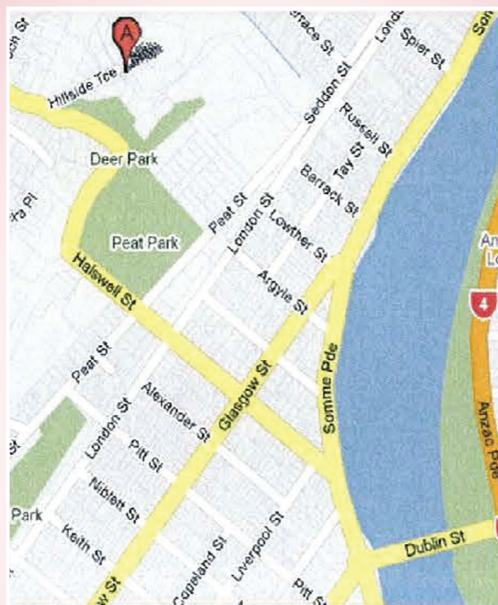


Josephite Retreat Centre Te Punanga ō Hōhepa

Mt St Joseph
14 Hillside Terrace,
P O Box 777, Whanganui, 4541



To Register

Phone 06 345 5047 ext 3

Email jrc.whanganui@sosj.org.au

Registrations are essential for programme events. Early registrations are encouraged.

Groups and individuals are welcome to hire the Centre.



To view the programme online:
www.marymackillop.org.nz

Josephite Retreat Centre Te Punanga ō Hōhepa



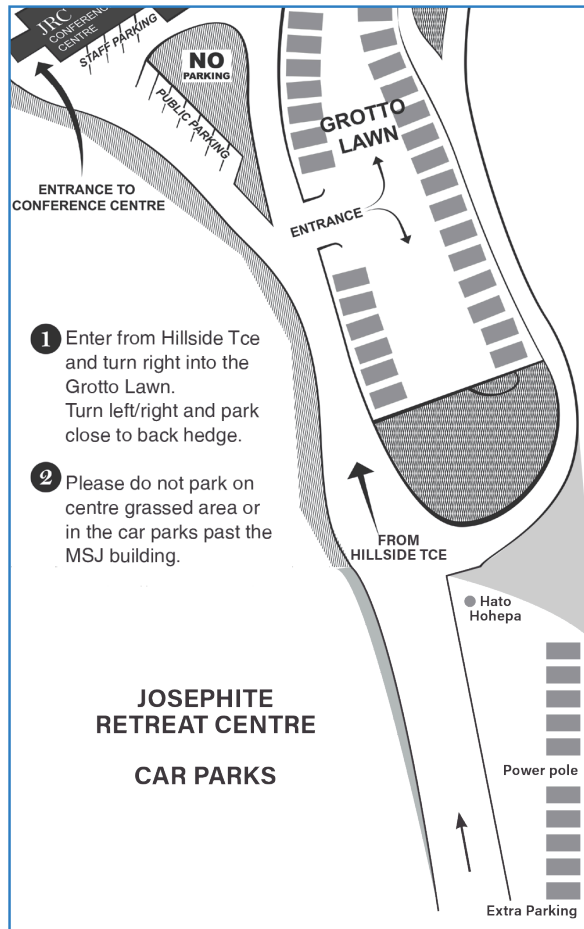
2025 Programme Mahere

pilgrims of hope
journeying with trust

te iwi manene whakapono
hīkoi me to ngākau pono

A ministry of the
Sisters of St Joseph, Whanganui

Parking



2025

Pilgrims of Hope – Journeying with Trust Te iwi manene whakapono – hikoi me to ngākau pono

*“Don’t undertake more than you can see your way to accomplish.”
Rev. Julian Tenison Woods 1863*

Each year this brochure has been, at times, a demanding role in bringing it together, but with prayer, patience and persistence it has always produced a thought provoking, creative, spiritual and interesting outlet for the community to be part of.

Pam Hopper (JRC Co-ordinator)

*“Hope reminds us that there is nothing in life we have not wanted to face that we did not, through God’s gifts and graces – however unrecognized at the time – survive. Hope then is the recall of good in the past, on which we base our expectation of good in the future.”
Sr Joan Chittister*

Our La Fiesta films are showcasing Aotearoa/New Zealand women, to honour their strong commitment and hope for positive outcomes as they worked for the common good. They are Whina Cooper; Celia Lashlie; the Sisters of Compassion and Patricia Grace.

Marie Skidmore rsj

*“The new dawn blooms as we free it. For there is always light if only we’re brave enough to see it, if only we’re brave enough to be it.”
National Youth Poet Laureate Amanda Gorman*

This quotation comes to life when senior leaders from Cullinane College students speak, inspiring their listeners on ‘What gives meaning and purpose to their lives’

Liz Hickey rsj

*'Hope' is the thing with feathers –
That perches in the soul -
And sings the tune without the words -
And never stops - at all –
Emily Dickinson*

A varied and rich upcoming programme of creative art experiences & retreat days, personal & spiritual growth offerings, discussions & insights of the contemporary & environmental context we live in and desire to live in, along with opportunities for participating in faith journeys & liturgy, can each inspire the 'song of hope' you sing - individually & in community.

Merita Holder

*"We are one, after all, you and I. Together we suffer, together exist, and forever will recreate one other."
Pierre Teilhard de Chardin*

The varied opportunities for nourishment of our spirit (spiritual) offered through this programme and the responses we make, truly do recreate each other.

Trish Daws

*"Follow your Bliss & Doors will open for you that you never knew Existed ...
Follow your Bliss and the Universe will open doors where there were only walls."
Joseph Campbell*

I found Mt St Joseph when I was lost and really seeking my life's purpose ...
With the love and kindness and incredible courses, sessions and quiet days I have found my Path, and recently I have enjoyed giving back to the Community,
I am very grateful for all that I have learnt and experienced.

Tracey Young

Accommodation

Visitors Wing (In house)

- * 2 double bedrooms
- * Lounge/Dining/ Kitchenette
- * Bathroom



Atawhai Flat (Independent)

- * 2 Bedrooms (1 Double, 2 Singles)
- * Lounge/Kitchenette
- * Wheelchair bathroom with wet-floor shower



Accommodation Fees

Prices include GST

- * \$75 per person per night B&B
- * \$60 per person per night self-cater
- * \$125 per night for Family B&B
- * \$110 per night for Family self-cater
- * \$20 each extra person over 4 people

Centre Hire

- * Chairs/Tables
- * Kitchen
- * Crockery/utensils
- * Conservatory
- * Quiet Room
- * Projector/Laptop
- * 55" LED Smart TV/Web browser
- * SKYPE camera through TV
- * DVD/Blu Ray Player
- * CD Player
- * Microphones
- * Sound System
- * Wireless Internet

Centre Fees

Prices include GST

- * Community
\$35 per hour;
\$150 per day
- * Commercial
\$45 per hour;
\$200 per day
- * Quiet Room Community
\$40 per day
- * Quiet Room Commercial
\$60 per day

Programme Information

Community Liturgies

Every 3rd Sunday of the month from 4 - 5 pm.

Our prayer process is prepared by various individuals and groups and may reflect the seasons or our theme.

Tui Motu Group

This group meets on the third Wednesday of the month from 4.15pm – 5.15pm where articles from the current Tui Motu magazine are explored and discussed.

Films - Celebrating Aotearoa/New Zealand Women

This is a series, but could be viewed individually.

The films are:

Whina * Cecilia * How Far Is Heaven * Cousins

The Pilgrims Creative Journey

The Pilgrims Creative Journey will take us on an amazing spirit filled adventure of freedom and creativity. Join us for a 6 week course that will connect you with your rich soul world of the visual journal inspired by the **SoulPages®** method developed by Rakefet Hadar & guided by SP® facilitator Tracey Young. *BYO craft supplies.*

Caritas Lenten Programme

For 2025, the Caritas Lenten Programme is entitled **Restoring Hope: Your Compassion in Action / Kia Puawai Te Tūmanako**

The programme will begin on Monday 10 March from 2pm - 3.30pm and subsequent Mondays during Lent.

Two Quiet Hours - *Come away with me to a quiet place: Mark 6:31*

Encountering God, Praying with Scripture using Lectio Divina and Ignatian Contemplation .

What to bring: Journal & pen.

Facilitators

Ngā Kaiwhakarite

Liz Hickey rsj has a background in education with primary and secondary school teaching. She has served on a team of three Sisters operating an emergency house for families, in social work and specialist teaching. She values engaging with others around the Gospels which give hope and meaning in life.

Marie Skidmore rsj is a Sister of St Joseph, concerned to look at avenues which develop personal spirituality and reveal the sacred in the ordinary, to explore the sacred in nature and our connectedness with all living beings. She is interested in links between psychology and spirituality and ways in which films can influence our growth towards authenticity.

Julia Martin "I have been a scrap booker and card maker for more than 20 years. I love making cards and teaching others how to do so. In this busy world, it is so important for us to stop and be creative together."

Merita Holder "My involvement in mental health support and counselling, in Eldercare, end-of-life care and spiritual companionship, has brought me into contact with many unspoken heroes in the community. Being a mother teaches me much too about deep love and care."

Tracey Young Patron of Vedic Art NZ: and Soul Pages facilitator and mentor: "I enjoy learning new things and am very interested in finding spiritual practices and exploring Art and Creativity as ways to bring Peace and Prosperity into my Life, and into those of my Friends and Family and the wider Community."

Fliss Newton I use many modalities in my work; collage; stencilling; print making; painting; writing etc. I enjoy making art with friends and fellow creators. Bringing spiritual practices into art and creativity is a wonderful way to connect to the divine. I am a psychotherapist and use art for expression and healing for myself and others.

Kī tonu te ao me te orokohanga a te tangata

The Retreat Centre boasts state of the art facilities offered in a relaxed and tranquil setting. Our conference centre setting combines the effective use of natural light and plenty of space. The result - an environment conducive to learning which ensures a successful event for everyone!



The latest AV equipment is available, 55" LED Smart TV with in-built Internet and Skype capability, Projector, Interwrite-board, Wireless Internet, Audio System with microphones, Laptop and presenter aid.

A fully-equipped kitchenette is available should you wish to self-cater.



Facilities at Josephite Retreat Centre

Josephite Retreat Centre is the perfect venue for seminars, conferences, personal and professional development programmes, business meetings, interviews and retreats.

The Josephite Retreat Centre is housed in the historic building, Mount Saint Joseph, surrounded by well-established grounds, wetlands, and native bush, with ample parking available.



Facilitators

Ngā Kaiwhakarite

Juliet Kojis is trained in the ministry of Spiritual Direction and in the giving of Prayer Days and Retreats in daily life. She is part of the Ignatian Prayer and Retreat Team of the Diocese of Palmerston North.

Geoff Hipango is Kaitiaki of Te Ao Hou Marae, the principal hapū is Ngāti Tupoho of the iwi Te Āti Haunui-a-Pāpārangī. Under his leadership Te Ao Hou fosters innovation in thinking of the wellness of people across Māori arts, health, culture and the environment, with activity entwined with te Awa o Whanganui. Geoff's focus is connecting the river to community social cohesion, aided by Mātauranga Māori to provide a healing place for Māori and non-Māori.

General Information

Queries and Advertising

If you have any queries about upcoming events, or if you would like a copy of the programme posted to you at the beginning of the year, please email jrc.whanganui@sosj.org.au

Tea and coffee provided.
BYO lunch unless otherwise noted.
Registrations are essential for programme events.

February * Hui-tanguru

Pilgrims Creative Journey

Date Tuesday 4: 10am - 2pm
Facilitator Tracey Young
Cost Koha

Pilgrims Creative Journey

Date Tuesday 11: 10am - 2pm
Facilitator Tracey Young
Cost Koha

Celebrating Aotearoa/New Zealand Women - *Whina*

Date Friday 14: 1.30pm
Facilitator Marie Skidmore rsj
Cost Koha for cuppa

A biopic of the trailblazing Māori leader and her fight for the recognition of her culture.



Community Liturgy - *What is a Pilgrim of Hope?*

Date Sunday 16: 4pm – 5pm

Pilgrims Creative Journey

Date Tuesday 18: 10am - 2pm
Facilitator Tracey Young
Cost Koha

Tui Motu Group

Date Wednesday 19: 4.15pm - 5.15pm
Facilitator Liz Hickey rsj

Celebrating Aotearoa/New Zealand Women - *Celia*

Date Friday 21: 1.30pm
Facilitator Marie Skidmore rsj
Cost Koha for cuppa

Celia Lashlie, who was an impassioned advocate for the at risk and vulnerable who challenged the establishment.



Tui Motu Group

Date Wednesday 21: 4.15pm - 5.15pm
Facilitator Liz Hickey rsj

Quiet Day for the Creative Soul

Date Monday 26: 10am - 2.30pm
Facilitator Fliss Newton
Cost Koha

Two Quiet Hours - *Come away with me to a quiet place: Mark 6:31*

Date Tuesday 27: 10am - 12pm
Facilitator Juliet Kojis
Cost Koha

June * Pipiri

What Gives You Energy & Purpose to Your Life?

Date Thursday 5: 7pm - 9pm
Facilitator Cullinane College Students
Cost Koha

Community Liturgy - *Nourishing Hope*

Date Sunday 15: 4pm – 5pm

Tui Motu Group

Date Wednesday 18: 4.15pm - 5.15pm
Facilitator Liz Hickey rsj

Quiet Day for the Creative Soul

Date Monday 23: 10am - 2.30pm
Facilitator Fliss Newton
Cost Koha

May * Haratua

Creative Card Making

Date Saturday 10: 10am -12.30pm; or
1.30pm - 4pm
Facilitator Julia Martin
Cost \$10 each session

Tour of Quaker Settlement Harakeke Planting

Date Tuesday 13: 9.30am - 11.30am
Facilitator Quaker Community
Cost Koha

A visit to the Quaker Community 76 Virginia Rd celebrating it's 50th year. Part of our community's mission is finding sustainable ways of living together and developing a permaculture approach to the use of the land which includes a harakeke area, the Garden of Peace, community gardens, food forest and the native tree planted areas. There will be short or longer tours available. We will meet in our Quiet Room

Retreat Day for Stories & Journeys

Date Saturday 17: 9.30 - 2.30
Facilitator Merita Holder
Cost \$20

Every culture and every age has its formational **Pūrākau: 'We live inside Stories'** and so welcome to this personal growth retreat day discovering and exploring the unfolding of the stories we each live inside, using the delightful Matryoshka nesting dolls; reflective questions and quiet spaces; art; journalling and Kōrero.
BYO lunch. Tea, coffee and snacks provided.



Community Liturgy - Journey into the Unknown

Date Sunday 18: 4pm – 5pm

Quiet Day for the Creative Soul

Date Monday 24: 10am - 2.30pm
Facilitator Fliss Newton
Cost Koha

Celebrating Aotearoa/New Zealand Women - How Far is Heaven

Date Friday 28: 1.30pm
Facilitator Marie Skidmore rsj
Cost Koha for cuppa

(2012) *The Sisters of Compassion* lived at Hiruharama (Jerusalem) for 120 years. This documentary looks at their engagement with traditions of local Māori.



March * Poutū-te-rangi

Shrove Tuesday

Date Tuesday 4: 9.15am – 10.30am
With pancake breakfast.

Pilgrims Creative Journey

Date Tuesday 4: 10.30am - 2pm
Facilitator Tracey Young
Cost Koha

Celebrating Aotearoa/New Zealand Women - Cousins

Date Friday 7: 1.30pm
Facilitator Marie Skidmore rsj
Cost Koha for cuppa

Based on the novel by Patricia Grace. Follows the lives of three cousins and the efforts to re-unite the separated one.



Creative Card Making

Date Saturday 8: 10am -12.30pm; or
1.30pm - 4pm
Facilitator Julia Martin
Cost \$10 each session

Caritas Lenten Sharing Group

Date Monday 10: 2pm - 3.30pm
Facilitator Liz Hickey rsj

Pilgrims Creative Journey

Date Tuesday 11: 10.00am - 2pm
Facilitator Tracey Young
Cost Koha

Community Liturgy - *Trusting and Trustworthy Joseph*

Date Sunday 16: 4pm – 5pm

Caritas Lenten Sharing Group

Date Monday 17: 2pm - 3.30pm
Facilitator Liz Hickey rsj

Pilgrims Creative Journey

Date Tuesday 18: 10.00am - 2pm
Facilitator Tracey Young
Cost Koha

Tui Motu Group

Date Wednesday 19: 4.15pm - 5.15pm
Facilitator Liz Hickey rsj

Quiet Day for the Creative Soul

Date Monday 24: 10am - 2.30pm
Facilitator Fliss Newton
Cost Koha

Caritas Lenten Sharing Group

Date Monday 24: 2pm - 3.30pm
Facilitator Liz Hickey rsj

Two Quiet Hours - *Come away with me to a quiet place: Mark 6:31*

Date Tuesday 25: 10am - 12pm
Facilitator Juliet Kojis
Cost Koha

April * Paenga-whāwhā

Te Ao Hou Marae and Piwakawaka Farm visit, Aromoho

Date Thursday 3: 3pm
Facilitator Geoff Hipango
Cost Koha

A community opportunity to learn about some of the innovative eco-happenings at Te Ao Hou Marae and Piwakawaka Farm and how these initiatives contribute to the environment of the future. Meet outside the gates at 356 Somme Parade, Aromoho at 3pm (parking available on the street). A Koha from participants will be collected to contribute to the work of Te Ao Hou.

For those who would like to stay on and join the community meal at 6pm, please bring some food to share. All welcome.

Caritas Lenten Sharing Group

Date Monday 7: 2pm - 3.30pm
Facilitator Liz Hickey rsj

Community Liturgy - *The Long and Winding Road*

Date Sunday 13: 4pm – 5pm

Caritas Lenten Sharing Group

Date Monday 14: 2pm - 3.30pm
Facilitator Liz Hickey rsj

Tui Motu Group

Date Wednesday 23: 4.15pm - 5.15pm
Facilitator Liz Hickey rsj

Quiet Day for the Creative Soul

Date Monday 28: 10am - 2.30pm
Facilitator Fliss Newton
Cost Koha

Two Quiet Hours - *Come away with me to a quiet place: Mark 6:31*

Date Tuesday 29: 10am - 12pm
Facilitator Juliet Kojis
Cost Koha