



LIVE-IN RETREAT

Places to Pray

On retreat, it is important to find places to be still and silent. You can't hear God's voice when distracted so look for spaces where you are undisturbed and alone. The place itself is less important than the fact that it is distraction free. At the Sustaining Spirit Space retreat room, you will soon find a favourite place for your prayer spot.

Retreat Room Prayer Corner



A dedicated prayer corner offers a focus area for prayer. Flowers, together with a cross and icon create a prayerful tone.

You might like to bring your own focus items or add "found objects" from your wanderings along the Creek Trail.

Praying in a Church

[St Pius Catholic Church](#) is the nearest church, an easy 10-minute walk. You can pray in the pews of the main church or enjoy the seclusion of the small chapel. Check their website for [Mass times](#). Due to Covid-19 restrictions please phone before you go.

Praying In Nature



Onsite, the courtyard is secluded so provides a lovely place to pray. Feel free to move the chairs around to suit your preference for sun or shade.



Off site, the nearby Darebin Creek has some delightful “sit spots” as well as the trail itself for contemplative walking.

Find a secluded “sit spot” by the creek for peaceful contemplation.

Praying with a Labyrinth



The first hospital labyrinth built in Victoria, the [Jessie Mary Vasey Labyrinth](#), is located in the grounds of the Austin Health’s Heidelberg Repatriation Hospital.

An easy twenty minute walk through quiet and flat back streets brings you here. Built from stone and surrounded by soft casuarina trees, this is a delightful labyrinth to walk.

New to labyrinth walking? When you come for your retreat, ask for my handout on how to walk a labyrinth.

Further Questions?

Look out for other PDF information sheets about the Sustaining Spirit Space retreat room. Contact me for questions, so you can discern if this is the place for your next retreat.

Conclusion

When on retreat, finding places for prayer is important. At the Sustaining Spirit Space retreat room finding a place where you are undisturbed and alone is easy. Various locations, both indoors and out, are available to suit your prayer needs.