

# SISTER EVELEEN

RETREAT HOUSE

“A HOUSE OF PRAYER AND SPIRITUAL HELP  
FOR THE GLORY OF GOD”

*Sister Eveleen Barklie 1939*



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Sister Eveleen Retreat House is a contemplative retreat house in which many seek to experience God’s sacred presence, find rest and replenishment, listen to their own heart and God’s leading in their lives.

Sister Eveleen bequeathed this house in 1939 as a house of prayer and spiritual help. It is owned by the Anglican Church and runs ecumenically.

The spiritual ministry at Sister Eveleen Retreat House is rooted in western Christian contemplative spirituality.

Nestled amongst native trees and beach flora on Scarborough Hill in Sumner, Christchurch, the retreat house overlooks Pegasus Bay in a stunning natural environment, with a range of coastal and beach walkways.

Our beautiful garden is a great place to stop and rest.

Our St. Francis Chapel on site welcomes guests to pray and contemplate.

Everyone is welcome to visit and spend time in prayer and contemplation.

Our mission is to maintain Sister Eveleen as a sacred space for people to rest, replenish their spirit, and immerse themselves in God’s loving presence.

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*We invite you to come and visit us ...  
for a guided or private retreat,  
an individual stay, day stay  
or with your church group*

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# SISTER EV MINISTRY AND SERVICES

## St. Francis Chapel & Prayer Rhythm



Our chapel is a quiet, reflective space for prayer and small gatherings and is open to all guests.

During the week we have our regular

### Prayers Times

**Monday** - Midday prayer, 12 o'clock

**Tuesday** - Taize, 12'o'clock

**Wednesday** - Evening prayer, 7 pm

### Thursday

Morning Prayer, 7 am

Celtic Christian, 12 o'clock

*Everyone is welcome to join in.*

## Our Rooms

SERH offers ten beds in seven rooms, each offering a range of accommodation choices and prices all with heating. All rooms are warm and inviting with captivating views of sky and sea. Each room has a tranquil and cozy atmosphere, facilitating your refreshing spiritual retreat.

### The Annex

The rooms are newly renovated and deliberately small and plain and offer retreatants and guests a Monastic cell experience.

The Upper Room-Kororā is available to use as an optional quiet room.

All rooms can be booked for your personal retreat (individual overnight stay, with the option of breakfast)

### Day Stay

To book a day retreat (with use of one of our rooms) please get in touch via email

## Retreat Fees

We have set our fees for retreats very tightly to cover the expenses of accommodation, catering, and facilitation.

If you'd like to attend but the cost is prohibitive, please get in touch as we may be able to assist you.

On the other hand,

if you are in the position to give more, we would happily accept and value your generosity.

## Spiritual Direction



We offer spiritual direction for individual guests and for groups upon request.

You will be given wisdom and guidance by our qualified spiritual directors, facilitating your spiritual retreat.

Rooms available for spiritual direction are

St. Ignatius or the newly renovated

Upper Room – Kororā in the Annex

Just get in touch with us.

## Book Sister Ev for your group

Sister Eveleen Retreat House is a perfect space for your next parish or prayer group retreat. You will have the use of the main house and Annex. It offers 10 beds (in single and twin rooms), a lounge, dining area, St.

Francis Chapel and the Upper Room.

Whole house bookings are self-catered.

Please get in touch via email

## Housekeeping and Kitchen

Before and after use, the retreat will be cleaned by our staff. All housekeeping will be done, so you don't have to worry about it

Our full kitchen will be available for your use at any time during your stay. This includes oven, stove, microwave, fridge, freezer and cutlery, crockery and cooking equipment.

We also offer a variety of teas and coffees.

Individual and Group bookings are self-catered.



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# GUIDED RETREATS 2024

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## January

### The Flame of Love ... Beyond the two habits - a Retreat with the Two T(h)eresas - Teresa of Avila and Therese of Lisieux

*"The important thing is not to think much, but to love much, and so do that which best stirs you to love."*

**Date:** 16th January (9:30) - 17th January (4pm) 2024  
Explore and be inspired by Therese and Teresa and their relevance to our lives today. A retreat that will go beyond the two habits of those extraordinary women and hopefully will touch your hearts.

**Retreat facilitators:** Jo Smith and Lynn McConnell.

**Cost** (fully catered): \$200.

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)



## February

### Francis and Clare: Saints of Assisi

- A weekend Silent Retreat

**Date:** Fri 16 February (7pm) – Sun 18 February (1:30pm) 2024

Come join Anthony Williams OFS at Sister Eveleen House for a weekend silent retreat based on St Francis and St Clare of Assisi. This retreat is a perfect time for anyone wanting an introduction to the lives of Saints Francis and Clare. To be immersed in their individual spiritual gifts and to experience their time as medieval saints whose messages of simplicity, compassion, and the care of all creation are still relevant in our world today. The retreat will include a regular rhythm of contemplative prayer, shared meals, teaching on St Francis and St Clare, as well as time for personal prayer and reflection.

**Retreat Facilitator** Anthony Williams OFS

**Cost** (including all meals): \$330.

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Creative Joy - Summer -Seasonal Series 2024

**Date:** Fri 23 February (7pm) -Sun 25 February (7pm) 2024.

Join us for a seasonal series of Creative Retreat's led by Glenda Joy. We'll be using various mediums of texture, colour, writing & music to reflect and envision the seasons of life and how our stories inform and shape our world. Through simple contemplative exercises we can digest life, find meaning, clarity and celebration. These weekends are an opportunity to stop and pause in a restful & supportive place, to connect with the significant themes and spiritual elements of your life. Be refreshed by the beauty of this place, enjoying nutritious food, sweeping vistas, and walking tracks. The retreat allows time for rest, contemplation & meditation. Keeping Silence assists the inward process of reflection and there is optional sharing time during the creative sessions.

**Retreat facilitator** Glenda Joy

**Cost** (fully catered): \$330.

**This retreat is part of our Seasonal Series**

Dates: 23-25/2/2024, 10-12/5/2024, 9-11/8/2024, 8-10/11/2024 - By registering for 3 or more retreats you will gain priority and we will offer you a discount.

Although designed to follow an annual rhythm connecting upon each other, it is possible to sign up for one or multiple - retreats. By registering for 2 or more retreats you will gain priority and we will offer you a discount of NZ\$30 for each subsequent retreat. We can offer a certificate for those who attend this retreat as professional development.

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Open Retreat Day at Sister Ev

**Date:** Wed, 28 February, 9:30 – 2:30pm

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month from March)- inspired by the earth and church seasons.

Theme for February- *Lent* -

This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

**Retreat Facilitator:** Antje Duda

**Cost:** NZ\$35 (*Morning Tea, hot drinks are included - BYO lunch.*)

**More Info and register:** Follow this [link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

## S/he God - Exploring God images

**Date:** 29 February 2024, 7:00 pm – 8:30 pm

Immerse ourselves in, and connect with, the Biblical tradition of feminine God-images.

What impact might they have on our lives and faith?

Join us for this evening taster retreat reflecting, pondering, enjoying and maybe being surprised...

**Retreat leader:** Megan Blaikie Cost: NZ\$25

**More Info and register** – follow [this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)



## March

### 7 Day Silent Directed Retreat

*"In God we live and move and have our being."* Acts 17:28

**Date:** Sunday, 3 (5pm) -Sat 9 March (2pm) 2024

These 7 days of silence are an opportunity to realign our lives to that of God and to come to an inner quiet which allows us to hear God afresh. Daily individual spiritual direction will be available.

**Retreat leader:** Glenda Prosser

**Cost** (fully catered): \$750.

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Trusting the Voice Within

**Date** 14th March, 9:30am - 2:30pm

How has our faith been shaped by the lived-in experience of a female body? Is God more than 'He'? What is nurturing your faith now? This day-time retreat gives voice to the diversity and similarities of women's faith experiences, which haven't always been honoured or acknowledged by our various faith communities/traditions.

Bring along your experiences and a heart of discovery.

**Retreat leader:** Megan Blaikie

**Cost** (fully catered): NZ\$70

**More Info and register:** Follow [this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

## Coming home to the Father's Loving Embrace

*Praying with and walking through the Parable of the Prodigal Son. Luke 15: 11-32*

**Date:** Fri 15 March (7pm) – Sun 17 March (3pm)

A weekend silent retreat, where we will consider each person within the parable: the Father, the youngest son and the older brother. Reflective questions will be provided after each input session. Henri Nouwen's book, "The Return of the Prodigal Son: a Story of Homecoming" will be drawn upon as a basis for the retreat.

**Your hosts:** Carol and Colin Renouf

**Cost** (fully catered): \$330.

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

## Open Retreat Day @Sister Ev March

**Date** Thursday 27 March, 9:30 – 2:30

*(every last Thursday of the month)*

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home. Theme in March: – *Holy Week*

**Retreat leader:** Antje Duda

**Cost:** \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

**More Info and register:**

Please [Follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)



## April

### The Contemplative Gaze

*"... beholding as in a mirror the glory of the Lord, we are being transformed into the same image."* 2 Cor 3:18

**Date:** Fri, 12 April (7pm) - Sun 14 April March (1:30pm) 2024

This retreat is an opportunity to draw aside from the daily pressures of life, with our time primarily spent in silence, with rhythms of contemplative prayer and a balance of devotional input, and plenty of time to rest, pray and reflect. Considering throughout what our image of God is, how that informs how we see ourselves, and how that impacts our daily lives!

**Retreat leader:** Donald Scott

**Cost** (fully catered): \$330.

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

## Open Retreat Day @Sister Ev - April

**Date** Thursday 25 April, 9:30 – 2:30

*(every last Thursday of the month)*

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home. Theme: *Eastertide*

**Retreat leader:** Antje Duda

**Cost** : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

**More Info and register:** Please [Follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)



## May

### Attending to the needs of people in midlife- a day with Dr. Anne Shave

*A day for clergy, church leaders, teams and pastoral workers*

**Date:** 1 May 2024, 9:30 am – 4:00 pm

A day for clergy and pastoral workers to explore ways in which congregations can be intentional about supporting people who may be navigating significant transitions in life and faith. Based on Anne Shave's PhD research into the experiences of Presbyterian, Anglican and Catholic churchgoers, and her recently published book *Faith and Hope in Midlife: Reflecting on Churchgoers' Experiences*, this will be a day with time for interaction as well as a good chunk of quiet time for personal reflection.

People of all ages are welcome to attend.

**Retreat leader:** Dr Anne Shave

**Cost** (fully catered): NZ\$100.

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Creative Joy Series- Autumn

**Date:** 23-25/2/2024, Friday, 23 April – Sun 25 April (7 pm)

Join us for a seasonal series of Creative Retreat's led by Glenda Joy. We'll be using various mediums of texture, colour, writing & music to reflect and envision the seasons of life and how our stories inform and shape our world. Through simple contemplative exercises we can digest life, find meaning, clarity and celebration. These weekends are an opportunity to stop and pause in a restful & supportive place, to

connect with the significant themes and spiritual elements of your life. Be refreshed by the beauty of this place, enjoying nutritious food, sweeping vistas, and walking tracks. The retreat allows time for rest, contemplation & meditation. Keeping Silence assists the inward process of reflection and there is optional sharing time during the creative sessions.

**Retreat leader** Glenda Joy

**Cost** (including all meals): \$330.

**This retreat is part of our *Seasonal Series***

please refer to the Summer retreat (Feb) for details on registering

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Participating in the Trinity

*a 5 or 7 – day silent retreat*

**Date:** Sunday, 19 May (5pm)– Thursday, 23 May or Saturday 25 May (2pm) *your choice*

This is an opportunity to draw aside to spend time together largely in silence, inviting contemplative reflection on the Trinity, utilising various prayer methods, Scripture readings highlighting the Trinity, as well as 'gazing upon' Andrei Rublev's 15th Century icon of the Trinity, all inviting participation/communion with this glorious Trinitarian understanding and encounter with God.

Starting the evening of Pentecost Sunday and finishing just before Trinity Sunday gives a great framework for this journey!

*5-day or 7-day Retreat ....your choice*

Our retreat offering allows you to select either a 5-day or a 7-day experience. The 5-day retreat concludes on Thursday, May 23rd, at 2 pm, offering a profound immersion in the topic.

For those seeking a more extended period of spiritual reflection, the 7-day retreat concludes on Saturday, May 25th, at 2 pm, providing additional moments for prayer and contemplation.

**Retreat leaders:** Donald and Janice Scott

**Cost** (fully catered):

5-day retreat NZ\$540 - 7-day retreat: NZ\$750

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Open Retreat Day @Sister Ev - May

**Date** Thursday 29 May, 9:30 – 2:30

*(every last Thursday of the month).*

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. Theme this month: *The Holy Spirit*

**Retreat leader:** Antje Duda

**Cost** : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

**More Info and register:** Please [Follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

## June

### Faith and Hope in Midlife - retreat day

...exploring, reflecting,  
celebrating- A retreat day  
with Dr. Anne Shave.

**Date** 8 Jun 2024, 9:30 am- 4  
pm

*A day for all interested to  
explore , reflect and celebrate the significant  
transitions in life and faith.*

Based on Anne Shave's PhD research into the  
experiences of Presbyterian, Anglican and Catholic  
churchgoers, and her recently-published book *Faith  
and Hope in Midlife: Reflecting on Churchgoers'  
Experiences*, this will be a day with time for interaction  
as well as a good chunk of quiet time for personal  
reflection.

People of all ages are welcome to attend.

**Retreat leader** Dr. Anne Shave

**Cost** (fully catered): NZ\$80

**More Info and register:** Follow [this link](#) or visit our  
website: [www.sistereretreat.com](http://www.sistereretreat.com)



### Our Pilgrims Soul- A Weekend Retreat

*"A pilgrim is a person who prays with the feet"*

Edward Hays

**Date:** Fri 14 June (7pm) – Sun 16 June (1:30 pm)

Join spiritual director Elinor Galbraith to ponder this  
question, as we traverse our inner world this weekend.  
We don't need to set out on a thousand-mile trail, nor  
seek a sacred site to meet mystery. Spend a weekend  
in attunement to the Sacred presence around you and  
within you as we engage in creative practices and  
prayer.

**Retreat leader:** Elinor Galbraith

**Cost**(fully catered): \$330.00

**More Info and register:** Follow [this link](#) or visit our  
website [www.sistereretreat.com](http://www.sistereretreat.com)

### Open Retreat Day @Sister Ev - June

**Date** Thursday 27 June, 9:30 – 2:30

*(every last Thursday of the month)*

Join us at Sister Eveleen Retreat House for a quiet day  
of reflection, prayer, silence and sharing. Once a  
month we invite you to pause and take a little time  
out for yourself- inspired by the earth and church  
seasons. This day is a simple retreat, but a special treat  
for yourself. This is also for you if you would like to  
have a taster of a retreat. Manageable in between  
school runs and before life might get hectic again at  
home. Theme for this month: *Matariki*

**Retreat leader:** Antje Duda

**Cost** : \$35 (incl. morning tea, hot drinks, tea and  
coffee; BYO lunch).

**More Info and register:** Please [Follow this link](#) or visit  
our website [www.sistereretreat.com](http://www.sistereretreat.com)

## July

### Mid-Winter Fire - Exploring the Dynamics of the Spiritual Exercises of Ignatius of Loyola

*'Whatever you are doing, that which makes you feel  
most alive...that is where God is.'* - St Ignatius of Loyola

**Date:** Fri 26 July (7pm) – Sun 28 July (3pm)

Join Sister Eveleen Retreat House and Ignatian  
Spiritual Director Colin Renouf for this 2-night silent  
retreat exploring the Spiritual Exercises of St Ignatius  
of Loyola. We will begin by reflecting on: Who was  
Ignatius? And what are 'The Spiritual Exercises'? Then  
we will consider some of the key themes of the  
Exercises: Radically Loved, Profoundly Broken, Desire  
and Intimacy, Contemplating Christ and Awareness.  
The goal of the Exercises is to grow in union with God,  
thus gaining inner freedom and becoming more like  
Christ who was free to love and to serve.

**Retreat leaders:** Carol and Colin Renouf.

**Cost** (fully catered): \$330.

**More Info and register:** Please [follow this link](#) or visit  
our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Open Retreat Day @Sister Ev - July

**Date** Thursday 25 July, 9:30am – 2:30pm

*(every last Thursday of the month)*

Join us at Sister Eveleen Retreat House for a quiet day  
of reflection, prayer, silence and sharing. Once a  
month we invite you to pause and take a little time  
out for yourself- inspired by the earth and church  
seasons. This day is a simple retreat, but a special treat  
for yourself.

Theme for July – *Contemplation in busy times*

This is also for you if you would like to have a taster of  
a retreat. Manageable in between school runs and  
before life might get hectic again at home.

**Retreat leader:** Antje Duda

**Cost** : \$35 (incl. morning tea, hot drinks, tea and  
coffee; BYO lunch).

**More Info and register:** Please [Follow this link](#) or visit  
our website [www.sistereretreat.com](http://www.sistereretreat.com)



## August

### Creative Joy Series - Winter

**Date:** Fri 9 August (7pm) -Sun 11 August (1:30 pm) 2024.

Join us for a seasonal series of Creative Retreat's led by Glenda Joy. We'll be using various mediums of texture, colour, writing & music to reflect and envision the seasons of life and how our stories inform and shape our world. Through simple contemplative exercises we can digest life, find meaning, clarity and celebration. These weekends are an opportunity to stop and pause in a restful & supportive place, to connect with the significant themes and spiritual elements of your life. Be refreshed by the beauty of this place, enjoying nutritious food, sweeping vistas, and walking tracks. The retreat allows time for rest, contemplation & meditation. Keeping Silence assists the inward process of reflection and there is optional sharing time during the creative sessions.

**Retreat leader** Glenda Joy

**Cost** (fully catered): \$330. *If you'd like to attend but the cost is prohibitive, please get in touch as we may be able to assist you.*

**This retreat is part of our *Seasonal Series***

Dates: 23-25/2/2024, 10-12/5/2024, 9-11/8/2024, 8-10/11/2024 - please refer to the Summer retreat (Feb) for details on registering

**More Info and register:** Please follow [this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Open Retreat Day @ Sister Ev– August

Date Thursday, 29 August 9:30am – 2:30pm  
(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself.

Theme for August – *Praying with St Gertrud the Great*  
This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home.

**Retreat leader:** Antje Duda

**Cost** : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

**More Info and register:** Please [Follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)



## September

### The Perfect Joy of Saint Francis -

*A weekend Silent Retreat*

Come join Anthony Williams OFS at Sister Eveleen House for a weekend silent retreat based on the stories of Saint Francis. Hear how Francis related to the animals, the experience of his first follower and what constituted perfect joy. The retreat will include a regular rhythm of contemplative prayer, shared meals, teachings on St Francis, as well as time for personal prayer and reflection. Spaces are limited so book early to avoid missing out.

**Date:** Fri 6 September (7pm) – Sun 8 September (1:30pm)

**Retreat leader:** Anthony Williams

**Cost** (fully catered): \$330.

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Hearts Ablaze: Praying the Psalms

*Moving beyond mediocrity to passion.*

*Write your own psalm of praise. Pen your own lament*

**Date:** Fri 13 September (7pm) -Sunday 15 September (3pm)

Join Sister Eveleen Retreat House and Ignatian Spiritual Director Colin Renouf, together with his wife Carol for this 2-Night Retreat focusing on the Psalms as our Prayer Book. "To instruct us in candid honesty, God gave us the book of Psalms – a worship manual, full of ranting, raving, doubts, fears, resentments, and deep passion combined with thanksgiving, praise and statements of faith...this is how God wants us to worship him – holding back nothing of what you feel." Rick Warren. We will look at various types of psalms, let them speak to us, understand their form and structure, then write our own psalms. There will be periods of silence throughout the retreat.

**Retreat leaders:** Colin and Carol Renouf

**Cost** (fully catered): \$330.

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### A Greening Heart- a weekend with Saint Hildegard

*"The mystery of God hugs you in its all-encompassing arms."* St. Hildegard of Bingen

**Date:** Fri 20 September (7pm) – Sun 21 September (1:30 pm)

Join spiritual director Elinor Galbraith and take some time aside to explore Saint Hildegard of Bingen, the great writer, composer, philosopher, mystic and visionary of the Middle Ages and a woman for our times. During the weekend we will be guided by her inspirations around, Spirituality, Health and Healing, Creativity and Viriditas (the greening power of God) nature and creation.

This retreat will be part exploration, part sharing and

reflective. Bring your journal, art material ( if you like), walking shoes, a blanket for sitting or resting in the green outside, and warm clothes.

**Cost**(fully catered): NZ\$330

**Retreat leader:** Elinor Galbraith

**More Info and register:** follow [this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Open Retreat Day @ Sister Ev– September

Date: Thursday, 26 September, 9:30am – 2:30pm  
(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself.

Theme: *Entering the Season of Creation*

This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home.

**Retreat leader:** Antje Duda

**Cost** : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

**More Info and register:** Please [Follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)



## October

### Praying with Evelyn Underhill – A 7-day silent directed retreat

**Date:** Sunday, 29 September (5pm) – Saturday 5 October (2pm)

Evelyn Underhill's belief that all of life was sacred, was based on her understanding of the incarnation. Evelyn (1875- 1941) was born into a wealthy secular family but had several mystical experiences during her childhood. Her lifelong search for the meaning of these experiences was the driving force behind her research and writing on the Christian life. She was a prolific author and published over 30 books on spirituality. She was the first woman to deliver lectures to the clergy in the Church of England, to officially conduct spiritual retreats for the Church, to establish ecumenical links between churches, and one of the first woman theologians to lecture in English colleges and universities. In this retreat we will use some of Evelyn's writings on Prayer to throw light on our own spiritual journeys. Daily individual spiritual direction will be available.

**Retreat leader:** Glenda Prosser

**Cost** (fully catered): \$750.

**More Info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

### Open Retreat Day @ Sister Ev – October

**Date** Thursday, 31 October, 9:30am – 2:30pm  
(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. Theme for this month- *Mary*  
This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home.

**Retreat leader:** Antje Duda

**Cost** : \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

**More info and register:** Please [Follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)



## November

### Creative Joy Series - Spring

**Date:** Fri 8 November (7pm) – Sunday 10 November (1:30)

Join us for a seasonal series of Creative Retreat's led by Glenda Joy. We'll be using various mediums of texture, colour, writing & music to reflect and envision the seasons of life and how our stories inform and shape our world. Through simple contemplative exercises we can digest life, find meaning, clarity and celebration. These weekends are an opportunity to stop and pause in a restful & supportive place, to connect with the significant themes and spiritual elements of your life. Be refreshed by the beauty of this place, enjoying nutritious food, sweeping vistas, and walking tracks. The retreat allows time for rest, contemplation & meditation. Keeping Silence assists the inward process of reflection and there is optional sharing time during the creative sessions.

**Retreat leader:** Glenda Joy

**Cost** (fully catered): \$330.

**This retreat is part of our *Seasonal Series***

Dates: 23-25/2/2024, 10-12/5/2024, 9-11/8/2024, 8-10/11/2024 - please refer to the Summer retreat (Feb) for details on registering

**More info and register:** Please [follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

## Open Retreat Day @Sister Ev - November

**Date** Thursday 28 November, 9:30 – 2:30

*(every last Thursday of the month)*

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. Theme – *Advent*

This is also for you if you would like to have a taster of a retreat. Manageable in between school runs and before life might get hectic again at home.

**Retreat leader:** Antje Duda

**Cost:** \$35 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

**More info and register:** Please [Follow this link](#) or visit our website [www.sistereretreat.com](http://www.sistereretreat.com)

## December

### Carols at Sister Ev

day and time *tbc*

Join us for our annual carol service followed by hospitality and fellowship.

### Between the years - A retreat

*"Blessed are those whose strength is in you, whose hearts are set on pilgrimage."* - Psalm 84:5

**Date** 28/29 December 2024 – 1/2 January 2025

A retreat to reflect the old year and welcome the new year .... with contemplation, celebration, in solitude and fellowship. A retreat in between the years, to reflect gently on the old year and welcome boldly the new year with peace, joy and in fellowship. The days will be accompanied by a prayer rhythm, reflective sessions, and time for rest and/or activity, in solitude and fellowship.

... All this in the beautiful environment of Sister Eveleen Retreat House in Sumner.

3 nights - 4 days, fully catered/or self-catered depending on guests.

More information to follow

Please [follow this link](#) get in touch if you are interested in this retreat.

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## OUR RETREAT FACILITATORS

### Megan Blakie

... is a Spiritual Director and Associate Member of the Association of Christian Spiritual Directors. Her special interest project during her training was a creative allegory about feminine God images. Megan once jumped out of a plane for charity, but prefers sailing and observing the wonders of the sea. She has a background in communications and - when not enjoying contemplative silence - uses words to help motivate people to care: for the environment, the creatures we're connected with, and each other.

### Elinor Galbraith

... is a Mother, Friend, Spiritual director, Spa therapist and Trauma informed coach. She loves all things centered in the Divine, that are simple, nourishing and inclusive. Her passion is to offer tools and gentle re remembering of this by way one on one companioning (Spiritual direction), and also introducing and deepening the many ways we can slow down and access our hearts and our indwelling wisdom.

### Glenda Joy

...is a registered counsellor who has been working with people of all ages and backgrounds for over 20 years. She has trained in several experimental modalities and brings creativity, mindfulness, and body awareness into her work. Glenda uses simple tools in a supportive environment to help clients find hopeful insights and reflections as they connect with themselves and the deeper themes of life. She encourages everyone to find a sense of playfulness and new ways of enjoyment in life.

### Lynn McConnell

...became a Christian and Catholic as a 21-year-old in Southern Ireland. She joined an evangelical group whose main purpose was for everyone to become a saint... she thought this would happen in a year... Fifty years later with adult children and grandchildren, she is still following this exciting goal.

### Glenda Prosser

... has been a spiritual director for 24 years and a pastoral supervisor for 18. She has an MA (Spirituality) from the Oblate School of Theology in San Antonio, Texas. Glenda's faith expression is Anglican but her interests are ecumenical.

### Carol and Colin Renouf

...have a strong interest in Contemplative Spirituality and enjoy leading others into a deeper experience of God. Teaching, retreat leading and accompanying others in their spiritual journey is something they both love to do. Family is really important to them, they have four adult children, with partners and eleven grandchildren. Colin with Carol's support was a Baptist Pastor for 24 years, but is now a Catholic. He has been a Spiritual Director for over 25 years. They live in Christchurch and are both involved in Community Ministry.

### Dr. Anne Shave

... graduated with her doctorate in Theology from the University of Otago in 2018. Her research explored the experiences of Christians in midlife, within Catholic, Anglican and Presbyterian congregations in New Zealand. In 2019 Anne was a scholar in residence at Vaughan Park Anglican Retreat Centre in Auckland and also completed a short course in retreat direction and spiritual guidance at St Beuno's Jesuit Spirituality Centre in Wales. Formerly a secondary-school English teacher, Anne is now employed part-time at Cashmere

Presbyterian Church and also works as a tutor at disability support and service provider Hōhepa Canterbury. She is currently completing a post-graduate certificate in Ministry Supervision through Laidlaw College in Auckland.

### Donald and Janis Scott

... were both born and raised in the Dannevirke area, Southern Hawkes Bay, farming in the area before moving into a pastoral role at a local church. Relocating with their 4 boys to Christchurch in 2000, they led Northcity church until recently, now focusing on wider ministry to the body of Christ, with a passion for city-wide unity and bi-cultural reconciliation, with Donald also involved in Spiritual Direction and Janice leading the Elijah House regional team. Now the proud grandparents of 5 gorgeous grandchildren!

### Joanne Smith

is the Seasons for Growth Course Coordinator at Christchurch City Mission. Joanne has completed The Father Heart Ministry Training through Youth With A Mission, and also Prayer Ministry Training with Christian Renewal Association NZ (CRANZ). She has

worked as a Social Worker and Community Worker most of her life and helps to run Church services at the Christchurch Men's Prison.

### Anthony Williams

...is a long-time professed member of the Catholic Third Order of St Francis (Ordo Franciscanus Saecularis). Having been professed in 2005, he subsequently served as Formator for the New Zealand Fraternities for a period of three years. He believes that spirituality is innate and when one searches for a spiritual practice, you will know without any uncertainty when you have found your particular one. That is what happened when he came across St Francis. Anthony lived and worked at the Cistercian Monastery in Kopua, Hawkes Bay, for a period of 6 years where he experienced a life of contemplation, silence, liturgy, and community. Anthony obtained a Diploma in Religious Studies and Spirituality from the Diocese of Christchurch in 1990 and has since compiled many documents on St Francis and Franciscanism that have been distributed widely and used by the New Zealand Fraternities. He is now semi-retired and lives in Christchurch.

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## THE TEAM AT SISTER EVELEEN RETREAT HOUSE



### SUE SINCLAIR

as our Resident Host, Sue is the soul of Sister Ev. She offers hospitality to our individual guests who come here to stay and seek peace and refreshment. She has been connected with Sister Ev since 2020 and enjoys the quiet mystical spirit that the house offers. She brings to the mission of Sister Ev her learnings about lament and silence, coming through personal experience of prolonged grief and loss. She recently completed a Counselling degree through Laidlaw College. With a whanau of four adult sons, a daughter-in-law and two lively mokopuna, she and her husband treasure joy-filled family moments

### ANTJE DUDA

as the Director, Antje looks after the bookings, plannings and the calm running of the retreats of the house. She brings her experience as a Pastoral Chaplain and ministry in youth and young adult ministry. She has degrees in Education, Pastoral Ministry and Chaplaincy, a whanau of five quickly growing-up sons that keep her and her husband busy. She brings her passion for sacred life-giving liturgy, pilgrimages (real and virtual) and sharing good bread as a Eucharistic way of life into this new adventure that is Sister Eveleen Retreat House.

*A warm Haere Mai and Kia ora from both of us.  
We love to welcome you soon at Sister Ev.*

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## SUPPORT SISTER EVELEEN RETREAT HOUSE

Sister Eveleen Retreat House is governed by a committed Board of Trustees and a group of fantastic volunteers.

If you would like to support Sister Eveleen retreat House, you can do this in several ways



### Sponsor a Retreat:

Having a time of retreat is a crucial component of our spiritual lives and relationship with God.

However, they can also be an unaffordable luxury for many.

SERH has a special fund to reduce the cost of retreats for those in financial hardship.

### Support the Running of the Retreat House:

We want SERH to be accessible to everyone, regardless of their financial situation. You can help us keep our prices low by making a donation towards the day-to-day costs of running the retreat house.

You can either make a one-off donation or a regular contribution.

For koha or your donation please [follow this link](#)

### Give your time and mahi

If you would like to give us some of your time and mahi (garden, cooking, etc.), we would love to hear from you.

Please be in touch via email [antje@sistereretreat.com](mailto:antje@sistereretreat.com) or ph 022 563 6879

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## ACCESS DISCLOSURE

### *Location:*

Please be aware of our [access disclosure](#) - *SERH is a very secluded retreat, which unfortunately means that there is limited vehicular access. Getting to SERH involves a ten-minute uphill walk and then a short walk up an uneven zigzag path that is not wheelchair friendly.*

**If you travel by car:** There is not very much parking on Whitewash Head Road so your best bet is to park down by the waterfront, on Heberden Avenue, or Scarborough Pool ([see map on website](#)) and walk up the hill. Even if there are parks on Whitewash Head Road we ask that you don't use them as there are already insufficient parks for residents. You're more than welcome to park temporarily to drop off your things, though. - If you need assistance in the evening, please give us a call.

**If you travel on public Transport:** The bus no. 3 goes to Sumner ([Timetable](#)), Bus Stop: Nayland St./near Head St.. Walking from there is about 20 min.

For a map, please refer to the website [www.sistereretreat.com](http://www.sistereretreat.com)

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## CONTACT



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