

## VISION

We offer a place of hospitality for those seeking to deepen their relationship with God. We welcome both seasoned travellers and those new in their journey of spiritual pilgrimage. We support the intentional caring for well-being of our bodies, our minds and souls, opening ourselves to experiences of spiritual renewal. Grounded in the Anglican tradition, the St Oswald Centre for Spirituality offers spiritual direction, refreshment days, and retreats as ways of creating safe places to explore our divine yearning. Our ministry is for both individuals and groups across the many Christian and faith traditions. We welcome people from all backgrounds in the spirit of God's unconditional love and inclusion.

### **Spirituality? What does it mean?**

Spirituality is about realising connection with ourselves, others, God and the environment. It is about integrating our awareness and experience of the web of relationship between all things.

Through nurturing our spirituality, we are encouraged to notice and be present to the ordinary and be real.

By finding space in a busy world, where our deepest yearnings as human beings can safely flourish, we are renewed. In the process, we develop a clearer picture about who we are in ourselves, and in the world. This is cause for real hope, which is lived out in community with likeminded companions.

Spirituality embraces many practices in Christian and other faith traditions and is expressed in our own unique ways. The St Oswald Centre for Spirituality is committed to fostering; the life of the spirit through practices like spiritual companioning, retreat days of silence and contemplation, and other intentional moments drawing upon mystics past and present, nature, the visual arts, music, poetry, literature and bodywork.

These ways invite us to live deeply in the ordinary, open to wonder and connection, alive to mystery.

Cover: Trinity Icon 2022 in the Rublev Tradition  
by Joei Cole of St. Oswald's Parish

## The St Oswald Centre for Spirituality

5 St. Ann's Place, Parkside, SA - just off Glen Osmond Road



## Program for 2024

