

# CONVERSATIONS WITH SILENCE

January 13<sup>th</sup> – 16<sup>th</sup> 2025 Silent Retreat

*NZ Community for Christian Meditation*

University of Waikato, Hamilton, NZ

Led by Sally Longley



Ps 19:1-4

*The heavens herald your glory, O God,  
and the skies display your handiwork.*

*Day after day they tell their story,  
and night after night they reveal  
the depth of their understanding.*

*Without speech, without words,  
without even an audible voice,  
their cry echoes through all the world,  
and their message reaches the ends of the  
earth.*

Without speech, without word, without even an audible voice and yet their cry goes out: how do we translate this form of speech? What is the language and vocabulary of such voices that speak out of no sound, out of silence?

As we saturate ourselves in the abode and culture of silence, we begin to learn the language of silence, and to have a conversation between our souls and silence. Silence is not content free. It is rich, active, generative and Spirit-filled.

Stillness and attentiveness unlock the door into the world of silences. As we step into this world filled with many different silences, allowing ourselves to be immersed in silence, to be steeped in it, corrected by it, and to sense its subtle nuances and gestures, our souls can begin the very personal journey of conversations with silence.

## Sally Longley

Dr Sally Longley is a Spiritual Director, Supervisor and Retreat Leader based in Sydney. Sally studied theology in UK and at the Mennonite Seminary in USA. She worked in South Africa as a university chaplain before returning home to Australia.

Sally continues to drink deeply from the wells of both Ignatian and Anabaptist spirituality.

Sally leads silent and themed retreats of between 1 and 30 days in length, and recently spent 30 days in silent retreat in Loyola, Spain. In 2016 she was Scholar in Residence at New Zealand's Vaughan Park Anglican Retreat Centre. Sally is currently co-pastor of Avalon Peace Church, and a member of "Listen into Life," a formation program for spiritual directors.

Sally has published a booklet and a 3 set DVD/MP3: "Christian Meditation: 5 Ways to Pray"; and two books: "Walking the Labyrinth as the Beloved in John's Gospel" (2016) and "Conversations with Silence: Rosetta Stone of the Soul" (2021).

She is married with two adult children. ([www.longley.com.au](http://www.longley.com.au))

Sally will give a series of presentations relating to her theme.

Throughout each day there will be a number of periods of meditation and liturgical prayer times, with opportunities to explore the gardens, talk with an experienced Christian meditator and visit the retreat bookshop. The retreat will be in silence from Monday evening until Thursday late morning.

### **Cost**

\$495 earlybird until 15<sup>th</sup> Dec 2024, thereafter (until Christmas) \$540.

This includes all meals and accommodation at Waikato University.

Financial assistance is available. If the cost of the retreat is a barrier to your being able to attend, please email [retreat@christianmeditationnz.org.nz](mailto:retreat@christianmeditationnz.org.nz) or write to NZCCM Retreat, 12 Everest St. Wellington, 6035 and briefly outline your situation and the amount you are seeking. We have funds available for retreats, so please contact us.

### **Retreat Accommodation**

Waikato University student accommodation provides single rooms with shared bathrooms. We will do our best to ensure bathrooms are gender specific, but this cannot be guaranteed. Linen and towels will be supplied. BYO flannel, soap, shampoo.

### **Registration Details**

Register by sending this information to email: [retreat@christianmeditationnz.org.nz](mailto:retreat@christianmeditationnz.org.nz)

or post to NZCCM Retreat, 12 Everest Street, Wellington, 6035.

1. Title (optional)

2. Name
3. Address
4. Mobile number
5. Email address (for those not registering by email)
6. Preferred name for your name badge
7. Special Dietary Requirements (if any)
8. Emergency contact name and telephone number
9. Ground floor accommodation needed: Yes or No (There are no lifts.)
10. Donations to assist others to attend are very welcome. Please let us know if you would like a tax receipt for your donation.

There are several ways you can pay into NZCCM's Kiwibank account

**38-9003-0812910-01**

i By paying online or by phone into NZCCM's account 38-9003-0812910-01

ii By asking your bank teller to assist you to transfer the funds to NZCCM's account or by depositing cash into NZCCM's account at any Kiwibank branch.

iii By giving cash to a trusted friend with internet banking who can put the funds into NZCCM's account.

NB Please add your name and 'January retreat' in the reference section.

**Cancellations**

Full refunds will be given up to 5pm, 2nd January. After that we will refund as much as we can depending on the costs we are charged. Refund requests to be made by email or letter. Send your email to [retreat@christianmeditationnz.org.nz](mailto:retreat@christianmeditationnz.org.nz) or write to 12 Everest St, Wellington 6035.

**Arrival and Registration**

3pm to 5pm Monday 13<sup>th</sup> January - Gate1 Knighton Road. Park as close as possible to Student Village in General Carpark area.

4pm Monday - **Introduction to Meditation** in the campus chapel especially for those who are new to meditation. All welcome.

5.15pm Monday - Retreat programme begins with meditation in the chapel. It is good to be settled into your room before this.

**Departure**

A packed lunch is available at 12.45pm on Thursday 16<sup>th</sup> January. We leave any time after this.

**For more information or to register**

Email [retreat@christianmeditationnz.org.nz](mailto:retreat@christianmeditationnz.org.nz) or contact Linda Polaschek, 020 4797955 or 04 4797955.