

INVITATIONS TO THE MONASTERY OF THE SOUL

The Lost Art of Simplicity & Attending



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Part 1 of 4 – The Lost Art of Simplicity and Attending

Dear fellow travellers. The Australian Community of Aidan and Hilda, a dispersed Monastic Community, is pleased to announce a series of four afternoon retreats conducted quarterly throughout 2025, the first starting on Saturday 1st February 2025.

We have decided to name these retreats as ‘invitations’ and as we believe God is continually inviting us to a deeper personal relationship, patiently waiting for us. As part of our exploration, we will use the thoughts of theologians and mystics such as Eckhart, Chittister, Merton, Rohr to name a few who will help us have a clearer understanding of the road ahead.

Below is a brief explanation of how our first retreat will look on 1st February.

The first invitation of our retreat afternoon is to look at The Lost Art of Simplicity and Humility. With our busy lifestyles, it is easy to neglect the ‘baggage of life’ that we carry within us, which can confuse and lessen our spiritual journey. It is an invitation to do a ‘spring clean’ where we identify the ‘attachments of life’ that we have travelled with during our lifetime. Is it time to reflect on those attachments and make some perhaps hard decisions about whether they are worth hanging on to?

And ...

The second invitation of our retreat afternoon is to look at Attending to the Growth of God within us on our journey of discovery. Theologian Meister Eckhart called it ‘tending to the birth within’. After looking at the ‘attachments’ we carry in the first session and being aware of their influence, we continue our own personal journey of spiritual discovery.

Imagine a seed has been planted in your soul and is just waiting to be nurtured and tended. That seed is the seed of God.

WHEN: Saturday 1st February 2025.
TIME: 1.00pm till 4.30pm.
VENUE: 'The Garden Hub' Swan Bay Sustainable Gardens 182-190 Swan Bay Road Wallington. (Swan Bay Road is on the Geelong to Queens-cliff Road (Bellarine Hwy) just past Adventure Park on the left).

COST: By donation. Refreshments provided.

BOOKINGS ARE ESSENTIAL: Numbers are limited. For Bookings please contact **Gary Lyons Mob: 0417300957** or e-mail at **gwlyons@bigpond.com**

FORMAT: A time of presentation on the 'invitation' then a time of silent reflection with guided questions where you may wish to journal. So please bring a notebook and pen. Class notes will be provided.

Please note that a trained spiritual director or counsellor will be available if you need to talk to someone.

RETREAT PRESENTERS:

Bruce Challoner (0400546449) Email: challoner@bigpond.com
Guardian
Australian Community of Aidan and Hilda

1985 Pastoral Counselling CCEF, Philadelphia. USA
1986 Director of Paraclete Christian Counselling Service – Werribee, Vic
1990-1994 Associate Pastor Cloverdale Baptist Church
1990 Director of Tuckers Life Enrichment Centre – Geelong, Vic
1994 Director Counselling and Training, Focus on the Family Australia
2003 Private practice, Lara, Vic

Gary Lyons (0417300957) Email: gwlyons@bigpond.com

BA Psychology and Sociology
Graduate Diploma in Social Science (Family therapy)
Graduate Certificate in Ministry (Counselling)
Institute of Christian Counselling (UK)
Certificate 4 in Workplace Training and Assessment.

THE AUSTRALIAN COMMUNITY OF AIDAN AND HILDA

We are a dispersed, international and ecumenical community drawing particular inspiration from Celtic spirituality as embodied by saints such as Aidan and Hilda. We welcome people of all backgrounds and countries who wish to begin the journey towards loving God more.

Our vision is to live a holistic Christian spirituality for today, to be a renewed people who journey with God, to develop resources for emerging and existing churches, and to heal broken people and fragmented communities.

In common with ancient Christian communities, we commit to a personal application of our three life-giving principles, Simplicity, Purity and Obedience.

