

# 2024

## EVENING RECOLLECTION *for women*

heathgrove

*Recollections are opportunities to stop once a month and spend time with our Lord both in directed prayer (meditation preached by a priest in front of the Blessed Sacrament) and in your own personal prayer.*



**St Mary Star of the Sea  
33 Howard St, West Melbourne**

*First Wednesday of  
each month*



Recollections are hosted by  
Heathgrove Study Centre p: 9882  
2022 e: [info@heathgrove.org.au](mailto:info@heathgrove.org.au)



For more information about the  
spirituality of the recollections,  
please visit [opusdei.org.au](http://opusdei.org.au).



For more information, contact Laura  
Cheung. m 0423 761 437



The priest is available for  
confessions from 6:45pm - 7pm &  
7.45pm onwards. The recollection  
starts with reading from a spiritual  
book to help you focus on God and  
start your own personal prayer with  
God.



## TIMETABLE & DATES

**WEDNESDAY**

6:45 PM Spiritual reading & personal prayer  
7:00PM Meditation given by the priest (directed  
prayer)  
7:30PM Benediction  
7:45PM Examination of conscience  
7:50PM Personal Prayer  
8:10PM Talk given by a lay person (in the crypt)  
8:45PM Finish

<b>10th Jan</b>	<b>7th Aug</b>
<b>7th Feb</b>	<b>4th Sep</b>
<b>6th Mar</b>	<b>9th Oct</b>
<b>3rd Apr</b>	<b>6th Nov</b>
<b>8th May</b>	<b>4th Dec</b>
<b>5th Jun</b>	<b>8th Jan 2025</b>
<b>3rd Jul</b>	

# Spiritual Retreats

A silent retreat is a special time to break from the usual activities of life, a time to reflect and to ask oneself: How is life going? Where is my life heading? Where is God in all this? It is a time to assess the present and to apply resolutions in a practical way to one's daily life. Weekend retreats offer daily Mass, time for personal prayer and talks on central themes related to living a Christian life within the specific circumstances of daily life. There are also opportunities for confession and personal spiritual direction.

**Feb 15- 18**

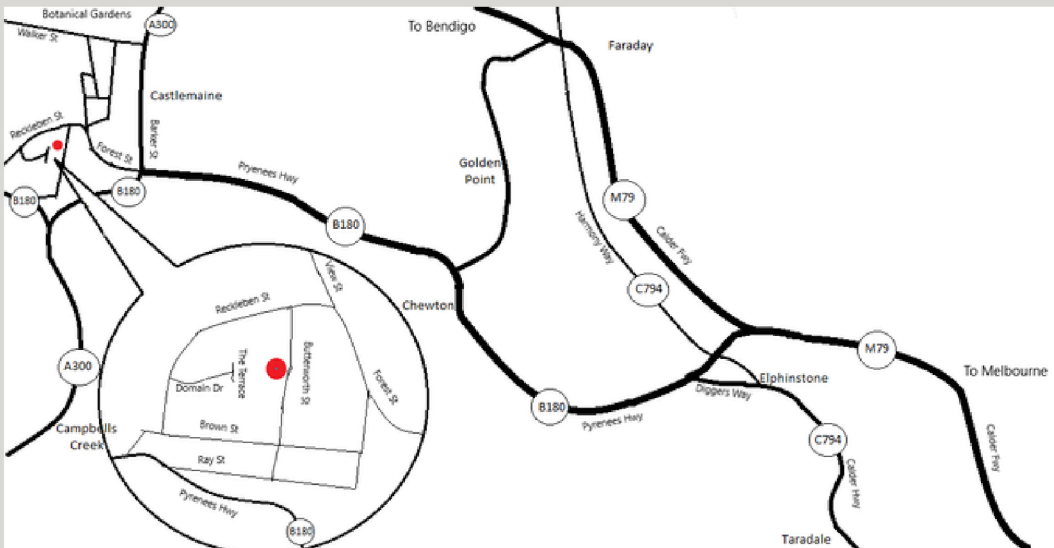
**May 16- 19**

**Jul 25- 28**

**Aug 1-4**

**Sept 12- 15**

**Nov 21- 24**





Retreats begin on the first night at 8.30pm and finish on Sunday afternoon at 4pm. The spiritual and doctrinal activities conducted by Heathgrove Study Centre are entrusted to Opus Dei, a personal Prelature of the Catholic Church. For more information: [www.opusdei.org](http://www.opusdei.org)


**July 13-14**  
**November 9-10**


An open retreat is a shorter, not live-in option. The retreats starts at 9:00AM and ends at 4:00PM each day. Fully catered. For open retreat bookings, please contact Alice on 0404 431 440.


## OPEN Retreats

 Parking: 8 Butterworth Street, Castlemaine VIC 3450 (see map)

 Castlemaine Study Centre, 1 The Terrace, Castlemaine VIC 3450

 Single room - three days retreat \$390 / Single room - two days retreat \$330  
Shared room - \$340 / Student Rate - \$170

 To Book: [womensactivities.org](http://womensactivities.org)  
Enquiries: [vic.bookings@womensactivities.org](mailto:vic.bookings@womensactivities.org)

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