



Hush Quiet Day **Thursday 13th November 2025**

Journey from the Centre

In coming to the centre of Country, we arrive not just at a place on the land, but at a point of deep connection — where the living earth speaks through silence, wind, and presence. The centre of being mirrors this stillness within us: that quiet, steady heart where all things are held in balance. Holding these two in tension, we listen for deep wisdom. When we rest between the inner and outer centres — between the heartbeat of the land and our own — something sacred begins to unfold. The tension is not conflict but invitation: a space of listening, humility, and reverence. From this meeting place, the old wisdom rises — whispering of belonging, responsibility, and the interwoven life of all things.



Facilitator: Cath Connelly Cath Connelly is Abbey Director at The Abbey, Raymond Island and co-director of the Living Well Centre for Christian Spirituality. She is a spiritual director, retreat facilitator and pilgrimage leader. Cath travels the globe leading pilgrimages and retreats. Cath is passionate about all things connected to a Celtic Christian spirituality and brings that enthusiasm to this day.

Future dates:

December 11th – Advent - Step out in faith and be renewed. Facilitator: Revd Gradwell Fredericks

Bookings: Trybooking <https://www.trybooking.com/CXGYM> or phone us at The Abbey on (03) 5156 6580. 10.00am – 3.00pm. BYO lunch. \$20 donation appreciated.