



Benedict: Living Life in the Daily

Four-day mid-week retreat – November 17th – 20th, 2025.

Join us for a transformative spiritual retreat rooted in the timeless wisdom of the Rule of St Benedict. Guided by its core principles of prayer, work, community, and contemplation, this retreat offers a sacred space to slow down, listen deeply, and reconnect with the divine. Through reflective practices like Lectio Divina, shared silence, and thoughtful discussion, we'll explore how Benedict's 6th-century guidance still speaks powerfully to our modern lives. Whether you're seeking spiritual renewal, deeper rhythm, or simply a quiet encounter with God, this retreat invites you to incline the ear of your heart and discover peace in the Benedictine way.



Facilitator: John Stewart

John Stewart is the founding Director of The Living Well Centre and now Co-director of the spiritual direction formation program. He holds the ThL (ACT) and M. Min (MCD) which includes a research project on men's issues in spiritual direction. He has been an Anglican priest since 1973 and has held various positions of ministry over the years including 8 years as Warden of the Retreat House Cheltenham where The Living Well Centre ministry has its origins. John is a sought-after retreat leader, offering engaging presentations in his delightful manner.

Residential Single Accommodation including all meals and program - \$570

Residential Shared Accommodation including all meals and program - \$395pp

Non-Residential including all meals and program - \$270

Monday 5.00pm – Thursday after lunch. Please RSVP by November 8th

Bookings: Trybooking <https://www.trybooking.com/CXGYQ> or phone us at The Abbey on (03) 5156 6580.