

Arrival & Departure Times

We will arrive before the regular ABBEY mid day prayer followed by 1pm lunch— provided for us. Park in the Cottage car park and assemble in the Cottage Dining Room. Keys for the rooms will be allocated after lunch.

RESERVATIONS

Bookings made via Fr Emil. If you want to contact THE ABBEY directly-

Phone/Fax: 02 4236 0533
Email: cottageretreats@bigpond.com

or
write to:

Cottage Bookings
Benedictine Abbey
695 Jamberoo Mountain Rd
Jamberoo NSW 2533

*See how the Lord in His Love shows us the way of life ...
let us set out on this way, with the Gospel for our guide...*
R.B. Prol.

TRANSPORT Bus or CARS

TBA

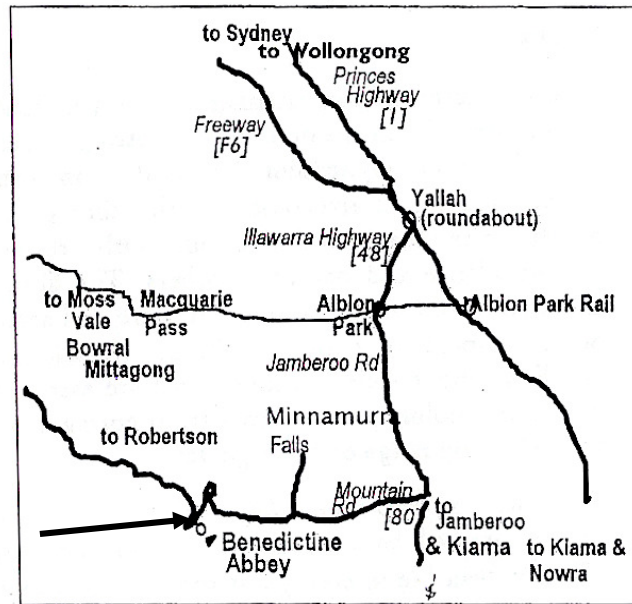
IMPORTANT: Please let Fr Emil know if you are unable to attend so as Jamberoo can be advised and they can offer your space to someone else in need. Thank you.

NOTE: First to arrive—please wait in The Abbey dining room. Fill out necessary forms & wait for Fr Emil to arrive for room allocation.

If you are travelling from the **SOUTH:**

Take the Princes Highway [1]. Take the second turn-off to Kiama. Turn left at the sign to Jamberoo. Follow this road through the Jamberoo Village and turn left onto the Jamberoo Mountain Rd [80]. (This is also the Robertson turn off.)

The Abbey is on the left hand side of the road just before a very sharp bend exactly two km past the Jamberoo Valley Lodge. There is an A-frame entrance to the Abbey driveway. Continue along this driveway to the Abbey front door.



As we progress on this way of life and in faith, we shall run on the path of God's commandments, our hearts overflowing with the inexpressible delight of love. **R.B.Prol**

Central Canberra & Campbell Parishes

& Friends,

Lenten Retreat

17th – 19th March 2020

At the Benedictine ABBEY



Welcome

We are a Benedictine monastic community supporting one another in living the Gospel according to the spirit of St Benedict. We seek God by listening to the Word of God as it is spoken to us through the Eucharist, the Liturgy of the Hours, Lectio Divina (prayer with the Sacred Scriptures) and through our love for one another. The atmosphere most conducive to this kind of sharing includes a prayerful and gentle silence and some solitude.

In the spirit of our Rule, we welcome *all guests as Christ* and so invite you to come and spend some time at our Retreat Cottages. Here, in the beauty of our mountain setting, you have the opportunity to listen to God:

in the Mass;
in personal prayer;
in the liturgy;
alone at Lectio Divina;
in meditation;
gently walking in our rainforest.

We celebrate the Eucharist daily and you are very welcome to worship with us. You are also warmly invited to attend the Liturgy of the Hours. Our Church is open from 4.20am daily and you are welcome to pray there.

PRACTICAL DETAILS

Silence

Silence is essential for listening and prayer. Since sound carries in the quiet of this setting, our guests are asked to respect the silence and prayer of others.

We ask that you do not use mobile phones in the Cottages or in the Cottage area and that headphones be used with electronic equipment.

A **Library** and a **Public Phone** are located in the Cottage Dining Room. Out of respect for the silence of other guests we ask that you limit phone calls to those which are essential.

To help keep a *deeper* silence during your Retreat you are invited to wear the Medallion which is available in each guest room. Our guests are asked to honour and respect the silence of those wearing this Medallion.

Accommodation

2 Cottages (single rooms with shared bathroom and kitchen) and 6 self-contained Hermitages are available in a very beautiful bush location below the Illawarra Escarpment. The Hermitages are available for those who are seeking God in deeper solitude and prayer.

Central Canberra & Campbell RETREAT PROGRAM.

Tuesday.

12:30am Arrive for opening prayer, & Rm allocation. Assemble in ABBEY Dining Room top of the driveway.
Forms to be completed and rooms assigned/keys etc.

1.00pm Lunch in main dining room, Then settle in– until evening prayer walk or quiet time.
Evening Meal - we prepare together

Wednesday,

Breakfast at your own time
Join in Abbey Mass or quiet time
12noon Lectio talk by the Nuns then Lunch Provided. Evening Meal we prepare together

Thursday.

Breakfast at your own time, take items out of your room by 9am and place them in your car or common area in library. Return key.

Depart for Home: After 9am Mass.

Meals

The main Midday Meal is provided in the Abbey Dining Room after Midday Prayer each day except Thursdays and Desert Days, (usually the 1st Sunday of each month). Guests prepare their own morning and evening meals using food provided in the Cottage (welcome to bring extra from home to share!) Kitchens or in the Cottage Dining Room.

Rainforest Walk

You are welcome to use the Rainforest Walk in the grounds surrounding the Cottages. However, we ask that you do not walk directly in front of bedrooms of other guests or in the Hermitage areas.

What to Bring

You need to bring your own

- Tea towels
- Toiletries
- Torch
- Alarm clock

Your own hand towel and bath mat

We also suggest you may bring

- Walking gear
 - Rain wear
- Quiet craft work

• *Blankets, Bed sheets and towels, pillows, electric blanket and doona* are provided in Cottage rooms and Hermitages.

Costs

No fixed charge is made for our **Cottage rooms** so that it is possible for *everyone* to come here. However, we do *need* financial help from guests according to their means to enable us to continue offering hospitality to those who come here.

When making your contribution for your accommodation we ask you to act responsibly in two ways:

- by your *financial donation*;
- by your *cleaning and care* of your room and Cottage.

Hermitages: \$100 per night (+ \$50 per extra person) so \$150 for couples.

Cottages: Donation **\$60 per night or what you can afford.**