



From the Crib to the Cross: Mid-week Lenten Retreat

March 25th – 28th 2025



Our retreat theme is: **From The Crib to The Cross**. The book that we will be reflecting on is: **Your Sorrow is My Sorrow**, by Joyce Rupp. We will reflect on the Seven Sorrows or Prayers of Mary in relation to her mothering experience of Jesus, her deep spiritual experiences and challenges. But ultimately, it will be about our spiritual enrichment during the course of the week. To have a closer encounter with what our Lord's Mother experienced and her painful journey to salvation. I pray and trust that this journey will allow us to learn the true message of the Presence of God in all our circumstances. I hope that we will be able to practice from within.



Retreat facilitator: Gradwell Fredericks. Gradwell is the current incumbent of Traralgon Anglican Parish. He 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.

Gradwell practices contemplative spirituality and loves the writings of Eddy Askew, Henri Nouwen, Joyce Rupp, Richard Rohr and Eastern Spiritual writers. He takes annually a personal 5-day silent retreat... To physically retreat from... do reflection ... to be restored, refreshed and reenergised.

Residential Single Accommodation including all meals and program - \$570

Residential Shared Accommodation including all meals and program - \$395pp

Non-Residential including all meals and program - \$270

5pm Tuesday to after lunch Friday. **Please RSVP by March 14th.**

Bookings: Trybooking <https://www.trybooking.com/CXESR> or phone us at The Abbey

For further information, phone (03) 5156 6580 or email us at info@theabbey.org.au