

# refreshed.

O God, you cause abundant showers to fall on your chosen people. When they are tired, you sustain them.

**Psalms 68:8**

I will refresh the weary and satisfy tired souls.

**Jeremiah 31:25**

## 4 DAY Women's Prayer Retreat

**WAGGA WAGGA**

**Tuesday 22 - Saturday 26 November 2022**

We would like to invite you to a four-day women's prayer retreat being held in the beautiful countryside of Wagga Wagga, a town centrally located for friends to come from Melbourne, Sydney and Canberra, as well as from the local area.

The retreat is being held at St Martin's University Residential College and brought together by Nicky Chiswell (Melbourne) and Di Morgan (Sydney) to provide you with a number of ways to be supported and strengthened in your relationship with God.

### When

The retreat will begin from 4pm on Tuesday 22nd November with a welcome dinner, followed by four days of retreat, finishing at 10am on Saturday 26th November.

Please note: There is also the option of staying on after the retreat for the weekend, or for a holiday (College accommodation is available at additional cost and can be arranged separately).

### What will we do

The retreat provides you with the opportunity to spend extended personal time with God in the beautiful college surroundings and countryside of Wagga.

You will be supported in prayer, and be provided with a variety of resources for your time with God, while being in the company of fellow followers of Jesus.

Each day there will be the following opportunities:

- Morning and late afternoon corporate times together to sing, read God's word and pray
- Opportunity to spend time alone with God before and after lunch, either on site or enjoy the many bushwalks around Wagga
- Optional workshops over the four days by a range of people on spiritual practices that the presenters have integrated into their own lives.

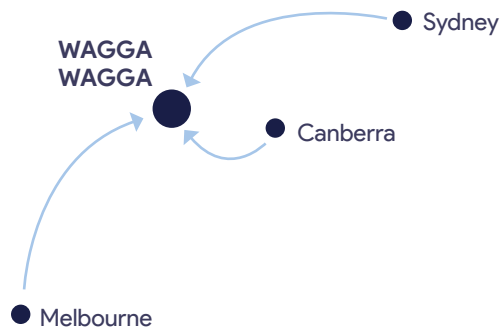
Workshops will include: meditating on Scripture; ways to pray; the value of silence and solitude

- Communal meal times, or the option of remaining in silence over meals at a designated 'silent table'
- Evenings relaxing with others, or in your own company, with recreational facilities available at the College

Our desire is for God to speak to you and refresh you within a range of options as you practice retreat.

We hope you will have the encouragement of being in the company of others who also want to create the space to sit at the feet of Jesus and listen to him.

We want to provide you with the opportunity to learn from others about spiritual practices and then the time to explore them for yourself.



## Where

The retreat is being held in Wagga Wagga, which is 5–6 hours drive from Sydney or Melbourne, or 3 hours drive from Canberra. You can also get there by train, or fly into Wagga airport, and we can arrange to pick you up or you may want to hire a car.

We will be staying at St Martin's University Residential College. The College is operated by the Anglican Church of Australia and jointly supported by the diocese of Riverina and the diocese of Canberra & Goulburn. St Martin's is affiliated with Charles Sturt University and is located on the CSU campus at Wagga Wagga.

St Martin's is set in beautiful grounds, with newly upgraded accommodation, consisting of 12 cottages that can house 6 people, each with its own kitchen, two bathrooms and common room.

## Cost & Registration

The retreat cost is \$540 which includes accommodation and food for the four day retreat.

To register, please visit [stmartinscollege.org](http://stmartinscollege.org) download and complete the registration form and return via email to [stmartins@csu.edu.au](mailto:stmartins@csu.edu.au).

If you would like to find out more information, please contact [Di Morgan](#).



## Extending your stay?

The option is available to you of extending your stay at St Martin's College over the weekend, or longer. Please let the College know if you wish to choose that option and they will provide details and costs.

Phone 02 6933 4966 or email [stmartins@csu.edu.au](mailto:stmartins@csu.edu.au).



**St Martin's**  
COLLEGE

Dargin Way, Charles Sturt University Wagga Wagga Campus | 02 6933 4966 | [stmartinscollege.org](http://stmartinscollege.org)