

*Retreats and
Spiritual Direction
With*

Kathy Cave



*Taking time out for a retreat
or spiritual direction will enable you to
become aware of the presence and love of
God in your life -
to notice what is camouflaged in everyday
life.*

2018



Labyrinth Retreats

Sat 10 February, 9.30am-4pm

Sat 12 May, 9.30am-4pm

Sat 3 November, 9.30am-4pm

When we long for refreshing ways to pray, the labyrinth offers us a pathway to step onto, and allows us to be led into rich encounters with our God.

Canisius has two labyrinths, one a Chartres pattern and one the Classical pattern. Each invites us into a different experience. This retreat is for anyone who would like to explore ways to pray with the labyrinth. Each labyrinth retreat offered will follow a different theme.

Cost \$110 incl lunch and refreshments

Contact for retreats

Online booking:

www.petercanisiushouse.com.au

Phone: 02 9488 4524

Email: bookings@pch.org.au

Life Revision Course



This course comprises two parts, where Part 2 builds on Part 1 and you need to register for both.

Co-facilitated with Dieter Weinand.

Part 1: Where Am I Going?

Thu 7 June, 5.30pm - Sun 10 June, 4pm

Part 2: A Way of Proceeding: Driven or Drawn?

Thu 20 Sept, 5.30pm - Sun 23 Sept, 4pm

Using a rhythm of silence and solitude alongside sessions of input with process and group work, the course invites us to a review of the paths we have taken thus far in life, and then to be able to more ably choose our pathways forward. Some of the things we are dealt in life have not been of our choice, yet we can choose the way we respond to these.

Who should attend the Life Revision course ?

Those who are at intersections in their lives find this particularly useful, as do those who simply want to stop and take stock of where they have come from and where they are going to.

Participants who have previously done this course have found a great sense of camaraderie and community development, balanced with time for personal reflections.

***Cost for each part: \$550 incl
accommodation and meals***



Spiritual Direction

What is spiritual direction about?

Spiritual direction is the gentle art of one person listening to the life experience of another and assisting them to become aware of the presence and love of God in their lives. Spiritual direction assists people to grow in their relationship with God and their commitment to prayer.

More about Kathy

Kathy works as a Spiritual Director with a focus on people in cross cultural ministry and business. She trained as a Spiritual Director in the “Listen into Life” Residential Program in Spiritual Direction and is now a member of the program team training others. As a member of Australian Network for Spiritual Direction Inc and Spiritual Directors International, she works within their ethical standards.

She has a Graduate Diploma in Christian Studies from Regent College, Vancouver and is currently doing some courses in theology and other faiths at Sydney Missionary Bible College.

Curious to know more?



As a keen underwater photographer, Kathy noticed this Leafy Sea Dragon and swam alongside him until he moved into a position which revealed his beauty more fully.

Kathy journeys with people in retreats, spiritual direction and supervision encouraging them to recognise their uniqueness.

You are invited to come and experience spiritual direction. Kathy usually meets folks for an hour in Newport or Sydney CBD. The focus of the time is your relationship with God and your prayer life. You will reflect on your daily life and seek to integrate your relationship with God and the way you live.

Contact for spiritual direction

Kathy@iocontrol.com.au