

VISION

We offer a place of hospitality for those seeking to deepen their relationship with God. We welcome both seasoned travellers and those new in their journey of spiritual pilgrimage. We support the intentional caring for well-being of our bodies, our minds and souls, opening ourselves to experiences of spiritual renewal. Grounded in the Anglican tradition, the St Oswald Centre for Spirituality offers spiritual direction, refreshment days, and retreats as ways of creating safe places to explore our divine yearning. Our ministry is for both individuals and groups across the many Christian and faith traditions. We welcome people from all backgrounds in the spirit of God's unconditional love and inclusion.

Spirituality? What does it mean?

Spirituality is about realising connection with ourselves, others, God and the environment. It is about integrating our awareness and experience of the web of relationship between all things.

Through nurturing our spirituality, we are encouraged to notice and be present to the ordinary and be real.

By finding space in a busy world, where our deepest yearnings as human beings can safely flourish, we are renewed. In the process, we develop a clearer picture about who we are in ourselves, and in the world. This is cause for real hope, which is lived out in community with likeminded companions.

Spirituality embraces many practices in Christian and other faith traditions and is expressed in our own unique ways. The St Oswald Centre for Spirituality is committed to fostering; the life of the spirit through practices like spiritual companioning, retreat days of silence and contemplation, and other intentional moments drawing upon mystics past and present, nature, the visual arts, music, poetry, literature and bodywork.

These ways invite us to live deeply in the ordinary, open to wonder and connection, alive to mystery.

Cover: Trinity Icon 2022 in the Rublev Tradition
by Joei Cole of St. Oswald's Parish

The St Oswald Centre for Spirituality

5 St. Ann's Place, Parkside, SA - just off Glen Osmond Road



Program for 2024

You are welcome to join in all the Program for 2024 offers:

- ❖ Weekly opportunities on Thursdays at 9.30am for a 30-minute meditation leading into 10 am Eucharist followed by a cuppa (or Brunch if you wish) at a local café
- ❖ Bi-monthly **Retreat** days:
Alternating between **Thursdays 9.30 am – 3.00pm**
and Saturdays 10.00 am – 4.00 pm
Cost by donation. \$20 to \$30 (unless otherwise stated)
Morning tea arranged. BYO lunch
- ❖ Occasional special events *

- Thursday 1st February
ST BRIGIT'S DAY: Spending time with Brigit, a woman for our time; a morning's quiet reflection and communion followed by morning tea and the making of Brigit's Crosses.
- Friday 2nd February from 6.30 pm
*** A FILM NIGHT:** ABC BRIAN COX'S 'SYMPHONIC HORIZONS' with time for our individual response to this inspiring production. Bring a plate to share for tea.
- Friday nights 23rd February and 22nd March gathering at 6 pm to begin and conclude the retreat, with 4 weekly individual spiritual direction sessions in between for
*** A LENTEN DAILY LIFE RETREAT** – Come, take up the invitation in the ABM study, to dig our fingers in to the soil of '**God's Own Country**', and discover more about ourselves, and the God whom we love and serve.

- Saturday 4th May
"TUNING INTO GOD THROUGH THE JOY OF MUSIC"
with Peter Bleby who will lead a day basking in music that brings joy and makes the heart soar.
- Thursday 18th July
"SACRED CONNECTING AT SOPHIA"
A reflective day for prayer, meditation, walking the Labyrinth, enjoying the Sophia garden and dipping into the library.
Led by Ali Wurm and Deirdre Ragless
- Saturday 21st September
**"OUT OF THE SILENCE...INTO THE SILENCE:
Jim Cotter's Poems, Prayers and Psalms"** with Peter Burke
- Thursday 7th November
"THEY CAME FOR A WORD: Seeking the Wisdom of the Desert Ammas and Abbas" with Dianne Bradley

Flyers with further information will be emailed 3-4 weeks prior to each event.

Leadership

Parish Priest The Rev'd Ali Wurm 0408 413 844
parishpriest@stoswaldparkside.org.au

Spiritual Directors *

Dianne Bradley: 0438 622 928: diannebradley@bigpond.com
Deirdre Ragless: d2.ragless@gmail.com
John Webb: jawebb@edmundrice.org

Spiritual Directors participating in the life of the Centre:

John Bourne ejbourne1972@gmail.com
David Thornton-Wakeford davdeb@internode.on.net
Deborah Thornton-Wakeford april.in.rome@gmail.com

* Each of the Centre's spiritual directors have been accredited by recognised formation programs, are in both direction and supervision themselves, are active members of the Ecumenical Spiritual Directors Association of South Australia, and members of one or more of the National Networks: