



## ***Hush Quiet Day*** **Thursday 11<sup>th</sup> December 2025**

**Step out in Faith and be Renewed**



Advent is a time of spiritual refreshment, renewal and preparation. The intention of this *Hush Quiet Day* is to 'Step Out In Faith' and reflect/experience.

It is an opportunity for those who seek Silence in which to journey in a refreshed spiritual direction:

- Knowing God
- Hearing God
- Trusting God
- Taking a leap
- Landing safely by the Grace of God.



**Gradwell Fredericks** is the current incumbent of Traralgon Anglican Parish. Gradwell and his wife Tania come from Cape Town in South Africa, where he was Rector of All Saints', Belhar, in the Diocese of False Bay. Prior to this he was Chaplain of St Alban's, an Anglican school in Pretoria. Gradwell has served as 'Warden of Vocations' and 'Warden of Ordinands', working with those exploring a call to ordained

ministry and those preparing for ordination. Other parish appointments over his almost 20 years in holy orders include the fishing village of Hout Bay, the township parish of Steenberg and All Saints and Saint Patrick's in Lansdowne.

Gradwell practices contemplative spirituality and loves the writings of Eddy Askew, Henri Nouwen, Joyce Rupp, Richard Rohr and Eastern Spiritual writers.

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