

Annual Programme 2025

*"A HOUSE OF PRAYER AND SPIRITUAL HELP
FOR THE GLORY OF GOD"*

Sister Eveleen Barklie 1939



*In a world that often pulls us in many directions,
there is a constant, quiet invitation to come and rest in the presence of God.
We are designed to yearn for something greater than mere distraction
—a place where we can step away from the demands of our days
and into a space of peace and stillness.*

*Here, surrounded by our city's trees and the vast expanse of sea and sky,
there is a place that offers the rest we long for.
It is a space where time may slow,
where the rhythmic crash of the waves and the stillness of the garden draw us back to ourselves and
into an awareness of God's presence.*

*This is not a place of confinement, but of openness, where anyone
—regardless of where they come from or what they believe—
is welcome to sit, to breathe, and to be.
The gentle pathways, the chapel doors open wide,
and the lush and vibrant nature all beckon us to release the busyness we carry.
And in letting go, we discover the richness of solitude.*

*Here, silence is not an absence but a fullness.
It becomes a language of its own, speaking to the heart, inviting reflection,
and drawing us closer to the still, small voice of God.*

*Whether in the quiet of an individual retreat or through shared sessions and community,
be welcomed in this place
—a sanctuary for those who seek replenishment, a pause in the whirlwind of life,
a reminder that we are not merely what we produce or consume
but beings created for rest, for silence, and for the joy of knowing God.
([Sister Eveleen Intro](#) by Joel Tempero)*



Come and visit us ...

*discover our hidden treasure on the hill ...
in a guided or private retreat for yourself,
an individual stay, day stay
or with your church group*

SISTER EVELEEN MINISTRY AND SERVICES

St. Francis Chapel & Prayer Rhythm



Our chapel is a quiet, reflective space for prayer and small gatherings and is open to all guests.

During the week we have our regular

Prayers Times

Monday - Midday prayer, 12 o'clock

Tuesday - Contemplative 12 o'clock

Wednesday - Morning prayer, 7am

Thursday - Celtic Christian, 12 o'clock

Everyone is welcome to join in.

Day Retreat and Stays

Need a day to rest, pause or to simply be with God?

You can book a self-guided day retreat at Sister Ev (You will have a room to yourself for the day- NZ\$30)

[please get in touch via email](#)

Spiritual Direction

We can arrange spiritual direction for individual guests and for groups upon request.

You will be given wisdom and guidance by our qualified spiritual directors, facilitating your spiritual retreat.

Rooms available for spiritual direction are

St. Ignatius or the Chapel

[Just get in touch with us.](#)

Guided Retreats.

Guided retreats are an opportunity to deepen your spiritual journey under the guidance of a retreat leader. They will usually focus on a theme, will often involve extended times of silence and individual spiritual direction.

We offer a wide variety of retreats from single to seven days.

Book Sister Ev for your group

Sister Eveleen Retreat House is a perfect space for your next parish or prayer group retreat. You will have the use of the main house and Annex. It offers 11 beds (in single and twin rooms), a lounge, dining area, St.

Francis Chapel and the garden.

Whole house bookings are self-catered.

[Please get in touch via email](#)

Retreat Fees

Like many, we have felt the impact of the economy.

To help cover costs, we had to make a small price increase in 2025. However, cost should never prevent you from experiencing this space. If finances are a barrier, please reach out — we can help.

Even with this increase,
the expenses are not fully covered.

Thank you for your prayers and support as we continue to provide rest and retreat to those seeking.

Accommodation

SERH offers 11 beds in 8 rooms, each offering a range of accommodation choices and prices. All rooms are warm and inviting with captivating views of sky and sea. Each room has a tranquil and cozy atmosphere, facilitating your refreshing spiritual retreat.

The Annex

The annex has recently been renovated and offers retreatants and guests a Monastic cell experience in smaller simply held rooms.

[All rooms can be booked](#)

for your personal individual overnight retreat stay, self-catered but with the option of breakfast.

Housekeeping and Kitchen

Our kitchen will be available for your use at any time during your stay. This includes oven, stove, microwave, fridge, freezer and cutlery, crockery and cooking equipment.

We also offer a variety of teas and coffees, and optional breakfast for overnight stays.

Retreats are fully catered with home cooked meals) unless otherwise stated.

Individual and Group bookings are self-catered.

Our Prayer Stools

The beautifully prayer stools in our Chapel are crafted from original Sister Eveleen Retreat House weather board or Rimu,

hand-made by Dugald Wilson from our Board.

They are available for \$40 Koha- [please get in touch](#)



GUIDED RETREATS 2025

Please note:

You always have the **option to come earlier or stay longer** and add an **Overnight Stay** (self-catered and -guided). More info on this will be sent to you upon registration.

Our fees ... are set low to encourage participation in our programme and ministry and do not represent the true cost of the upkeep and maintenance of this wonderful historic house. If you are able, we would welcome your additional contribution. On the other hand, if you'd like to attend but the cost is prohibitive, get in touch as we may be able to assist you.

January

Living from the Tree of Life"

"On each side of the river stood the tree of life... and the leaves of the tree are for the healing of the nations." Revelation 22:2

This retreat is an opportunity to start the year by setting aside time to rest, pray and reflect. Not a mad rush to fulfil New Years resolutions, but rather to draw aside from the busyness of the past season, resting in God's great love, with our time primarily spent in silence, with rhythms of contemplative prayer and a balance of devotional input, with plenty of time to listen for the Spirit's leading for the year. Learning to respond to God's invitation to live from the Tree of Life, not from the Tree of the Knowledge of good and evil, and considering what that might mean for our daily lives.



Date: Sunday 19th January, 5pm – Tues 21 Jan 1.30pm

Retreat facilitators: Janice & Donald Scott.

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)
(fully booked- only waiting list spaces)

A Day of Retreat @ Sister Ev- January

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (*every last Thursday of the month*)- inspired by the earth and church seasons.

Theme for this month – *To live by faith* -

This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and

before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Date: Thur, 30 January, 9:30 – 2:30pm

Retreat Facilitator: Antje Duda

Cost: NZ\$40 (*Morning Tea, hot drinks are included - BYO lunch.*) **More Info and register:** [Follow this link](#)

February

Final Steps: A Universal spiritual practice"

Join Annette Reinheimer and Eddie O'Connor for this silent retreat looking at the final stages of the 12-step program as a universal spiritual practice. This retreat is not just for those in recovery. Instead, Eddie and Annette explore how the foundations of the 12-step programme apply to anyone looking to work through any spiritual obstacles and deepen their relationship with God. This retreat will be held in full silence with regular periods of prayer and meditation.

Date: Friday, 14th Feb 5:30pm – Sunday 16 Feb 1.30pm

Retreat facilitators: Eddie O'Connor & Annette Reinheimer.

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)
(fully booked- only waiting list spaces)

Prayer Vigil @ Sister Ev

Don't worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. - Philippians 4:6

The Ministry of Sister Eveleen Retreat House is for spiritual help and prayer. Join us in a regular prayer vigil. With the city of Christchurch on our doorstep we want to commit these hours to pray... for the world, our country, the work of the house, our own needs and any intentions you want to offer, for those who come for a time in this contemplative space and for those who daily live out their faith in a busy world. The chapel will be open from 5pm Sunday, to 5 pm Monday. Midday prayer on the Monday will continue as usual. Consider when you might commit an hour in prayer. You might pray from home if making it up the hill won't work for you.

Date: Sunday, 23rd, 5pm – Monday, 24th Feb 5 pm

Facilitator: Sue Sinclair

Cost: This is a free RSVP event, once registered, you will receive more info and a roster where you can add your name

More Info and register: Please [follow this link](#)

A Day of Retreat @ Sister Ev- February

Date: Thur, 27 February, 9:30 – 2:30pm

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month)- inspired by the earth and church seasons.

Theme for this month – *Lent* -

This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Retreat Facilitator: Antje Duda

Cost: NZ\$40 (*Morning Tea, hot drinks are included - BYO lunch.*) **More Info and register:** [Follow this link](#)

March

Coming home to the Father's Loving Embrace

Praying with and walking through the Parable of the Prodigal Son. Luke 15: 11-32

Join Sister Eveleen Retreat House and Carol Renouf, trained Spiritual Director together with her husband Colin Renouf, Ignatian Spiritual Director, for this 2-night retreat, with periods of silence. We will consider the context of this parable and each person within the parable: the father, the youngest son and the older brother. Reflective questions will be provided after each input session. Henri Nouwen's book, "The Return of the Prodigal Son: a Story of Homecoming" will be drawn upon as a basis for the retreat. Rembrandt's painting, 'The Return of the Prodigal' will also be contemplated.



Date: Fri 7 March (5pm) – Sun 9 March (2 pm) 2025

Retreat Leaders: Carol and Colin Renouf

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)

7 Day Silent - Directed Retreat

"In God we live and move and have our being."

Acts 17:28

These 7 days of silence are an opportunity to realign our lives to that of God and to come to an inner quiet which allows us to hear God afresh. Daily individual spiritual direction will be available.

Date: Sun, 16th (5pm) -Sat 22nd March (2pm) 2025

Retreat leader: Glenda Prosser

Cost (fully catered): \$880.

More Info and register: Please [follow this link](#)

(only limited spaces available)

A Day of Retreat @ Sister Ev - March

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month) - inspired by the earth and church seasons. Theme for this month – *Holy Week* -- This day is a simple retreat, but a special treat for

yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Date: Thur, 27 March, 9:30 – 2:30pm

Retreat Facilitator: Antje Duda

Cost: NZ\$40 (*Morning Tea, hot drinks are included - BYO lunch.*) **More Info and register:** [Follow this link](#)

April

The Contemplative Gaze

"... beholding as in a mirror the glory of the Lord, we are being transformed into the same image." 2 Cor 3:18

Join Sister Eveleen Retreat House and Donald and Janis Scott to draw aside from the daily pressures of life, with our time primarily spent in silence, with rhythms of contemplative prayer and a balance of devotional input, and plenty of time to rest, pray and reflect. - Considering throughout what our image of God is, how that informs how we see ourselves, and how that impacts our daily lives!

Date: Fri, 4th (5pm)- Sun 6th April (1:30pm)

Retreat leader: Donald & Janis Scott

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)



A Day in the wisdom of the Desert Mothers and Fathers

"The heart is a mirror, which reflects whatever is held before it." – Amma Theodora.

This day will be a quiet day of reflection, prayer, silence, and sharing....as we explore the spirituality of the desert Mothers and Fathers. These early Christian ascetics sought an intentional awareness of God's presence, a quest that continues to resonate today, offering us an ancient treasure nearly forgotten. This retreat day invites you to pause and take a little time out for yourself- drawing inspiration from the teachings and spirituality of the Desert.

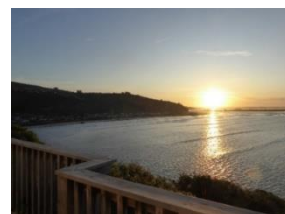
What is the difference with the Days of Retreat @ Sister Eveleen? Days of Retreat are more simply structured, primarily inspired by the liturgical season, and focused on contemplative practice, spirituality, and rest. This Day Retreat will also include some more introduction to the theme.

Date: Thur, 10th April, 9:30 – 2:30pm

Retreat leader: Antje Duda

Cost (BYO lunch): \$45.

More Info and register: Please [follow this link](#)



A Day of Retreat @ Sister Ev – April

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month from March)- inspired by the earth and church seasons.

Theme for this month – *Being resurrection People-*

This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Date: Thur, 24th April, 9:30 – 2:30pm

Retreat Facilitator: Antje Duda

Cost: NZ\$40 (*Morning Tea, hot drinks are included - BYO lunch.*) **More Info and register:** [Follow this link](#)

May

A Pilgrims Soul

"A pilgrim is a person who prays with their feet" Edward Hays.

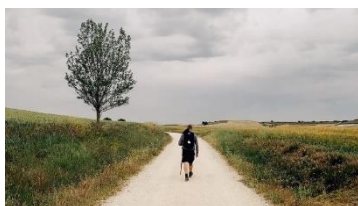
You are invited to ponder this question, as we traverse our inner world this weekend. We don't need to set out on a thousand-mile trail, nor seek a sacred site to meet mystery. Spend a weekend in attunement to the Sacred presence around you and within you as we engage in creative practices and prayer.

Date: Fri, 2nd (5pm)- Sun 4th May (1:30pm) 2025

Retreat leader: Elinor Galbraith

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)



A Day in the name of Mary-Miriam-Maria -

...from Mary we learn to trust...

Humility, compassion, presence, gentleness and deep trust in God with a commitment to serving others with a kind and open heart. This is her strength and greatness. This day will be a quiet day of reflection, prayer, silence, and sharing as we explore what Mary, mother of Jesus and first disciple can offer and tell us today...There is no pre-knowledge of Mary necessary to attend this retreat. Just be open to explore what she can offer you today. This retreat day invites you to pause and take a little time out for yourself- drawing inspiration from Mary.

What is the difference with the Days of Retreat @

Sister Eveleen? Days of Retreat are more simply structured, primarily inspired by the liturgical season, and focused on contemplative practice, spirituality, and rest. This Day Retreat will also include some more introduction to the theme.

Date: Thur, 8th May, 9:30 – 2:30pm

Retreat leader: Antje Duda

Cost (BYO lunch): \$45

More Info and register: Please [follow this link](#)

Reflect & Create- Spring

Creative Joy to nourish your soul -autumn-

Join us for this seasonal creative retreat, following a series of gentle user-friendly exercises (no artistic ability required) a body of images emerge that support reflection and expression. Generous time for rest and walking is woven into the program with time and space to honour experiences and themes. Here we are able to celebrate, digest, grieve, share and envision our unique path. By using a variety of creative mediums: Pastel & crayon, paint, collage, coloured clay, poetry and music, these become allies for this important work. This weekend offers you an opportunity to pause and rest in a supportive, peaceful environment rooted in the Christian contemplative tradition. Take time to connect with the significant themes and spiritual elements of your life, guided by gentle prayers and moments of reflection. Refresh yourself amid the beauty of this place, filled with a spirit of contemplative joy. Enjoy nutritious meals, sweeping vistas, and serene walking tracks. This retreat offers space for rest, contemplation, and meditation in a welcoming setting for all. The Creative Retreats are a special feature on our program, happening in Autumn and Spring. A winter retreat will be considered where there is demand

Date: Fri, 9th (5pm) - Sun 11th May (1:30pm)

Retreat leader: Glenda Joy

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)

Retreat Days for Clergy and all working in God's ministry-I--

"And He said, come aside to a quiet place, and rest awhile." -

Mark 6:31

This is the **1st of 4 retreats**

designed for all who serve in

ministry—pastors, ministers, deacons, priests, vicars, chaplains, and others responding to God's call. Come to your retreat house and take time for yourself. Time to pray, to walk, to be still, to rest. Take this opportunity to stop doing and simply 'be' with our loving God.

This is a self-directed retreat, there will be no retreat leader, but you may use the guide available at the house. There will be time on the Sunday evening to talk together to plan how you as a group would like the days to run, and if or when the time of silence may be broken (e.g meals, evenings) There is opportunity to join with the midday prayer offered as part of the house ministry, Eucharist can be arranged among the group.

Date: Sun, 25th (5pm) – Wed, 28th May (10:30am)

Cost (fully catered, 4-day/3nights): \$450.

More Info and register: Please [follow this link](#)



A Day of Retreat @ Sister Ev- May

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month from March)- inspired by the earth and church seasons.

Theme for this month – *The Trinity* -

This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Date: Thur, 29 May, 9:30 – 2:30pm

Retreat Facilitator: Antje Duda

Cost: NZ\$40 (*Morning Tea, hot drinks are included - BYO lunch.*) **More Info and register:** [Follow this link](#)

June

Ora et Labora -pray and work- a day exploring the rule and spirituality of St. Benedict

"Those who work while praying, lift their hearts to God through their hands." St. Benedict

Join us at Sister Eveleen Retreat House to explore the wisdom of Benedictine Monasticism, which offers a foundational rhythm for balancing and ordering our lives. This quiet day of prayer will explore how the Rule of Saint Benedict can inspire and guide those outside monastic life. Take a pause and enjoy a little time for yourself, drawing inspiration from St. Benedict's teachings. This simple retreat is a special gift to yourself—perfectly manageable between school runs and before life gets busy again at home. It is also an ideal opportunity if you'd like a taster of a retreat experience.

What is the difference with the Days of Retreat @ Sister Eveleen? Days of Retreat are more simply structured, primarily inspired by the liturgical season, and focused on contemplative practice, spirituality, and rest. This Day Retreat will also include some more introduction to the theme.

Date: Thur, 5th June, 9:30 – 2:30pm

Retreat leader: Antje Duda

Cost (BYO lunch): \$45

More Info and register: Please [follow this link](#)

Creative Writing Retreat

Have you always wanted to write a book, poem, or memoir? Perhaps you're halfway through writing an essay but can't find the time to finish it off. This retreat is designed for people wishing to learn a bit about the craft of writing, as well as spend some time focused on a particular writing project. Former Sister Ev Director, Eddie O'Connor, will lead this popular

retreat, using the skills he developed during the Masters of Writing he completed in 2019. Refresh yourself amid the beauty of this place, filled with a spirit of contemplative joy, and the peaceful environment of Sister Eveleen Retreat House rooted in the Christian contemplative tradition. The weekend is accompanied by gentle prayers and moments of reflection as a space for rest, contemplation, and meditation in a welcoming setting for all. Enjoy nutritious meals, sweeping vistas, and serene walking tracks.

Date: Sat 7th (9am) – Sun 8th June (2pm)

Retreat leader: Eddie O'Connor

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)

Retreat Days for Clergy and all working in God's ministry-II--

"And He said, come aside to a quiet place, and rest awhile." - Mark 6:31

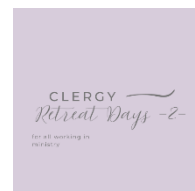
This is the **2nd of 4 retreats** designed for all who serve in ministry—pastors, ministers, deacons, priests, vicars, chaplains, and others responding to

God's call. Come to your retreat house and take time for yourself. Time to pray, to walk, to be still, to rest. Take this opportunity to stop doing and simply 'be' with our loving God.. This is a self-directed retreat, there will be no retreat leader, but you may use the guide available at the house. There will be time on the Sunday evening to talk together to plan how you as a group would like the days to run, and if or when the time of silence may be broken (e.g meals, evenings) There is opportunity to join with the midday prayer offered as part of the house ministry, Eucharist can be arranged among the group.

Date: Sun, 15th (5pm) – Wed, 18th June (10:30am)

Cost (fully catered, 4-day/3nights): \$450.

More Info and register: Please [follow this link](#)



A Day of Retreat @ Sister Ev- June

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month from March)- inspired by the earth and church seasons. Theme for this month – *Matariki* - This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Date: Thur, 26th June, 9:30 – 2:30pm

Retreat Facilitator: Antje Duda

Cost: NZ\$40 (*Morning Tea, hot drinks are included - BYO lunch.*) **More Info and register:** [Follow this link](#)

Praying with St. Ignatius of Loyola- Exploring the major themes of the Spiritual Exercises of Ignatius of Loyola and meeting God in them

'Take, Lord and receive all my liberty...Give me your love and your grace for this is sufficient for me.'

[SE234]- St Ignatius of Loyola.- Join Sister Eveleen Retreat House and Ignatian Spiritual Director Colin Renouf for this 2-night silent retreat exploring the Spiritual Exercises of St Ignatius of Loyola. We will begin by reflecting on: Who was Ignatius? And what are 'The Spiritual Exercises'? Then we will consider some of the key themes of the Exercises: Radically Loved, Principle & Foundation, Freedom, Desire, Contemplating Christ and ending with how we are delightfully loved by God. The goal of the Exercises is to grow in union with God, thus gaining inner freedom and becoming more like Christ who was free to love and to serve.

Date: Mo 23rd (5pm) – Wed 25th June (2pm)

Retreat leaders: Colin Renouf.

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)

July

Retreat Days for Clergy and all working in God's ministry -III--

"And He said, come aside to a quiet place, and rest awhile." - Mark 6:31

This is the **3rd of 4 retreats** designed for all who serve in ministry—pastors, ministers, deacons, priests, vicars, chaplains, and others responding to God's call. Come to your retreat house and take time for yourself. Time to pray, to walk, to be still, to rest. Take this opportunity to stop doing and simply 'be' with our loving God. This is a self-directed retreat, there will be no retreat leader, but you may use the guide available at the house. There will be time on the Sunday evening to talk together to plan how you as a group would like the days to run, and if or when the time of silence may be broken (e.g meals, evenings) There is opportunity to join with the midday prayer offered as part of the house ministry, Eucharist can be arranged among the group.

Date: Sun, 20th (5pm) – Wed, 23rd July (10:30am)

Cost (fully catered, 4-day/3nights): \$450.

More Info and register: Please [follow this link](#)



A Day of Retreat @ Sister Ev- July

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month from March)- inspired by the earth and church seasons.

Theme for this month –*tbc*-

This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Date: Thur, 31 July , 9:30 – 2:30pm

Retreat Facilitator: tbc

Cost: NZ\$40 (*Morning Tea, hot drinks are included - BYO lunch.*) **More Info and register:** Follow this link

August

Participating in the Trinity -

a 5 or 7 – day silent retreat

Join Donald and Janice Scott at Sister Eveleen Retreat House for this opportunity to draw aside to spend time together largely in silence, inviting contemplative reflection on the Trinity, utilising various prayer methods, Scripture readings highlighting the Trinity, as well as 'gazing upon' Andrei Rublev's 15th Century icon of the Trinity, all inviting participation/communion with this glorious Trinitarian understanding and encounter with God. Our retreat offering allows you to select either a **5-day** or a **7-day experience**.

The **5-day** retreat concludes on **Thursday, 21st August**, at 2 pm, offering a profound immersion in the topic. For those seeking a more extended period of spiritual reflection, the **7-day** retreat concludes on **Saturday, 23rd August**, at 2 pm, providing additional moments for prayer and contemplation.

Date: Su, 17th (5pm)– Thur, 21st or Sat 23rd August (2pm)

Retreat leaders: Donald & Janice Scott

Cost (fully catered):

5-day retreat NZ\$680 - 7-day retreat: NZ\$880

More Info and register: Please [follow this link](#)



A Day of Retreat Day @ Sister Ev– August

(every last Thursday of the month)

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. Once a month we invite you to pause and take a little time out for yourself- inspired by the earth and church seasons. This day is a simple retreat, but a special treat for yourself. Theme for August –*Season of Creation*

Date : Thur, 28th August 9:30am – 2:30pm

Retreat leader: Antje Duda

Cost : \$30 (incl. morning tea, hot drinks, tea and coffee; BYO lunch).

More Info and register: Please [follow this link](#)

September

The Exploring and Praying with the "I am" Statements of Jesus

Join Sister Eveleen Retreat House and Carol Renouf, trained Spiritual

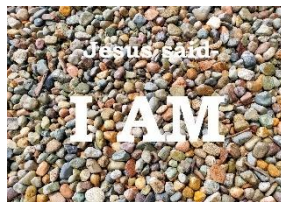
Director together with her husband Colin Renouf, Ignatian Spiritual Director, for this 2-night retreat, with periods of silence. Together we will unpack these words of Jesus and what they reveal about him and his relationship with the Father. We will also consider their significance for us and our relationship with the Trinity.

Date: Fri 5 Sept (5pm) – Sun 7 Sept (2 pm) 2025

Retreat Leaders: Carol and Colin Renouf

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)



A Day exploring the Landscape of your Faith

"The landscape is a living mirror, reflecting the depths of our spiritual journey." Elizabeth Julian rsj

In her book *Landscape as Spiritual Classic*, Elizabeth Julian reveals how the landscapes we are familiar with, whether it be nature, environment, or geography, shape our spirituality and faith. She shows us how these familiar surroundings become a mirror to our inner spiritual journey, guiding where and how we encounter God.

This retreat will be a quiet day for reflection, inviting you to explore this your own landscape of faith through prayer, contemplation, and creativity. Together, we will delve into what has shaped—and continues to shape—our understanding of God, spirituality, and faith.

Date: Thur, 11th September, 9:30 – 2:30pm

Retreat leader: Antje Duda

Cost (BYO lunch): \$45

More Info and register: Please [follow this link](#)

Praying with Evelyn Underhill – A 7-day silent directed retreat

Evelyn Underhill's belief that all of life was sacred, was based on her understanding of the incarnation. Evelyn (1875- 1941) was born into a wealthy secular family but had several mystical experiences during her

childhood. Her lifelong search for the meaning of these experiences was the driving force behind her research and writing on the Christian life. She was a prolific author and published over 30 books on spirituality. She was the first woman to deliver lectures to the clergy in the Church of England, to officially conduct spiritual retreats for the Church, to establish ecumenical links between churches, and one of the first woman theologians to lecture in English



colleges and universities. In this retreat we will use some of Evelyn's writings on Prayer to throw light on our own spiritual journeys. Daily individual spiritual direction will be available.

Date: Sun, 14th (5pm) – Sat 20th Sept (2pm)

Retreat leader: Glenda Prosser

Cost (fully catered): \$880.

More Info and register: Please [follow this link](#)

A Day of Retreat @ Sister Ev – September

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month from March) - inspired by the earth and church seasons.

Theme for this month –*Mary Magdalen*-

This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Date: Thur, 25 September, 9:30 – 2:30pm

Retreat Facilitator: Antje Duda

Cost: NZ\$40 (*Morning Tea, hot drinks are included - BYO lunch.*) **More Info and register:** [Follow this link](#)



Reflect & Create - Spring

Creative Joy to nourish your soul - autumn-

Join us for this seasonal creative retreat, following a series of gentle user-friendly exercises (no artistic ability required) a body of images

emerge that support reflection and expression.

Generous time for rest and walking is woven into the program with time and space to honour experiences and themes. Here we are able to celebrate, digest, grieve, share and envision our unique path. By using a variety of creative mediums: Pastel & crayon, paint, collage, coloured clay, poetry and music, these become allies for this important work. This weekend offers you an opportunity to pause and rest in a supportive, peaceful environment rooted in the Christian contemplative tradition. Take time to connect with the significant themes and spiritual elements of your life, guided by gentle prayers and moments of reflection. Refresh yourself amid the beauty of this place, filled with a spirit of contemplative joy. Enjoy nutritious meals, sweeping vistas, and serene walking tracks. This retreat offers space for rest, contemplation, and meditation in a welcoming setting for all. The Creative Retreats are a special feature on our program, happening in Autumn and Spring.

Date: Fri, 26th (5pm) - Sun 28th September (1:30pm)

Retreat leader: Glenda Joy

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)

October

A Day ... with St. Clare of Assisi

"We are to become vessels of God's compassionate love for others."

We often hear much about St. Francis, but who was this bold, courageous, and humble woman, inspired by his way of life? Clare was not only one of the first to follow Francis but also a trusted companion in his mission, deeply sharing his vision of living the Gospel in simplicity and service. Guided by the power of the Gospel, Clare broke through the conventions of her time. Clare's life was one of seeking and spiritual journeying, and it calls us to move beyond our own limited perspectives. This retreat offers a peaceful day for reflection, inviting you to encounter this remarkable woman through her four letters, her testament, and her rule. The day invites you to pause and take a little time out for yourself- drawing inspiration from St. Clare.

Date: Thur, 9th October 2025, 9:30 – 2:30pm

Retreat leader: Antje Duda

Cost (BYO lunch): \$45

More Info and register: Please [follow this link](#)

Retreat Days for Clergy and all working in God's ministry-IV--

"And He said, come aside to a quiet place, and rest awhile." -

Mark 6:31

This is the **last of 4 retreats** designed for all who serve in ministry—pastors, ministers, deacons, priests, vicars, chaplains, and others responding to God's call. Come to your retreat house and take time for yourself. Time to pray, to walk, to be still, to rest. Take this opportunity to stop doing and simply 'be' with our loving God.

This is a self-directed retreat, there will be no retreat leader, but you may use the guide available at the house. There will be time on the Sunday evening to talk together to plan how you as a group would like the days to run, and if or when the time of silence may be broken (e.g meals, evenings) There is opportunity to join with the midday prayer offered as part of the house ministry, Eucharist can be arranged among the group.

Date: Sun, 12th (5pm) – Wed, 15th October (10:30am)

Cost (fully catered, 4-day/3nights): \$450.

More Info and register: Please [follow this link](#)



Facing the Fire: A Journey into Darkness with the Spiritual Exercises of St. Ignatius

The Spiritual Exercises of St Ignatius has been a classic of Christian spirituality since its publication in the 16th century, with many Christians still completing either the entire 30-day retreat or over a longer period in daily life. Yet the opening section of the text is largely ignored in the present day, in part due to its focus on disorder, sin, and hell. With so much darkness in the world, we tend to focus on the lighter, more hopeful side of the Christian faith. But what if a little bit of darkness is exactly what we need right now? In this retreat, Eddie looks at the first week of the Spiritual Exercises as a medieval example of 'Shadow work', a confrontation with the unacknowledged dark side of our personality that we must come to terms with if we are to become the undivided people God is calling us to be. Refresh yourself amid the beauty and spirit of contemplative joy at Sister Eveleen Retreat House, rooted in the Christian contemplative tradition. The weekend will include gentle prayers, reflective moments, and ample space for rest, contemplation, and meditation in a setting that warmly welcomes all. **Date:** Fri, 24th (5pm) – Sunday 26th October (1:30)

Cost (fully catered): 3-day (2-nights) retreat: NZ\$380

More Info and register: Please [follow this link](#)



A Day of Retreat @ Sister Ev- October

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month from March)- inspired by the earth and church seasons.

Theme for this month – *tbc*-

This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Date: Thur, 30th October, 9:30 – 2:30pm

Retreat Facilitator: Antje Duda

Cost: NZ\$40 (*Morning Tea, hot drinks are included - BYO lunch.*) **More Info and register:** [Follow this link](#)



November

Hearts Ablaze – Praying with the Psalms

Moving beyond mediocrity to passion. Write your own psalm of praise.

Pen your own lament

Join Sister Eveleen Retreat

House and Ignatian Spiritual Director Colin Renouf, together with his wife Carol for this 2-Night Retreat focusing on the Psalms as our Prayer Book. “To instruct us in candid honesty, God gave us the book of Psalms – a worship manual, full of ranting, raving, doubts, fears, resentments, and deep passion combined with thanksgiving, praise and statements of faith...this is how God wants us to worship him – holding back nothing of what you feel.” Rick Warren. We will look at various types of psalms, let them speak to us, understand their form and structure, then write our own psalms. There will be periods of silence throughout the retreat.

Date: Fri 7 (5pm) – Sun 9 November (3pm)

Retreat leaders: Carol and Colin Renouf.

Cost (fully catered): \$380.

More Info and register: Please [follow this link](#)

A Day of Retreat @ Sister Ev- November

Join us at Sister Eveleen Retreat House for a quiet day of reflection, prayer, silence and sharing. (every last Thursday of the month from March)- inspired by the earth and church seasons.

Theme for this month –*Advent* -

This day is a simple retreat, but a special treat for yourself. Manageable in between school runs and before life might get hectic again at home. This is also for people who would like to have a taste of a retreat, maybe they have never tried a longer retreat or can't commit to one.

Date: Thur, 27th November, 9:30 – 2:30pm

Retreat Facilitator: Antje Duda

Cost: NZ\$40 (*Morning Tea, hot drinks are included - BYO lunch.*) **More Info and register:** [Follow this link](#)

December

7 Day Silent Directed Retreat

“In God we live and move and have our being.”

Acts 17:28

These 7 days of silence are an opportunity to realign our lives to that of God and to come to an inner quiet which allows us to hear God afresh. Daily individual spiritual direction will be available.

Date: Sun, 30th November (5pm) -Sat 6th December (2pm) 2025

Retreat leader: Glenda Prosser

Cost (fully catered): \$880.

More Info and register: Please [follow this link](#)

Carols at Sister Ev

day and time *tbc*

Join us for our annual carol service followed by hospitality and fellowship.

Between the years -

...If you are interested to stay at Sister Eveleen retreat House in that period, please book early

OUR RETREAT FACILITATORS

Elinor Galbraith

... is a Mother, Friend, Spiritual director, Spa therapist and Trauma informed coach. She loves all things centered in the Divine, that are simple, nourishing and inclusive. Her passion is to offer tools and gentle remembering of this by way one on one companioning (Spiritual direction), and also introducing and deepening the many ways we can slow down and access our hearts and our indwelling wisdom.

Glenda Joy

...is a registered counsellor who has been working with people of all ages and backgrounds for over 20 years. She has trained in several experimental modalities and brings creativity, mindfulness, and body awareness into her work. Glenda uses simple tools in a supportive environment to help clients find hopeful insights and reflections as they connect with themselves and the deeper themes of life. She encourages everyone to find a sense of playfulness and new ways of enjoyment in life.

Eddie O'Connor

Eddie O'Connor is currently a Chaplain at Burwood Hospital in Christchurch, as well as a retreat leader, spiritual director, and writer. He was the Director of Sister Eveleen Retreat House from 2020 – 2023, where he also completed his formation as a spiritual director in the tradition of St Ignatius of Loyola. Eddie is currently finishing a book that uses film and insights from psychology to represent the Spiritual Exercises of St Ignatius in a way that is accessible to a modern, spiritually-sceptical audience.

Glenda Prosser

... has been a spiritual director for 24 years and a pastoral supervisor for 18. She has an MA (Spirituality) from the Oblate School of Theology in San Antonio, Texas. Glenda's faith expression is Anglican but her interests are ecumenical.

Annette Reinheimer

Annette is the Coordinator for the Christian Meditation Community in Christchurch. This involves coordinating Community Days and supporting meditation groups.

Annette is passionate about Christian contemplative practices and has practised meditation in the Christian Tradition for 12 years.

Carol and Colin Renouf

Colin and Carol Renouf have a deep commitment to Contemplative Spirituality and enjoy leading others into a loving, intimate relationship with God. Teaching, retreat leading and accompanying others in their spiritual journey is something they both love to do. Family fills their life with joy and challenge, they have four adult children, with partners and ten grandchildren. Colin with Carol's support was a Baptist Pastor for 24 years, but has moved to being a Catholic. He has been a Spiritual Director for over 25 years. They live in Christchurch and are both involved in Community Ministry.

Donald and Janis Scott

... were both born and raised in the Dannevirke area, Southern Hawkes Bay, farming in the area before moving into a pastoral role at a local church. Relocating with their 4 boys to Christchurch in 2000, they led Northcity church until recently, now focusing on wider ministry to the body of Christ, with a passion for city-wide unity and bi-cultural reconciliation, with Donald also involved in Spiritual Direction and Janice leading the Elijah House regional team. Now the proud grandparents of 5 gorgeous grandchildren!

Sue Sinclair

our former Resident Host, has been connected with Sister Ev since 2020 and enjoys the quiet mystical spirit that the house offers. She brings to the mission of Sister Ev her learnings about lament and silence, coming through personal experience of prolonged grief and loss. She recently completed a Counselling degree through Laidlaw College. With a whanau of four adult sons, a daughter-in-law and two lively mokopuna, she and her husband treasure joy-filled family moments.

THE TEAM AT SISTER EVELEEN RETREAT HOUSE

HANNAH FRAUENSTEIN

as our Resident Host, Hannah is the soul of Sister Ev. She offers hospitality to our individual guests who come here seeking peace and refreshment. Hannah is new to Sister Ev this summer but brings a wealth of hospitality and ministry experience. She is a Licensed Minister (Wesleyan Methodist Church of Aotearoa New Zealand) and serves as one of the Pastors at The Well Church. Hannah has a Geography degree and is currently studying Theology through Laidlaw College as she discerns ordination. She is a passionate baker and loves hosting people with fresh baked goodies. When not at Sister Ev, you'll find Hannah travelling the world somewhere or cycling around Ōtautahi.

ANTJE DUDA

as the Director, Antje looks after the bookings, plannings and the calm running of the retreats of the house. She brings her experience as a Pastoral Chaplain and ministry in Catholic and Franciscan youth and young adult ministry. She has degrees in Education, Pastoral Ministry and Chaplaincy, a whanau of five quickly growing-up sons that keep her and her husband busy. She brings her passion for sacred life-giving liturgy, pilgrimages (real and virtual) and sharing good bread as part of a Eucharistic way of life into this new adventure that is Sister Eveleen Retreat House.



*A warm Haere Mai and Kia ora from both of us.
We love to welcome you soon at Sister Ev*

SUPPORT SISTER EVELEEN RETREAT HOUSE

Sister Eveleen Retreat House is governed by a committed Board of Trustees and a group of fantastic volunteers.

If you would like to support Sister Eveleen retreat House, you can do this in several ways



BECOME A FRIEND OF SISTER EV

Once you have visited the Retreat House and soaked in the atmosphere and the hospitality, we are sure you will want to return. You will always be welcome, and then- why not think about joining the network of people who support the work of the House?

Friends of Sister Eveleen Retreat House

Friends pay an annual subscription (\$150 per person \$200 for couple or \$300 for a family. This entitles them to one free overnight stay each year and a 10% discount on a retreat.

- Friends pledge to pray for the ministry of the Retreat House. Indeed, they have a special prayer which can be used each week
- Friends may help in welcoming others to the House for Retreats and offering their gifts and skills in other ways such as house maintenance, gardening, cooking for retreats.
- Friends are invited to the annual Friends' Gathering, the Carol services, Open Day, working bees, etc.
- Friends receive a quarterly newsletter which updates work done on the house, background to some retreats, profile of a retreat leader, etc.
- Friends have the opportunity for regular gatherings for coffee, chat and prayer.
- Friends can make further tax deductible donations as they are able which supports the work of the house. These donations will be used for a particular project each year - Friends will be kept advised by the Board.

Annual subscription:

\$150 per person or \$200 for a couple or \$300 for a family (*Any further donation qualifies for a tax credit.*)

Bank Account No. 06-0433-0631561-00

Please email friends@sistereretreat.com with your name and e-mail address so we can acknowledge you, include you in our Friends' newsletter and send out your Welcome letter.

Give your time and mahi as a Sister Eveleen Retreat House Volunteer

If you would like to give us some of your time and mahi, we have a group of fantastic volunteers supporting us in gardening, maintenance, computer issues, and as backup hosts.

We would love to hear from you if you are interested to join us.

Please be in touch via email antje@sistereretreat.com or ph 022 563 6879

Sponsor a Retreat:

Having a time of retreat is a crucial component of our spiritual lives and relationship with God.

However, they can also be an unaffordable luxury for many.

SERH has a special fund to reduce the cost of retreats for those in financial hardship.

Support the Running of the Retreat House:

We want SERH to be accessible to everyone, regardless of their financial situation. You can help us keep our prices low by making a donation towards the day-to-day costs of running the retreat house.

You can either make a one-off donation or a regular contribution.

Account No. 06-0433-0631561-00

Sister Eveleen Retreat House is a registered charity. All donations are tax deductible.

GETTING TO SISTER EVELEEN RETREAT HOUSE

Our Location:

Please be aware of our [access disclosure](#) - SERH is a very secluded retreat, which unfortunately means that there is limited vehicular access. Getting to SERH involves a ten minute uphill walk and then a short walk to the house either via a steep uneven zigzag path that is not wheelchair friendly or an almost level track from the top.



If you are able, we encourage the use of public transport, walking, or cycling as part of your journey to us, as a mindful way to begin this retreat day and to honour and protect our creation.

by public Transport:

The bus no. 3 goes (via Bus Exchange) to Sumner ([Timetable](#)), Bus Stop: Nayland St./near Head St..

Walking from there is about 20 min.

by bike:

The cycleways are very well built to Sumner, either on the road or via [Te Ara Ihutai-The Coastal pathway](#).

Bring your bike up the track and you can lock it at the fence.

by car:

There is not very much parking on Whitewash Head Road, and this usually taken by neighbours, so it is best to park down by the waterfront, on Heberden Avenue, or Scarborough Pool ([see map on website](#)) and walk up the hill. Even if there are parks on Whitewash we ask that you don't use them as there are already insufficient parks for residents. You're more than welcome to park temporarily to drop off your things, though. -

If you are dropped by car or if you have some difficulties with the hill, you could use the almost level pathway to Sister Eveleen House – ask for a more detailed map

Once you are at Whitewash Head Road

Walk up the road until the end of the stone wall, enter through our gate and follow the path

For a map, please refer to the website www.sistereretreat.com

If you need assistance on your day of arrival, please give us a call or send us a txt (022 563 6879)

If you are dropped off rather than driving yourself

There is no parking on the road up to Sister Eveleen, so all cars need to be left parked by the playground at the bottom of the hill for the week we are on retreat. Whitewash Head Road itself is narrow, but there is a turning and drop-off space at the top of the first leg of the hill where the road turns the corner.

An unmarked pedestrian entrance between houses number 16 & 18 leads onto an almost level walking track that takes you behind the row of houses to just past the rear entrance to Sister Eveleen Retreat House. Come down the steps and the path ends at the back door of the Retreat House.

CONTACT



6 Whitewash Head Road, 6 Scarborough, Christchurch 8081,
Aotearoa - New Zealand

Email <mailto:enquiry@sistereretreat.com>

Phone 022 563 6879