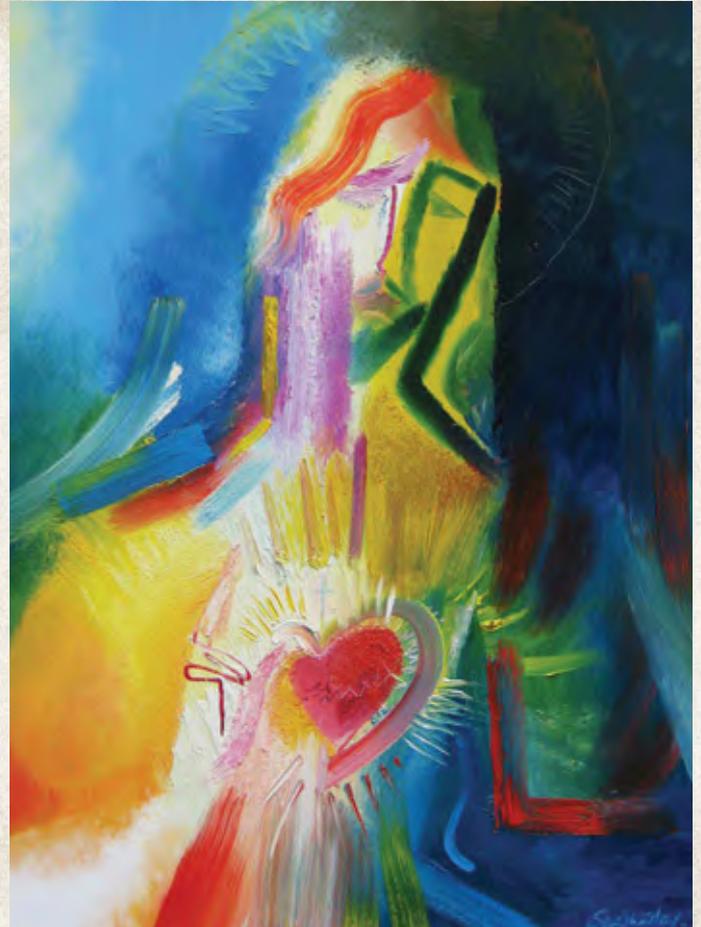




Heart of Life

Spirituality Centre

2016 Program



Seminars & Workshops — Semester 1

Please book at least one week in advance for all Seminars, Workshops and Reflection Days. Concession requests should be made when booking.

Tel: 03 9890 1101, email: hols@bigpond.com

Religious Experience

Peter Malone msc, Mary Coloe pbvm, Anne Henderson

14 x Mondays, 9.15am–11am, 15 Feb to 20 Jun

The varieties of religious experience, their historical, Biblical and theological foundations, as well as religious experience as the focus of spiritual direction, will be examined and reflected upon. Cost \$378

Discernment

Paul Beirne

14 x Mondays, 9.15am–11am, 15 Feb to 20 Jun

This seminar focuses on the ways of God's Spirit and spirits not-of-God in our lives and in our ministry. We will explore discernment of spirits and discernment of God's Will. Cost \$378

The Human Experience of God

Kathleen Spokes sgs

14 x Mondays, 2.30pm–4.15pm, 15 Feb to 20 Jun

Through guided reflection on our human experience of God, we grow in appreciation of both our own experience and the experience described in some of the classical writings about God and prayer. Cost \$378

Psychological Aspects of Spiritual Direction

Kevin Messer, Rosalind Cairns msc

*14 x Mondays, 2.30pm–4.15pm, 15 Feb to 20 Jun
or 14 x Tuesdays, 9.15am–11am, 16 Feb to 31 May*

This seminar, for spiritual directors and others in ministry, presents an

anthropological, psychological and pastoral framework for ministry. Cost \$378 for either Monday or Tuesday stream.

Mindfulness & Meditation

Chris Chaplin msc

4 x Wednesdays, 9.15am–11am, 24 Feb to 16 Mar

The practice of meditation and mindfulness with an experienced meditation teacher. Cost \$108

Stillness & Journal Writing

Paul Beirne

7 x Wednesdays, 2.30pm–4.15pm, 27 Apr to 8 Jun

In this seminar, in stillness, we allow the subtle movement of our hearts to find expression in a spiritual journal, whose sections accord with the natural contours of human experience. Cost \$189



The Experience of Conversion

Robyn Reynolds olsh

7 x Thursdays, 9.15am–11am, 28 Apr to 9 Jun

Through our life experiences, God invites us to enter more deeply into our humanity, with all its ambiguities. In this seminar, we reflect on the experience of conversion, from the perspectives of theology, human development theory, and our own personal experiences. Cost \$189

Seminars & Workshops — Semester 2

Please book at least one week in advance for all Seminars, Workshops and Reflection Days. Concession requests should be made when booking.

Tel: 03 9890 1101, email: holsc@bigpond.com

Ecological Theology

Paul Beirne, Anne Boyd

14 x Mondays, 9.15am–11am, 18 Jul to 7 Nov

This seminar invites us to contemplate God at the heart of the dynamic, evolutionary universe, and explores the ways we may understand ourselves and our relationships within this inter-related and inter-dependent community of life. The seminar focuses on the implications of this for spiritual directors. Cost \$378

Discernment

Paul Beirne

14 x Tuesdays, 9.15am–11am, 19 Jul to 15 Nov

This seminar focuses on the ways of God's Spirit and spirits not-of-God in our lives and in our ministry. We will explore discernment of spirits and discernment of God's Will. Cost \$378

The Human Experience of God

Paul Beirne, Wayne Stanhope o.carm

14 x Thursdays, 9.15am–11am, 21 Jul to 10 Nov

Through guided reflection on our human experience of God, we grow in appreciation of both our own experience and the experience described in some of the classical writings about God and prayer. Cost \$378



At Home with God

Carole Carmody rsm, Kathy Clark, Marlene McGrath, Lis Teggelove rsm

5 x Mondays, times to be arranged, 25 Jul to 22 Aug

A commitment to daily prayer and weekly spiritual direction for five weeks. An opportunity to see God's presence in our everyday lives. Cost: Donation

Ethics for Spiritual Directors

Philip Malone msc

7 x Tuesdays, 2.30pm–4.30pm, 19 Jul to 30 Aug

Maintaining professional standards and facing ethical dilemmas in ministry. This seminar blends ethical teaching with participants' experience in ministry. Cost \$189

The Art of Preparing a Retreat 1 & 2

Carole Carmody rsm

Saturday 13 Aug & Sat 10 Sep, 9.30am-1pm

This is an opportunity to look at different styles of retreat, how to go about preparing them, using resources, creating sacred spaces, and sharing experiences etc. Cost \$80 for the two mornings.

The Experience of Conversion

Carole Carmody rsm

7 x Mondays, 9.15am–11am, 3 Oct to 14 Nov

Through our life experiences, God invites us to enter more deeply into our humanity, with all its ambiguities. In this seminar, we reflect on the experience of conversion, from the perspectives of theology, human development theory, and our own personal experiences. Cost \$189



Eastern Mysticism: An Exploration

Paul Beirne

6 x Tuesdays, 2.30pm–4.15pm, 4 Oct to 15 Nov

What is the purpose of a Zen Buddhist Koan? What is the meaning of the Tao? Did Confucius found a religion? Who populates the Shaman cosmos? These and other questions will be explored in a journey through Eastern mystical traditions. Cost \$189



Retreats

Arrangements can be made for an individually-directed retreat with one of Heart of Life's spiritual directors. Please contact Paul Beirne for further information.

On-site retreats are available at The Cliffs Retreat in Shoreham, catered or self-catered. Contact Brian Gallagher for details and bookings, tel 5989 8777.

Other Events

Beginning-of-year Blessing

Sunday 21 Feb, 2pm-4pm

Open House: 2pm–4pm. Blessing Ritual: 2.30pm

Festival of the Sacred Heart

Friday 3 Jun, 2pm-5pm

We invite you to join us as we celebrate, with the Missionaries of the Sacred Heart, their patronal feast day. Held at Heart of Life.

End-of-year Celebration

Monday 21 Nov, 7.30pm

Please join us for the Eucharist and Missioning of our Graduates at St Paschal Chapel, adjacent to Heart of Life.

Eucharist at Heart of Life

Thursdays 12.40pm

During school terms. All welcome!

Spiritual Direction at Heart of Life

Heart of Life offers the ministry of Spiritual Direction: an ancient Christian practice in which seekers of God open their hearts to a trusted other, to grow in inner freedom and love.

For further information and initial interview, please contact Marlene McGrath at Heart of Life.

Ministry Formation Programs

Siloam

Now in its 36th year, the internationally-renowned Siloam Program for the formation of spiritual directors continues to guide trainees from Australia and around the world along the path of contemplative discernment, following the way of the heart. The program can be taken over one year full time, or two years part-time. There is generally a limit of eight participants in each program. Please refer to the Siloam Brochure for more details.

In addition to Spiritual Direction practicums, seminars offered in Siloam are:

Psychological Aspects of Spiritual Direction	Discernment
The Human Experience of God	Religious Experience
The Experience of Conversion	Grace
Ethics for Spiritual Directors	Ecological Theology

Siloam participants can enrol in other Heart of Life seminars, as time permits. They can also undertake a Graduate Diploma in Spiritual Direction through Yarra Theological Union/University of Divinity.

The Siloam Formation Team includes Lis Teggelove rsm, Kathy Clark, Marlene McGrath, Carole Carmody rsm, Kevin Messer, Kathleen Spokes gqs.

Let the Heart Listen

Carole Carmody rsm

15 x Thursdays, 9.30–12.30pm, 3 Mar to 23 Jun

This part-time (one half-day per week) formation program is for people involved in listening and supporting others in life's journey. The focus is on learning through the experience of contemplative listening and responding with the heart to oneself, to others, and to God. Application forms are available from the Heart of Life office. Cost \$600

Supervision of Ministry

Individual and group supervision of ministry is available at Heart of Life. Recognising the privilege and responsibility of involvement in ministry, supervision is designed to ensure integrity and learning. See separate brochure available from the Heart of Life office. Contact Paul Beirne for further information and requests for supervision.

Professional & Personal Development for Spiritual Directors

Kevin Messer, Paul Beirne

5 days (Intensive)

Monday 27 Jun to Friday 1 Jul

This is a five-day intensive refresher program in spiritual direction, suitable for those active in the ministry and others returning to the ministry after some time away. Further information and application forms are available from Heart of Life.



Spiritual Leaders Program (2017)

This is a transformative approach to ministry formation.

Heart of Life offers this program for people who find themselves in positions of 'leadership', spiritual formation groups, outreach ministries amongst the people of God in faith communities. The program will not be offered in 2016 however we invite those interested to make an application for 2017.

Saturday Reflection Days

These are facilitated quiet days of prayer and sharing, usually from 10am to 3.30pm. Come to one or all. \$50 per Saturday. BYO lunch.

Bookings

Please book at least one week in advance for all Seminars, Workshops and Reflection Days. Concession requests should be made when booking.

Tel: 03 9890 1101, email: holsc@bigpond.com



Our Saturday Facilitators

Anne Boyd is a Brigidine Sister with many years experience as an educator. She is currently a member of the Coordinating Team of EarthSong.

Carole Carmody rsm is a Sister of Mercy, experienced spiritual director, with 15 years' experience in leading retreats.

Chris Chaplin msc lives as a hermit at Shoreham.

Mark Kerrins is a practising architect and holds a Master's degree in Theology (GTU Berkeley).

Peter Malone msc has worked at the Heart of Life Centre since its beginnings.

Dr Marlene Marburg PhD is a poet, spiritual director and Director of Kardia Formation in Hawthorn. Her poetry has been widely published.

Marlene McGrath is a mother, grandmother and spiritual director.

Mindfulness & Meditation

Chris Chaplin msc

Saturday 5 Mar, 10am–3.30pm

This is a day of prayer in the practice of Meditation and Mindfulness, so come prepared to be still and go within. When we are present to the 'now', centredness and relaxation become a natural part of life, and we know how to act from a heart of love.

Gifts Differing

Peter Malone msc

Saturday 30 Apr, 10am–3.30pm

Our graced selves, praying, communicating ... A Myers Briggs reflection day. Attendees can complete the Personality Type Indicator form on the day.

Happy, Blessed, Baruk, Ashre — The Beatitudes

Marlene McGrath

Saturday 14 May, 9am–5pm

A slowly intentional, reflective time listening to the place and the call of each of the Beatitudes. What might they be inviting us into in 2016?

Come & See

Mark Kerrins

Saturday 18 Jun, 10am–3.30pm

Come and explore what physical and spiritual elements influence our experience of place and how we can engage more deeply with these places. As part of our day, we will walk about the beautiful grounds that surround Heart of Life, and consider the impact of tangible qualities (such as buildings, texture, colour) and intangibles (such as memories, values) on our experience.

Poetry Writing as Prayer

Marlene Marburg

Saturday 30 Jul, 10am–3.30pm

This is a quiet day with times of stillness, music and reflective writing. Be assured that writers, poets and beginners with a heart open to prayer are welcome to share in this reflective day.

Screen Images of Jesus

Peter Malone msc

Saturday 20 Aug, 10am–3.30pm

In this reflection day, we will respond to and reflect on screen Jesus stories – redeemer, saviour, human and divine. A visual, spiritual journey.

From Stardust to Consciousness

Anne Boyd

Saturday 3 Sep, 10am–3.30pm

How might we experience the creative presence of Divine Mystery in the 13.7 billion year story that has brought all we know into existence?

The Heart Waits: A Reflective Day of Prayer, Preparing for Advent

Carole Carmody rsm

Saturday 26 Nov, 10am–3.30pm

This is a time to pay attention to yourself in the midst of many demands. A time to nurture your heart.

'Friday's My Day: A Spiritual Oasis'

'Set pools of silence in this thirsty land' (James McAuley, 'A Letter to John Dryden'). If you long for space in your life, and seek a 'pool of silence', we invite you to enjoy the beautiful, natural surroundings at Heart of Life – a peaceful, spiritual oasis. Spend a couple of hours, or perhaps a whole day at our Centre, restoring your soul: wander through our grounds, spend time in the chapel or meet with a spiritual director. Contact Paul Beirne for more information.

2016 Term Dates at Heart of Life

Term 1	8 Feb–24 Mar
Term 2	11 Apr–24 Jun
Term 3	18 Jul–16 Sep
Term 4	3 Oct–18 Nov



About Us

Heart of Life began in 1983 as an initiative of the Missionaries of the Sacred Heart whose founder, Jules Chevalier, saw the formation and education of people in spirituality of the heart as the most important task of the Congregation. He saw this education and formation as a means to reform society and "to address the ills of the day".

Our inspiration to follow the way of the heart stems from our belief in God's inclusive love for all people, poured into our hearts by the Holy Spirit. This mysterious love moves in our lives and our world, inviting us to an authentic, grounded and deeply human way of being.

The way of the heart rests on a contemplative attitude and an authentic discernment that underpins all that we do at Heart of Life – in our seminars and workshops, our ministry formation programs and our professional commitment to spiritual direction. All of these activities are located in the place where the heart finds space to speak and to be heard.

We invite you to join us, as our hearts speak our truth, our longings, and our search for all that is real, true and good.

Our Staff

Paul Beirne is Director, and the experienced Heart of Life formation team includes Carole Carmody rsm, Kathy Clark, Marlene McGrath, Kevin Messer, Sue Richardson pbvm, Kathleen Spokes sgs, Lis Teggelove rsm.

Many others are also involved in Heart of Life, including Anne Boyd, Janette Bredenoord, Rosalind Cairns, Chris Chaplin msc, Mary Coloe pbvm, Anne Henderson, Mark Kerrins, Peter Malone msc, Philip Malone msc, Therese Quinn rsj, Robyn Reynolds olsh, Cecilia Rogers and Wayne Stanhope o.carm. Cecilia Francisco-Tan looks after our office, and Brian Walker is our gardener.



Heart of Life Spirituality Centre

Vision

To be attuned to the mysterious Other in the heart of all creation.

(Heart of Life) Values ...

the symphony of silence in each graced encounter;
the harmony of the universe in the divine and human embrace;
the contemplative capacity of the heart nestled within life's experience.

Mission

The Mission of the Heart of Life Spirituality Centre is to enliven the divine spark in people's hearts through contemplative formation.

Heart of Life Spirituality Centre

96 Albion Road, Box Hill Vic 3128

Tel: 03 9890 1101

Email: holsc@bigpond.com

Web: www.heartoflife.melbourne

Cover image: **Artist — Stephen B Whatley**

Limited edition prints of cover image and other paintings are available from the artist at www.stephenbwhatley.com

Photos taken at Heart of Life: pgs 2-6 by Clotilde de Maroussem ibvm