

All retreats are in English unless otherwise stated.

Check-in: 6pm on the first day . Check-out: 5pm on the last day.

Calendar of retreats January – December 2010

<u>Date</u>	<u>Topic/Theme</u>	<u>Spiritual Companion</u>
Jan 7-10 (3 nights)	Finding a true course in a changing world A time to look at how we might more fully live true to God and the core of our being when everything around us is shifting and moving.	Margaret Silf & Niloufer Harben
Jan 14-17 (3 nights)	Finding God in times of transition and upheaval A chance to explore some of the spiritual implications of major transitions, both personal and global and a search for the possibility of a 'spirituality of transition' using the wisdom of the Exodus story.	Margaret Silf & Tracy Beh
Feb 4-7 (3 nights) Mandarin	Healing and Forgiveness Retreatants will be guided to do some psycho-spiritual exercises to heal the affective memory, and meditations on biblical texts to obtain the graces of reconciliation and peace with God and with other people.	Paul Goh, sj
March 5-7	Healing the Whole Person – Healing in a hurting world A week-end experience to help you step out of the busyness of your everyday life and to become aware of the inner rhythm of your Being.	Paul Vaz, sj & Judith Koh
Mar 8-16 (8 nights)	Lenten 8-day Individually Guided Retreat	Paul Vaz, sj
Mar 25-28 (3 nights)	What do you want? Lenten 3-day Individually Guided Retreat for those who wish to pray their response.	Grace Chung & Bernie Chow
Apr 9-11	Embracing our true self and recognising our false self. Who am I? This is a question of ultimate significance for which we seek an answer. If we do not know who we are, how are we to know God?	Larry Tan sj
Apr 13-21	Chronicles of Life 8-day Individually Guided Retreat	Elizabeth Lim, rgs

Apr 23-25	<p>Praying our Family Relationships A retreat that will use the genogram as a tool for understanding our family dynamics leading to greater self awareness, and to bring these relationships into prayer.</p>	<p>Susana Valdez, rc & Bernie Chow</p>
Apr 30-May 2	<p>Encountering Jesus in Matthew's Gospel With Matthew one encounters a Christ who desires to journey with us as a guide to liberation.</p>	<p>Fr. Geoffrey (Monty) Williams, sj & Tracy Beh</p>
May 7- 9	<p>Encountering Jesus in Mark's Gospel In Mark we are given a Christ who, like us, lives in a world of hard times and who shows us how to live in that world.</p>	<p>Fr. Geoffrey (Monty) Williams, sj & Judith Koh</p>
May 14-16	<p>Encountering Jesus in Luke's Gospel Luke's gospel, written by a physician, reveals the healing Mercy of God present in the Christ and offered to us in our suffering.</p>	<p>Fr. Geoffrey (Monty) Williams, sj & Grace Chung</p>
May 21-23	<p>Encountering Jesus in John's Gospel John's gospel shows us a Christ who lives his intimacy with the Father and shares that intimacy with us.</p>	<p>Fr. Geoffrey (Monty) Williams, sj & Bernie Chow</p>
May 28-30	<p>Forgiveness While the Scriptures are so full of the language of forgiveness, it can be so hard a path to follow. Using the Gospels, we will follow the path of forgiveness which Simon Peter experienced during the great events of Jesus' Passion and Resurrection.</p>	<p>Ron Mercier, sj & Niloufer Harben</p>
June 4-6	<p>Jesus the Saviour What does it mean to be a 'saviour'? Do we need a 'Saviour' in our lives? So much of Christian faith hangs on these questions. We'll explore during this retreat St. Paul's experience of 'being saved' in his own words and what his experience has to offer us today.</p>	<p>Ron Mercier, sj & Tracy Beh</p>
June 25-27	<p>Called to Freedom: A retreat with St.Paul St. Paul describes how the transition from the Old to the New through life in Christ can lead us to spiritual freedom. This retreat will enable a taste of it.</p>	<p>Sebastian Painadath, sj & Judith Koh</p>

<p>July 7-11 (4 nights) Mandarin</p>	<p>Discerning God's Will (conducted in Mandarin) This is a 4-day directed retreat on how to do spiritual discernment with a view of finding God's will according to the Spiritual Exercises of St. Ignatius</p>	<p>Paul Goh, sj.</p>
<p>July 30 – Aug 1</p>	<p>“Human beings need deepening places...far too many never have that experience.” – Madeleine L’Engle Mid-Life may be your time to grow inwardly to that deepening place and to be challenged to look at life from other angles.</p>	<p>Sr. Pat Choong, FMM</p>
<p>Sept 3 – 5</p>	<p>"Co-Heirs with Christ!" (Rom.8/17) Joyous discipleship is based entirely on the "wondrous exchange" effected daily at the Holy Eucharist. All of this is in the context of membership in the <i>Body of Christ</i>, and of our mission of <i>service to humanity</i>.</p>	<p>Fr. Fio Mascarenhas, S.J.</p>
<p>Sept 14-16 (Tues-Thurs)</p>	<p>“We do not live the afternoon of life according to the programme of life's morning, for what was great in the morning will be little at evening” – Carl Jung You are invited to look at the second half of life from the point of view of Retirement, Ageing, Dying.</p>	<p>Sr. Pat Choong, FMM</p>
<p>Sept 21 – 29 (8 nights)</p>	<p>Vacation with the Lord 8-day Individually Guided retreat</p>	<p>Sr. Theresa Koh, FMM/Sr. Molly Lim, FMM</p>
<p>Oct 1 – 3</p>	<p>Realities and Relations Daily life led by the grace of the Holy Spirit</p>	<p>Fr. Ponnudurai, S.J.</p>
<p>Oct 22 – 24 Mandarin</p>	<p>“Let the peace of Christ rule in your hearts, and be thankful!” - Col 3,15 (Conducted in Mandarin) Invitation to pray with a restful heart to appreciate in gratitude the most important principles of life: Love of God and Peace of Christ.</p>	<p>Fr. Thomas Chong, S.J.</p>
<p>Nov 4 – 7 (3 nights)</p>	<p>Realities and Relations Daily life led by the grace of the Holy Spirit</p>	<p>Fr. Ponnudurai, S.J.</p>
<p>Nov 9-17 (8 nights)</p>	<p>Gods’ dream and vision for me in my life (8-day group preached retreat) Wholeness and brokenness are threads that weave</p>	<p>Fr. Colin Tan, S.J.</p>

through our life histories, yet through these we can still discover a life with and for Christ.”

- Nov 19 – 21 **Spirituality of Imperfection** [Fr. Ignatius Huan](#)
An invitation to embrace our weaknesses & flaws to allow God to manifest his power through them
- Nov 26 – 28 **"The God Who Comes Near - But Where? How? When? Noticing the Divine in the Human --- 1 "** [Fr David Townsend, S.J./ Grace Chung](#)
- Dec 3 – 5 **"The God Who Comes Near - But Where? How? When? Noticing the Divine in the Human --- 2 "** [Fr David Townsend, S.J.](#)
- Dec 9 – 12
(3 nights) Advent & New Beginning – An individually guided retreat. [Sr. Francisca Tan, RC](#)
Preparing for Christmas as we look forward with hope for the coming of Christ. Let us make room for Jesus. Let us welcome Him.

Registrations and enquiries contact :

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