

“Come away
to a deserted place
all by yourselves
and rest awhile”

Jesus invitation to the disciples to ‘come away..... and rest’, was given after they returned from a time of intense ministry. He recognised that they needed a period of renewal and refreshment, so comes the invitation for some time aside. Jesus modelled this pattern in his own life and ministry. His active life was punctuated with regular times of drawing aside. So we see him rising before dawn to go out and pray, withdrawing for a time of prayer, praying all night to maintain his deep connection with God and nurture his own inner being.

There come times for all of us when we need to take some time for refreshment and renewal. We may have been caught up in busyness, we may have had a period where expectations on us have diminished our energy or we may sense God leading us in some new direction and we need time and a space to ponder what this may be. Or there can be any number of other reasons that create a need to find a time and place for refreshment.

The spirituality ministry at Seacliff Uniting Church offers you a place to “come away ... and rest awhile”, a place to nurture your deeper self, a place to renew or deepen your relationship with God.

All of the programmes in this brochure will be held at the Seacliff Uniting Church, 5-9 Wheatland Street, Seacliff.



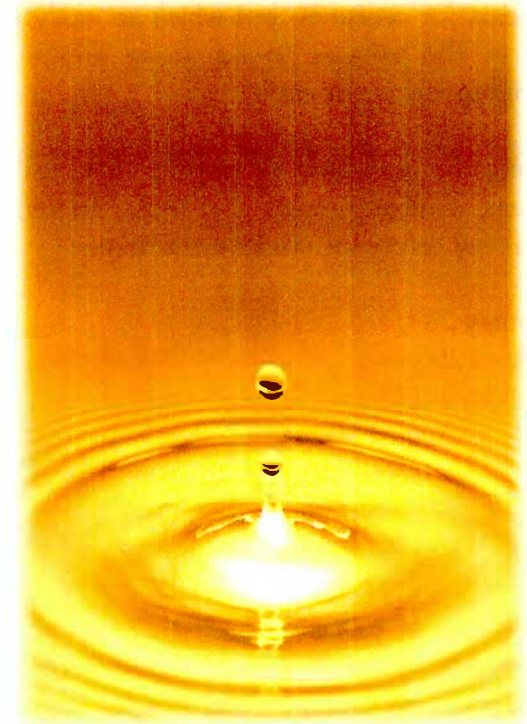
If you have any questions or would like further information please contact the Seacliff UC Office: Ph 8296.1517 or office@seacliff.org.

The Seacliff Spirituality programmes for 2021 will be led by Rev. Gary Stuckey the minister of the church.

Gary has extensive experience as a retreat leader, teacher of meditation and is a Spiritual Director of 30 years' experience. He has also taught in the area of Christian Spirituality in Australia and the UK.

He can be contacted on 0488 017 187.

Seacliff Uniting Church



Spirituality Programme
2021
Led by Rev. Gary Stuckey

Contemplative Worship

Come into the Quiet
and find grace and peace
to restore your soul

Contemplative worship is the offer to receive the gracious gift of time- to restore the sacred rhythm of work, rest and prayer- a rhythm that has sustained those seeking to live out the Way of Jesus for centuries, but which so easily gets lost in the pressure to do many things and absorb much information.

During the next hour of worship there will be prayers, symbols, words and music to refresh your soul before the week's work begins.

February 28th,
April 25th,
June 27th
August 22nd
September 26th &
November 28th.

We gather at 6:00pm for the Contemplative Worship followed by shared refreshments for those who wish to stay on and mingle.



Praying with the Mystics

A series of Quiet Days focusing on the ancient wisdom of the mystics of the Christian tradition- people who walked the way before us and can still help guide our spiritual journey.

Why not take a little space?

Most of us find it difficult to make space for ourselves in which we can relax, pray, ponder and listen for the promptings of the Spirit, but we know that our lives are different when we do.

There will be four Quiet Days in 2021. Each day will run from 9:30am-3:00pm.

February 16th: Praying with Francis of Assisi

May 4th: Praying with Julian of Norwich

August 3rd: Praying with John of the Cross

November 16th: Praying with Anthony the Great



Reflections for Growth

During 2021 there will be four opportunities to join with others in a group setting to explore matters of life and faith.

Lent

A six week series meeting on Tuesday mornings at 10:30 and Thursday afternoon at 2:00pm commencing on Tuesday 23rd Feb and Thursday 25th Feb.

We will be guided in our reflection by the Rev Rob Bos' Lenten studies for Mark's Gospel entitled "Journeying with Jesus".

Introduction to Christian Meditation

Over three weeks there will be the opportunity to discover the ancient art of Christian Meditation. We will explore the benefits of meditation, learn different styles of Christian meditation and above all, have the opportunity to practice meditation.

Tuesday 1st, 8th and 15th June at 10:30am.
Wednesday 2nd, 9th and 16th June at 7:30pm
Thursday 3rd, 10th and 17th June at 2:00pm.

Advent

The approach to Christmas is often a very busy time. Here is the opportunity to slow down and spend a little time in reflection in this season.

Tuesday Nov 30th Dec 7th & 14th at 10:30am
Thursday Dec 2nd, 9th and 16th at 2:00pm

A further programme for reflection will be held around August. Look out for details later.