

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 2026

Welcome to all that the Program for 2026 has to offer:

- ❖ Weekly opportunities on Thursdays at 9.30am for a 30-minute time of meditation leading into 10 am Eucharist followed by a cuppa (or Brunch if you wish) at a local café
- ❖ Bi-monthly **Retreat** days:
Alternating between
Thursdays 9.30 am – 3.00pm (half days to 1.00 pm), and
Saturdays 10.00 am – 3.30 pm
Cost by donation. \$20 to \$40 (unless otherwise stated)
Morning tea provided. BYO lunch or local café

- Thursday 5th February 9.30 am to 1 pm
Wisdom from Celtic Spirituality through the voices of Brigid of Kildare, Samthann of Clonbroney and Hilda of Whitby.
Led by **Angela Hazebroek**
Half day donation \$20
- Saturday 21st March 10.00 am. to 3.30 pm
A retreat day offering **A selection of diverse Bach piano and organ pieces**, sharing stories, giving gratitude for its music and what part it has played in Christopher's life.
Presented by **Christopher Wainwright**
Donation \$40.00
- Saturday 23rd May 10.00 am. – 3.30 pm
Presence and absence - an invitation to prayer and reflection on the ways that we are present to ourselves and others. A day of prayer and reflection, prompted by thoughts and ponderings arising from the experience of accompanying young people in recovery from addictions.
Led by **Mark Finlay**
Donation \$40 BYO lunch or local café
- Saturday 25th July 11.00 am. – 3.00pm
Art Gallery of South Australia Exhibition
Monet to Matisse: Defying Tradition traces a ground-breaking era in art history through iconic works by the most influential European and American artists of the 19th and 20th centuries. A day for looking and listening to the guides, lunch, then looking again, to notice and ponder the work of art which choose us.
Led by **Dianne Bradley**
- Thursday 24th September 9.30am - 3.30pm
Buds of Spring Retreat Day at Sophia
A gentle day of reflecting, basking in Sophia's beautiful garden, and exploring Contemplative Photography.
Led by **Ali Wurm and Lynne Raw**.
Donation \$40 Shared lunch provided.
- Thursday 12th November. 9.30 am to 1 pm
A morning of Prayer Reflection with Ignatius Loyola – an opportunity to hear something of Ignatius of Loyola's story and an invitation to spend some time exploring Ignatius' methods of noticing and listening deeply to the movements of God within, with opportunities for quiet reflection and sharing.
Led by **Stephanie Brabin**
Half day Donation \$20

Flyers with further information will be emailed 3-4 weeks prior to each event.

Leadership

Parish Priest	The Rev'd Ali Wurm	0408 413 844
	parishpriest@stoswaldparkside.org.au	
Spiritual Directors *		
*Dianne Bradley: 0438 622 928: diannebradley@bigpond.com		
*Deirdre Ragless: d2.ragless@gmail.com		
*John Webb: jawebb@edmundrice.org		
Lynne Raw (Spiritual Director in Formation): lynne.raw@gmail.com		

Each of the Centre's spiritual directors have been accredited by recognised formation programs, are in both direction and supervision themselves, are active members of the Ecumenical Spiritual Directors Association of South Australia, and members of one or more of the National Networks:
ANSO, CSD or Companions.