

Reflect, Rest, Renew.



Benedictine Days at Stillpoint 2012

How often have you heard people say, or have said to yourself, something like, "Life is just too busy. I would really like time to just slow down."?

During 2012, the Stillpoint Spirituality Centre will be open for you to draw aside from your usual routines and indeed reflect rest and renew. On the first Saturday of every month from February to November the Centre will be open for people to come, slow down and bring a bit of balance into their sometimes too busy lives.

The day will follow the pattern of a day in a Benedictine monastery. Benedictine life is a life of balance, embracing time in community with solitude, time for work and prayer, time for words and silence, time for activity and rest.

The pattern of the day will be structured around the Divine Office (prayer at set times during the day) with time between for:

Reflection,
Reading,
Contemplation,
Quietness,
Walking,
Praying,
Working.

You are welcome to come to the whole day or to come for part of the day. You are free to enter into the rhythm of the day or to enjoy the peacefulness of Stillpoint in your own way. You may like to take a walk, perhaps in nearby Belair Recreation Park, or engage in a little light work around Stillpoint.

The aim of the day is to help enrich your life with God and experience the monastic pattern of life as a guide to living a balanced life.

THE BENEDICTINE DAY

Optional Early Start

7:30am LAUDS* and meditation
8:00 Breakfast (silent)

Main Program

8:30 Arriving and settling
8:45 TERCE*
9:00 Reflection
10:15 Morning Tea
10:45 Work/Reflection
12:00 SEXT*
12:30pm BYO Lunch and rest (in silence)
1:30 NONE*
1:45 Work/Reflection
3:15 Afternoon Tea
3:30 Community Time
4:00 VESPERS*
4:30 Close

*The Daily Offices



There will be no formal input or teaching element in these days but material for reflection will be available if you would like a resource to guide your day. There is also a small but growing library of books that you can read. Or you may like to bring your own material or books to use on the day.

Where?

Stillpoint Spirituality Centre
5 Burnell Dr.
BELAIR
SA 5052

When?

The first Saturday of each month from Feb to Nov.

February 4th
March 3rd
April 7th (Easter weekend)
May 5th
June 2nd
July 7th
August 4th
September 1st
October 6th
November 3rd.

Investment?

There is no charge for these days but you are invited to make a donation according to your means to help the ministry of Stillpoint.

Queries?

If you have any questions about this or other Stillpoint programs please ring the Centre of:
8178.0048 (Monday to Thursday 9:00am-1:30pm)
OR
Gary Stuckey 8370.7923 or 0488017187.

You can also email us: stillpoint@internode.on.net

Facilitator: Gary Stuckey (Rev)

Gary is a life professed Domestic member of the Brothers and Sisters of Charity, an integrated monastic community.

He spent 7 years in monastic formation and has spent time living in the monastic community.

He is a spiritual director, teacher of meditation and contemplative prayer and has a deep interest in the way monastic life can guide our daily Christian journey.

About Stillpoint

The Stillpoint Spirituality Centre was established in June 2007 to continue the work of the Uniting Church in SA in the area of Christian spirituality.

Stillpoint is:

A house of prayer to refresh your spirit

A quiet place to re-create your well-being

A space to renew your faith.



One of the quiet places at Stillpoint

Find out more about Stillpoint on the website:

www.mrn.sa.uca.org.au/stillpoint