

# RETREAT FOR WOMEN

## FINDING GOD IN EVERYDAY LIFE



Guest Facilitator  
**Meredith Secomb**

In modern day life, with its distractions, anxiety, depression, anger and addiction, it seems hard to experience God's transforming love and healing touch. However, God is nearer to us than we are to ourselves and deep intimacy with God is possible in everyday life.

This retreat will draw on the teaching of Fr Martin Laird OSA, who follows 2000 years of Christian tradition, to provide participants with strategies to detach from distractions that hinder us from intimacy with God, and lead us into silent depths within. In silence we discover our loving Lord. Gradually we learn how to carry that knowledge into the nitty-gritty of our everyday lives.

### 16 - 18 FEBRUARY 2018

Swan Valley Adventure Centre: 58 Yule Ave Middle Swan  
**\$220**

This is a 'live in' retreat . Registration fee includes: retreat program, accommodation, meals and bed linen. Due to the nature of the retreat there is limited capacity. Registrations accepted on a first in basis.

Presented by


*Anima*  
Women's Network

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Register online at:  
<http://bit.ly/2j6siJf>  
RSVP by 5 February 2018

[animaperth@gmail.com](mailto:animaperth@gmail.com) or call Respect Life Office 9422 7999



“FOR GOD ALONE.  
O MY SOUL. WAIT  
IN SILENCE. FOR MY  
HOPE IS FROM HIM.”

PSALM 62:5

# FINDING GOD IN EVERYDAY LIFE

16 - 18 FEBRUARY 2018

Retreat commences Friday 7:30pm and concludes Sunday 10am followed by Mass

- Understand the possibility of deep intimacy with God in everyday life.
- Acknowledge the distractions that hinder us from intimacy with God.
- Identify prayer strategies.
- Learn how to integrate prayer with everyday life.

## About Meredith Secomb *Retreat Facilitator*

Meredith has worked as a psychologist in both the public and private sectors; the latter specialising in the crossover of psychology and spirituality. Her PhD in Theology from the Australian Catholic University explored the topic “Hearing the Call of God.” She has published in the fields of spirituality, psychology, and theology, and has presented papers at conferences both in Australia and overseas. After completing her doctorate Meredith travelled into various parts of rural Australia as a missionary on a bicycle. Meredith now lives a simple life as a contemplative in suburbia and shares in the life of her local parish. She is particularly concerned to help people appreciate the value of everyday life as an opportunity for transformation in God.

*Anima*  
Women's Network

*Nurturing the Heart of Women*

Anima is a voluntary network which aims to enrich the lives and faith of women by addressing the issues which they face in their faith, relationships, families, vocations, workplaces and in the wider society. Find us on facebook /animaperth