





A retreat, in the traditional sense, is not about going away to gain information or get things done. It's about pulling back from life and resting. Resting gives us energy so we feel refreshed. Resting gives us the energy we need to examine our life and refocus.

When we are rested we notice what is going on within us and we can allow the Holy Spirit to reform us.

While at a retreat you may not necessarily notice a major shift or change. The benefits may only make themselves known once we return to the demands of life and ministry.

**Who:**

Is open to all officers, soldiers employees, volunteers and friends of The Salvation Army

**Venue:**

**Tenison Woods Education Centre**

St Joseph's Convent,  
New England Highway  
Lochinvar NSW 2321

<http://www.twec.org.au/thecentre.htm>

**Cost:**

**Weekday** (3pm Monday – Thursday after lunch) **\$230**

**Weekend** (7pm Friday- 5pm Sunday) **\$120**

This includes all meals and linen

**Dates:**

Mon 29th April - Thurs 2nd May \$230

Mon 22nd -Thurs 25th July \$230

Fri 1st - Sun 3rd Nov \$120

There is also opportunity for you to sponsor some one that would not normally be able to attend.

**What to Bring:**

Bible

Journal

Pen

**Application Form**

**Name:** \_\_\_\_\_  
Surname First Name

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Phone:** (B) \_\_\_\_\_ (H) \_\_\_\_\_

**Mobile:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Corps/ Centre:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

**Medical Dietary Requirements:** \_\_\_\_\_  
\_\_\_\_\_

**Please indicate the Retreat you would like to attend.**

- Mon 29th April - Thurs 2nd May
- Mon 22nd -Thurs 25th July
- Fri 1<sup>st</sup> - Sun 3rd Nov

**Applications and payment required two weeks prior to the Retreat.**

**Please return application with deposit or full payment to:**

Major Wendy Watts  
PO Box 684  
The Junction 2291

[wendy.watts@aue.salvationarmy.org](mailto:wendy.watts@aue.salvationarmy.org)