

St Oswald Centre for Spirituality unveils 2023 program

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 Godâ??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.

The Program

You are welcome to join us. The program for 2023 offers:

- Weekly opportunities on Thursdays at 9.30am for a 30-minute meditation leading into 10 am Eucharist followed by a cuppa at a local cafÃ©.
- Quiet Days and Retreats as occasions arise and by request,
- **A Lenten Study â??A Voice in the Wildernessâ?•**:
  Listening to the Statement from the Heart Author: Celia Kemp, Artist: The Reverend Glenn Loughrey, Publisher: ABM
  Every Thursday throughout Lent beginning Thursday 23rd March
  9.30am Reflection,
  10am Eucharist, 11am Morning tea 11.30am -12.30pm Study
- Bi-monthly **Retreat** days:
  Normally on a **Saturday from 10 am â?? 4.00 pm Cost by donation. BYO lunch**

Stations of the Cross: Stirring a Path to New Life
at the Monastery in the Sacred Garden,
15 Cross Road, Glen Osmond
The Revâ??d Ali Wurm 1.00 pm â?? 3.00 pm Sunday 26th March

Iconic Imagination

Joei Cole Saturday 20th May

The Art of Frida Kahlo

Art Gallery of South Australia, North Terrace
Dianne Bradley Saturday 15th July

Music for Healing

Jonathan Daw Saturday 16th September

Poetry of the Spirit

The Revâ??d Dawn Colsey Thursday 2nd November

â??Archaeology of the Sacred Mysteriesâ?• an Advent Retreat The Revâ??d Dr Cathy Thomson Saturday 9th December

Occasional **Thursday Retreat Days from 9.30 â?? 3.30 pm Flyers with further information will be emailed 3-4 weeks prior to each event**

For further information download the program brochure here

Date Created

February 24, 2023