



*Hush. A retreat day on the Island.*  
December 12<sup>th</sup> 2023  
**Spirituality and Music – Intersection of the Divine**

“Music is the echo of the glory and beauty of heaven. And in echoing that glory and beauty, it carries human praise back to heaven.” (Hildegard of Bingen)

Music and spirituality are intricately related, with spirituality often being the inspiration for the creation of music, and music so often creating the desired atmosphere for a spiritual occasion. As an experienced workshop facilitator and retreat leader, in her delightful, reflective style, Cath will lead us into a greater appreciation of the valuable, enriching links between personal spirituality and music... and yes, she will definitely play her harp for us!



**Facilitator: Dr Cath Connelly**

Cath Connelly is Abbey Director at The Abbey, Raymond Island and co-director of the Living Well Centre for Christian Spirituality. She is a spiritual director, retreat facilitator and pilgrimage leader. Cath travels the globe performing on the Celtic harp and leading pilgrimages and retreats. Her recently published book, *Handbook of Hope: Emerging Stories Beyond a Disintegrating World*, is a handy resource for discussion groups and individual reflection.

Where – The Abbey, 1-25 First Parade, Raymond Island

Time – 10.00am – 3.30pm

Donation - \$20

BYO lunch and journal. Morning and afternoon tea provided.