



**L**elua alleluia alla.  
 Tota cantentur  
 ante psalmi  
 in tonatione.  
 psalmus. **L**audate domi  
 num omnes gentes. evovae. **anth.** **L**et

2018 ST JAMES' RETREAT  
 The Divine Office

altera manna videre sepulchrum alle  
 luia. **ca.** mag. evovae. **tonu. a.** **L**

## INVITATION TO THE RETREAT

Jesus said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat.

Mark 6.31

### FROM CHRISTOPHER:

I went on my first retreat a few years ago when I was living in the UK. Most of my friends didn't think that I could keep silent for a weekend. Indeed, I was worried that the silence might make me feel uncomfortable, disconnected, or out of place - I'm not really the silent type. But in fact, the silence of that first retreat and the general atmosphere of calm and spiritual nourishment was energising, refreshing and I didn't really want it to end. You might be the sort of person who knows that there is a retreat every year but that it's not really your sort of thing. Perhaps like me, you're worried about the silence. Perhaps you feel that a couple of days away in prayer sounds a bit pious and not really your scene. Perhaps you don't like the idea of doing this retreat with a group of other people, but that you might get round to doing a retreat on your own one day. The problem is, we just don't make time to do this sort of thing, as much as we might think it's a good idea.

This is the year to give it a go. We've designed this retreat with newcomers in mind, and we're taking some members of The Choir of St James' with us to provide something really quite unique - an opportunity to experience the ancient offices of the church chanted, sung and prayed throughout the hours of the day. I would encourage you to seriously and prayerfully consider joining us on retreat this year. We meet on Friday afternoon (7 September) at 5pm and we spend that first evening in conversation, getting to know one another, attending Evensong together in the chapel, sharing a meal and hearing the first in a series of talks about what it means to pray together as a church, and how the pattern of daily offices (Morning/Evening Prayer and the Eucharists) has developed in our Anglican tradition.

We end that first night with Compline and then we begin what is called the 'greater silence', which is kept until lunchtime on Sunday. The silence is for those times when we are not meeting together; in the free times to walk, to read, to ponder, to paint, or to do whatever you wish. Across the weekend there are talks in the morning and early evening on Saturday with Catherine, and services in the chapel led by the choir throughout the day and night. You are free to attend these activities or not as you wish. Nothing about the retreat programme is compulsory - it's there for you to pick and choose as you wish. If you'd like to know more, do please speak to me, or join us for a free information session on Sunday 19 August at 2pm in the St James' Hall.

Christopher Waterhouse  
Director, St James' Institute

## FROM CATHERINE:

We so rarely get an opportunity to step aside from the busyness of our lives, to pause and take stock of where we are and how we are.

This year's retreat at Douglas Park is one such opportunity: a weekend simply to relax and re-engage with ourselves and with God in the silence of the beautiful bush surrounds of the Retreat Centre.

This year's retreat is also offering something special – a rare chance to immerse ourselves in the prayer of the church through an exploration of the daily offices, also known as the Liturgy of the Hours or the Divine Hours.

While it is not necessary to attend all the offices, the rich rhythm of prayer will continue at the set hours over the weekend and will surround and support us all, as the prayer of the church has done for people over the centuries.

I encourage you to consider coming along, for that rare space for you to reconnect with yourself, with God and with creation... and with all who have prayed down the ages.

If you have further questions please speak to Christopher or contact me – [eatonc7@gmail.com](mailto:eatonc7@gmail.com)

Hope to see you there.

The Rev'd Catherine Eaton

Catherine Eaton grew up in Sydney - a beneficiary of good Anglican worship from an early age. She trained as a Community Worker, initially working in Bankstown, then as a Parish Community Worker with the Anglican churches of the Macarthur growth region and then with the Anglican parish of St Alban's Epping, before moving to Melbourne to be ordained.

She eventually became Vicar of Sorrento-Rye parish on the southernmost end of the Mornington Peninsula, and then Vicar of St George's Red Hill amongst the vineyards in the centre of the Peninsula.

A desire to explore further her interests in spirituality and a more contemplative life led her back to NSW, unexpectedly to the Southern Highlands and the Diocese of Sydney. Catherine assists at Goulburn Cathedral and is an Oblate of the Benedictine Abbey at Jamberoo. She also offers Spiritual Direction and meets with a couple of groups for contemplative Eucharists in her home.



# 2018 ST JAMES' RETREAT

## The Divine Office

*Led by The Rev'd Catherine Eaton*

Services sung by members of The Choir of St James'

5pm Friday 7 September to 2pm Sunday 9 September 2018  
St Mary's Towers, Douglas Park

\$230 per person, includes accommodation and all meals

If the cost of the retreat is prohibitive but you would like to attend, please speak with a member of the St James' clergy

Bookings can be made online at [sjks.org.au/institute](http://sjks.org.au/institute)  
by phone to 8227 1305  
or email to [registrations@sjks.org.au](mailto:registrations@sjks.org.au)

**Free information session:**  
Sunday 19 August 2pm-3pm, St James' Hall

