

ST VINCENT DE PAUL SOCIETY, SUNRAYSIA - RETREAT

On Sunday, August 14, nineteen members of the St Vincent de Paul Society, Sunraysia, gathered in the Monaghan Room for their annual Retreat. It was a very fitting venue, named after Fr Frank Monaghan who was a passionate advocate for the work of the Society.

Leo Sheehan, Sunraysia Regional President, welcomed and thanked Sr Rosemary Graham rsm (pictured right) for agreeing to lead the Retreat. Fittingly in this Year of Mercy, Rosemary chose as her theme "Mercy is an open book; a reflection for the Year of Mercy."



"A New Day", a beautiful visual reflection, withdrew us from our busy lives to a more reflective space.

We prayed the Prayer of Pope Francis for the Jubilee Year of Mercy followed by a reflection on the image on the Jubilee of Mercy Poster, enabling us to see more clearly that Mercy is relational enabling us to heal, to help and to forgive.

Sr Rosemary led us to reflect on writings from recent Popes, inspirations from the Psalms, parables and teachings of Jesus and writings from Theologians and Spiritual writers to further flesh out exactly what Mercy means for us today.

In response to Pope Francis's call for us to reflect on the Spiritual and Corporal Works of Mercy, Rosemary guided us through each linking them with our mission as Vincentians.

A beautiful warm, sunny afternoon enabled a period of reflection outside with an insightful poem by Mary Wickham rsm, entitled "The Door of Mercy".

We were challenged to articulate what Mercy is and to link our definition with our Vincentian vocation. We were left with a much deeper understanding of Mercy which will undoubtedly help us to respond more mercifully to those we meet each day.



Sunraysia Regional Council of St Vincent de Paul gather for their annual retreat