

## 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 2025

## You are welcome to join in all the Program for 2025 has to offer:

- ❖ 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 – 3.30 pm**  
**Cost by donation. \$20 to \$30 (unless otherwise stated)**  
**Morning tea arranged. BYO lunch**
- ❖ Occasional special events \*

- Thursday 6<sup>th</sup> February  
**ST BRIGID: A mini-retreat**  
Spending time with Brigid, a woman for our time; a morning's quiet reflection, morning prayer, morning tea and a creative time of Lectio Divina with colour and Brigid's cross.  
Led by Lynne Raw
- Thursday Morning Quiet Times through Lent  
with Hildegard of Bingen  
Led by Dianne Bradley
- Saturday 5<sup>th</sup> April 10.00 am – 3.30 pm  
Retreat day **Is this prayer?**  
A question inspired by a series of poems in Pádraig Ó Tuama's latest collection, *Kitchen Hymns*, under the title of 'Do you believe in God?'  
Led by Mark Finlay

- Thursday 5<sup>th</sup> June 9.30 am – 3.00pm  
**The poetry of Gerard Manley Hopkins**  
Led by John Webb
- Saturday 9<sup>th</sup> August 10.00 am – 3.30 pm  
Listening to and meditating upon **Bach's Goldberg Variations**.  
Played and led by Christopher Wainwright
- Thursday 2<sup>nd</sup> October 9.30 am – 3.00pm  
**Buds of Spring Retreat at Sophia**  
A reflective day for prayer, meditation, journalling, Spring rituals, walking the labyrinth, enjoying the Sophia garden and dipping into the wonderful Sophia library.  
Led by Ali Wurm

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

Lynne Raw(Spiritual Director in Formation): lynne.raw@gmail.com

#### Spiritual Directors participating in the life of the Centre:

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: