papatuanuku and Ranginui—Earth Mother and Sky Father—and the many facets of the environment represented in Te Ao Māori (the Māori World).

**Jessie Munro** is the author of the official biography, *The Story of Suzanne Aubert*, 1997 winner of the Montana New Zealand Book of the Year Award. A companion volume, *Letters on the Go: The Correspondence of Suzanne Aubert*, followed in 2009 in association with her longtime friend, archivist Sr Bernadette Wrack. Jessie has also contributed articles, papers and chapters on a wide range of Suzanne Aubert's experiences and accomplishments, and she never ceases to marvel at new insights into the part played by this special woman in our history.

**Facilitators:** Sr Sue Cosgrove and Pip Nicholls

**Venue:** Our Lady's Home of Compassion

**Dates:** 10am Saturday 11<sup>th</sup> November to 3pm 12<sup>th</sup> November 2017

**Fee:** \$150 for each residential weekend retreat and \$200 for the five spiritual companioning sessions—\$500 in total.

**Registration by:** 26<sup>th</sup> April

### A Discerning Heart

An 8-day silent individually guided retreat in the dynamic of the Spiritual Exercises of St Ignatius of Loyola. Applications open to all.

**Facilitators:** Arrupe Team

**Venue:** Our Lady's Home of Compassion

**Dates:** 7pm Friday 17<sup>th</sup> November to 9am 26<sup>th</sup> November 2017

**To apply:** [arrupenz@extra.co.nz](mailto:arrupenz@extra.co.nz) or online [www.arrupe.org.nz](http://www.arrupe.org.nz)

## December

### Advent Waiting

On this day we take time to leave the busyness of Christmas preparation, and rest and reflect within the beautiful grounds of Our Lady's Home of Compassion.

**Facilitator:** Sr Sue Cosgrove

**Venue:** Our Lady's Home of Compassion

**Date:** 10am-3pm Saturday 2<sup>nd</sup> December 2017

*Always pick the little flower of Hope! – Suzanne Aubert*

**Sr Josephine Gorman** is a Sister of Compassion. As the congregation's archivist, she takes a lead role in preserving the spirit and memory of Suzanne Aubert, and the tradition of the Sisters of Compassion. Sr Jo has a wealth of knowledge and anecdotes to share.

**Joy Cowley** has two writing desks, one in Featherston, the other in the Marlborough Sounds and she has a smile wide enough to connect the two. She is a wife, mother, grandmother and great-grandmother. This is who she is; writing is what she does, as is leading quiet days and facilitating retreats.

**Pip Nicholls** has had many influences in her life with not the least being cradled in the beauty of Wellington and the whole of Aotearoa. Other formative experiences have been, being a member of the catholic lay community of Aubert, Baxter, Merton and Kirk that celebrates its 40<sup>th</sup> Anniversary in 2017 and undertaking Richard Rohr's two year Living School Programme.

**Sr Sue Cosgrove** is a Sister of Compassion, living at the Home of Compassion, Island Bay. Sue is a Spiritual Director and continues to draw strength and inspiration from the sisters' founding home at Hiruhārama. Sue enjoys seeking God in the 'ordinary stuff' of everyday.

*I would love to live  
Like a river flows,  
Carried by the surprise  
Of its own unfolding.  
John O'Donohue*



compassion  
*te pūaroha*

Our Lady's Home of Compassion  
2 Rhine Street, Island Bay, Wellington 6023  
PO Box 1474, Wellington 6140

## Registration and Enquiries for Programmes

To register: 04 383 7769

Registrations are essential for programme events.

For information about programmes: [retreat@compassion.org.nz](mailto:retreat@compassion.org.nz)

## Mailing List

If you wish to receive this brochure by post or  
to recommend a friend to receive it,  
send the details to: [retreat@compassion.org.nz](mailto:retreat@compassion.org.nz)

Groups and individuals are welcome to  
hire the centre.

Get the latest news and events.

Follow us on Facebook – [www.facebook.com/sistersofcompassion](https://www.facebook.com/sistersofcompassion)

Keep up-to-date with our programmes at  
[www.compassion.org.nz/events](http://www.compassion.org.nz/events)