

ONGOING OPPORTUNITIES

Spiritual Direction

— PSC Team

Spiritual Direction is an opportunity to learn to trace the movement of God in our lives and to help us make life choices and decisions. It involves meeting regularly with a trained spiritual director.

Time: To be individually arranged

Counselling

— with Margaret Skehan pbvm

Counselling can help people to cope with the demands of peer and family relationships, parenting issues, personal and emotional challenges, including grief, loss and depression.

Time: To be individually arranged

Spirituality for Everyday Living — guided by Cecily Foster pbvm

An opportunity to come along to a home retreat, where we gather once a week for six weeks to share faith and insights, read the Scriptures that come alive for us and that relate to our daily lives — a time for prayer, song, sharing and friendship. Parishes/individuals interested in sponsoring a home retreat, please contact the PSC.

7 February Living Compassionately: Buddhist Meditation

— guided by Alan Carter

These morning meditations will offer participants the opportunity to live more compassionately, develop wisdom and enhance wholesome states of mind. The meditations can be applied within any religious/spiritual tradition.

Time: Saturday (every Saturday in February 10.00-11.30am)

29 March "...my strength is God. The God who

loves me faithfully." Ps. 59:17

RCIA Retreat Day — guided by Joan Cusack pbvm

A reflection day for RCIA candidates, sponsors and teams journeying to Easter 2009.

Time: Sunday 11.00am-4.00pm.

Closing Date: 20 March

LENTEN OPPORTUNITIES

4-8 April Preparing for Holy Week – Quiet Days of Prayer

— Spiritual Director: Marie Thompson

Take time from the busyness of life to prepare one's heart for Holy Week. An opportunity for quiet prayer, daily Eucharist and spiritual direction (optional).

Time: Saturday 10.00am to Wednesday 9.00am

Closing Date: 28 March

7 April Embracing Our Humanity

— meditation guided by Elizabeth Kerr

What did it mean for Jesus to embrace his humanity on the way to Calvary? This evening meditation will give us the

opportunity to ponder the meaning of embracing our own humanity as people of faith in today's world.

Time: Tuesday 7.30-9.00pm

Closing Date: 3 April

16 May

Prayer for Busy People

— facilitated by Margaret Connors

During this time, participants will be given the opportunity to explore a variety of simple ways to pray. We will focus on how to capture the 'moments' for prayer and to recognise the opportunities for prayer within the busyness and messiness of life.

Time: Saturday 9.30am-12.30pm

Closing Date: 9 May

13 June

Seminar for School Boards

— facilitated by Marlette Black pbvm

Governance as Leadership in faith-based organizations - bringing new modes and new mindsets to the challenges of working on a School Board. This one-day gathering will explore the three topics of Spirituality, Leadership and a Spirituality of Leadership for those in Governance roles in faith-based organizations. Three modes of governance as leadership - fiduciary, strategic and generative - will provide the context for the exploration of these topics.

Time: Saturday 9.30am-3.30pm

Closing Date: 29 May

14 June Renewing the Minister: for Lay Ministers in Parishes

— Reflection Day guided by Fr John Chalmers

An opportunity for lay people involved in parish ministry to deepen their spirituality and reflect upon the blessings of their lives. The day will provide input, reflection and sharing.

Time: Sunday 10.30am-3.30pm

Closing Date: 5 June

18 June

Soup, Salad and Bread for the Journey

Australian Religious Imagination

— Twilight Retreat guided by Noel Davis & Patricia de Laney

An opportunity to enjoy exploring together the riches of our own Australian religious imagination. Image, metaphor and story are our ways of expressing our relationship with the sacred that ever eludes our efforts yet we try. It is not only what we express but how we express it in our original way that is a source of joy for us. Please bring a piece of poetry, prose, a story, a piece of art - whatever you might choose that speaks to you of our beloved sacred land and its spirit embodied in our stories.

Time: Thursday 4.00-8.00pm

Closing Date: 12 June

20-21 June The Sanctity of Wearing Our Own Shoes

— Weekend Retreat guided by Noel Davis and Patricia de Laney

A prayerful time of retreat pausing a while to reflect on our lives and our being loving and true to ourselves, others and our God.

It will address the heart-searching questions - Who am I? Where am I? What is presenting in my life? in an holistic approach. Our time together will include scripture, story, silence, play, poetry, dance and the sharing of experiences.

Time: Saturday 9.30am-4.00pm, Sunday 10.00am-2.00pm

Closing Date: 12 June

7-14 July

Living the Eucharistic Mystery

— 6-day Guided Retreat with Frank Andersen msc

A contemplative exploration of what lies at the heart of the Eucharistic Mystery. We will deepen our sense of the Mystery that drove Jesus in his life, of what perspectives he would have seen in the Last Supper. We will ponder the rich Eucharistic spirituality of both Jesus and the Early Church that still permeates our ritual — and of what a power for mission such insights can be when the ritual is more consciously appreciated. Input and Eucharist will be offered daily.

Time: Tuesday 6.00pm to Monday 9.00am

Closing Date: 12 June

7-11/14 July

May Your Hidden Self Grow Strong

— 3/6 day Directed Retreat with Joan Cusack pbvm

A retreat experience nourished in silence, prayer, Eucharist and daily meetings with the spiritual director.

Time: Tuesday 6.00pm to Monday 9.00am

Closing Date: 13 June

19 July

Day of Prayer for Associates:

Living from the Goodness of God — guided by Pat Cullen fmm

An opportunity for Associates from religious congregations to gather in prayer and friendship with each other. This day will provide input, reflection and sharing.

Time: Sunday 10.00am-3.30pm

Closing Date: 5 July

August-November

Fan the Flame: Renewal for Ministry

Fan the Flame is a unique opportunity for personal renewal and professional development. The program would suit pastoral associates, members of leadership teams, chaplains, campus ministers, teachers, others engaged in ministry and anyone wishing to renew and deepen their faith.

Time: Monday 17 August & alternate Mondays to 9 November 7.30-9.15pm and Sunday 15 November 10.30am-4.00pm

Closing Date: 24 July

5-12 September

Enjoying God

— 6-day Guided Retreat with Kerrie Hyde

Time to simply be and to enjoy God is at the heart of this retreat. Nourished by the love of women mystics, Gertrude of Helfta, Clare of Assisi, Hadewich of Antwerp, Mechthild of Magdeburg, Hildegard of Bingen and Elizabeth of the Trinity, we will explore ways of prayer that will free us to enjoy God more fully. Input and Eucharist will be offered daily.

Time: Saturday 6.00pm to Saturday 9.00am

Closing Date: 14 August

Presentation Spirituality Centre Manly Qld

5-9/12 September **I Have Come to Give You Life to the Full** — 3/6 day Directed Retreat with Colleen Brady rsm

A retreat experience nourished in silence, prayer, Eucharist and daily meetings with spiritual director.

Time: Saturday 6.00pm to Saturday 9.00am

Closing Date: 14 August

19-20 September **Embracing Uncomfortable Emotions** — facilitated by Ann Maree Thompson rsm

Of the emotions of the human experience that are labelled and seen as "negative" — grief and shame are some of the most challenging. Through these days of reflection, participants will be invited to explore these urgings of the heart as an avenue for personal growth, spiritual insight and social transformation.

Time: Saturday 10.00am-4.00pm, Sunday 10.00am-1.30pm

Closing Date: 11 September

22-29 September **Praying with Scripture in the Twilight Years** — 6-day Guided Retreat with Cecily Foster pbvm

This is a retreat that offers quiet times, with short inputs, prayer, reflection and sharing. We will enter into several Scripture passages which reveal to us how we can be more attentive to God's power working in our lives at this stage of our spiritual journey.

Time: Tuesday 6.00pm to Tuesday 9.00am

Closing Date: 31 August

22-26/29 September **Breathing Deeper Life into Our Soul** — 3/6 day Directed Retreat with Ann Maree Thompson rsm & Marie Thompson

A retreat experience nourished in silence, prayer, Eucharist and daily meetings with a spiritual director.

Time: Tuesday 6.00pm to Tuesday 9.00am

Closing Date: 31 August

4 October **A Lectio of Nature** — Mt Cootha Botanical Gardens, guided by Pat Lavercombe

Nature has a gentle way of helping us listen to the deeper movement of God in our lives. This guided meditation will offer us time to reflect upon the sacred landscape of our lives as we wander through the Botanical Gardens.

Time: Sunday 2.00-4.30pm

Closing Date: 25 September

10 October **In the Beginning** — Scripture Reflection Day guided by Mary Coloe pbvm

What does it mean to walk reverently and bow often to the sacredness of the universe? This will be an opportunity to reflect upon the biblical stories of creation and how they invite us to live in relationship with God, each other and our fragile planet.

Time: Saturday 9.00am-3.30pm

Closing Date: 24 September

16-18 October **Spiritual Yoga Retreat** — guided by Laurene Hassard

This weekend offers Hatha yoga, breathing practices, meditation and a chakra workshop. Laurene has taught yoga for the past 19 years in Denmark, USA and Australia.

Time: Friday 6.00pm to Sunday after lunch

Closing Date: 9 October

24 October **Seeking Meaning during Times of Transition** — guided by Penny Carroll

This experience, designed in particular for women, gives participants the opportunity to explore issues of loss and grief that have challenged their identity and their assumptions about the meaning of their lives. This is particularly suitable for those for whom their loss was a choiceless event such as the loss of a spouse through death or divorce, the loss of physical capacity or job loss.

Time: Saturday 9.30am-3.30pm

Closing Date: 16 October

23 November **And a Child Will Lead Them** 27 November/1 December **3/7 day Directed Retreat** — with Fr Gerry Kalinowski and Marie Thompson

An Advent retreat experience nourished in silence, prayer, Eucharist and daily meetings with a spiritual director.

Time: Monday 6.00pm to Tuesday 9.00am

Closing Date: 2 November

5-11 December **Healing Life's Hurts Retreat** — guided by Julie O'Gorman & Maureen Flatley pbvm

Are you tired of hurting? You can leave it behind. Participants are given an opportunity to understand and experience the grieving/healing process. This week is a blend of focus sessions, private time and individual accompaniment.

Time: Saturday 3.00pm to Friday 9.30am

Closing Date: 16 November

4-8 April; 7-14 July **Silent Private Retreats** 5-12 and 22-29 September 23 November-1 December

For more information ...

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Opportunities for Personal and Spiritual Renewal 2009