

Dadirri

Waking today with sadness,
I sat on the end of the bed,
So heavy,
And listened to the sadness.

Like a sack of stones around my heart,
So heavy,
“Dadirri,” they said, “Dadirri,”
“Deep listening.”
So I listened deeply.

I listened, really listened,
A patient taking-in,
The gentle knowing and unspoken
Understanding of unhurried ears.
No need to fix or change,
Just “Dadirri,”
Listening.

Sadness mostly silent,
I felt to gently ask
“Sadness, dear, what do you want?” and
“To be felt,” said Sadness.
So this listener held the space,
Smiling kindly,
While the body felt sad, so heavy.

In Dadirri,
In listening and in letting be,
Two things emerged:
The feeling sadness, so heavy,
And around it, listening space,
Clear and kind and free.
Not so heavy.

“Dadirri,” they said, “Dadirri.”
Deep listening,
And so I felt called
To listen to the listener.

Patiently...

Quietly...

Listening to the listener.

And there my mind grew still
And my heart grew soft.
Listening to the listening space,
“Dadirri.”

—Miriam Rose Ungermarr-Baumann

Link to an official *Dadirri* video
https://www.youtube.com/watch?v=tow2tR_ezL8

Date Claimer
Online Conference

Unity in Diversity
Australian Ecumenical Council for
Spiritual Direction (AECSD)

16-18 July 2021

Including CSD Australia’s Annual General Meeting
for one hour of conference proceedings

Details to be advised

From the Interim Chair

Welcome to the first issue of this year's newsletter. May we learn from our Senior Australian of the Year – Dr Miriam Rose Unger-marr-Baumann AM, as she speaks of Dadirri “we call on the deep and the deep calls us”. Listen deeply, lovingly, to the nature inside us and outside us.



Fitzroy Gardens
©Tiffany Davis, Communications Manager
Archdiocese of Melbourne

During the seven months of lockdown in Melbourne during 2020, the Fitzroy Gardens were my sustaining balance in a life mostly in books and online. Over the last few weeks, months and probably year, I have read many words about our global crisis. I have heard the anger, sadness, frustration.

In the past month I have had a steep learning curve learning the acronyms of all the different groups associated with spiritual directors in Australia. We've had great meetings, and the theme coming through is to work together and collaboratively. You will see (*on page 1*) a date claimer for the upcoming Conference this year, facilitated by Australian Ecumenical Council for Spiritual Direction (AECSD), with the theme “Unity in Diversity”. I encourage you all to mark this in your diaries so we can be present (albeit online).

As I begin as Interim National Chair with excitement, I wish to extend my sincere thanks to Tim Moloney, who has carried the important role of National Chair for the past eight years, with the support and confidence of the members to the reference group. I have also had some meetings with the Regional Co-ordinators, Secretary (Katherine) and Treasurer (Bernadette) of CSD to see which way forward with the leadership and co-ordination of this group. One important thing that is being worked on at the moment is the website. We believe there are two major foci of the website: for the members of CSD and for those seeking a spiritual director, or seeking to understand what spiritual direction is all about.

With every blessing,
Rita

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Coming Soon to CSD...



Lucy Abbott Tucker

CSD hopes to secure Lucy for some professional development. Lucy Abbott Tucker is a renowned spiritual director, supervisor, lecturer and author.

CSD has a mobile number!

0434 887 673



Find us on
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CSD Australia is a professional not-for-profit association of spiritual directors committed to a contemplative approach in the ministry of spiritual direction. Our members include spiritual directors who have graduated from spiritual direction formation courses that share the same contemplative spirit and philosophy.



WELCOME TO CONFERENCE OF SPIRITUAL DIRECTORS AUSTRALIA

The website is getting a makeover and we're excited to tell you that it's nearly ready to launch. It will have a new look and new features. In promoting the practice of spiritual direction to the general public, the first three features/links on the home page move the visitor through a process of asking questions. Firstly, "What is Spiritual Direction?" which describes the practice; then wondering "What's it been like for others?" which includes testimonials from those who have received spiritual direction; and then "How to find a Director?" This feature will be a searchable list of our participating members by state and suburb.

For directors, there'll be a short history of CSD; everything a director needs to know in order to become a member; the latest and past newsletters and other resources; and upcoming professional development events. We'll also progressively introduce our members with a "Profile of a Member" feature also linked from the home page. *We'll let you know when it's ready to launch.*

Patrick and Anthony Wright Formation and Education Fund (PAWFED)



The chair persons from each of the Australian national bodies have been meeting on a regular basis for two years. The four bodies are Australian Ecumenical Council of Spiritual Direction (AECSD), Australian Network for Spiritual Direction (ANSD), Companions in the Ministry of the Ignatian Spiritual Exercises (CMISE) and Conference of Spiritual Directors Australia (CSD). Tim Moloney cfc originally suggested that

the groups meet. A result of those meetings was a joint submission made to the above fund. I am delighted to be able to announce that the PAWFED board affirmed their support for the overall proposal.

They will grant funding for the growing of these three themes: the establishment of a common register of spiritual directors; supervision for spiritual directors; and promoting unity in our diversity. This funding will enable the 'dreaming and discerning' to move forward, bringing new dimensions and connections to our spiritual direction community in Australasia and South East Asia. The chair persons will continue to meet to work out details of the projects. Congratulations to Tim who represented CSD for these two years.

CSD Professional Indemnity and Public Liability Group Insurance Policy



In January and February 2021 three more members joined the policy. The process to be added involves filling in a one page "No Claims Declaration" and providing the address or addresses at which you practice spiritual direction. It's that easy! The annual fee for the policy covering to 31 October 2021 is \$145 and is calculated pro rata for members joining throughout the year. To join, please email Bernadette treasurer@csdaustralia.com

Vale Sister Eleanor Dawson rsj

Vale Sister Eleanor Dawson rsj, who was a very active member of the early days of CSD. Eleanor died on the 17th of November 2020 at St Anne's Nursing Home, Sydney, at ninety seven years old.

New Address for Heart of Life

Heart of Life Centre for Spiritual and Pastoral Formation, Kildara Centre, Rear 41 Stanhope St, Malvern 3144

The Cliffs Retreat in Shoreham



I'm Clare Shearman and together with Artie Shearman now offer a ministry of retreats and spiritual direction at The Cliffs Retreat in Shoreham. Twelve months overdue (because of Covid restrictions), there was a celebration of blessing there on January 31. Around seventy visitors, neighbours, friends, associates – suitably socially distancing on the front lawn of the house – enjoyed the simple ritual of handing over to us and blessing our presence and ministry.

I initially introduced Brian Gallagher msc, the previous director of The Cliffs. Brian spoke briefly of his twenty-one happy years in Shoreham and his delight in welcoming us to continue to care for the place and to offer valuable ministry. Brian then led the blessing prayer as he and the assembled gathering all held their hands over us. *See image above.* I chose to speak by way of launching Brian's latest titles, *The Eyes of God* and *God's Foolishness*. My warm affirmation of both titles was supported by the publisher, Hugh McGinlay from Coventry Press. The books were made available signed by the author. The celebration continued with bubbly, afternoon tea, enjoyment of the environment and the spectacular view over Honeysuckle Bay. Many visitors took the chance to inspect the retreat cottages and the new labyrinth.

Welcome to our New Members of CSD Australia

Voices of our New CSD Members



Dora Ghaitidis

I begin my work as a spiritual director feeling assured the CSD can support me as a professional and contribute to my ongoing development. I am confident in the CSD's long history in serving our profession together with its close association with Heart of Life, where I graduated in 2020. As a Greek Orthodox I feel welcomed and fully embraced to safely practice under the CSD administration.

Gemma Schooneveldt

I joined CSD Australia because, as a newly trained SD, I value the importance of professional development and accountability within a professional body.

Lidia Rovira-Duch

I joined CSD Australia because in a community of likeminded people I can grow in wisdom and experience while navigating the waters of the Spirit. *See image above.*

Linda Di Sipio

I joined CSD Australia because I am a newly formed spiritual director from WellSprings and I was looking for a community to belong to. I hope that within this group I will be able to learn to collaborate with my peers and grow from our collective wisdom. I begin my work as a spiritual director by learning how to cultivate my own contemplative life. ..

Elizabeth Lee

I hope that within this group I will

- have the opportunity to gather together (physically, virtually and in Spirit) to encourage one another in our call to the ministry of contemplative spiritual direction.

I hope that within this group we will

- audaciously dream a vibrant future for our ministry.

Jovito Dales

I hope that with this group I will grow in my professionalism and love for the ministry of spiritual direction and enhance my ability for contemplative listening.

Rowan Luza

I joined CSD Australia because I believe that this would be one of the best opportunities for me to serve the Church and its people. I deem it necessary to be affiliated with this competent and highly professional organisation to hone my skills as a spiritual director and to be an effective and efficient instrument for spiritual direction.

Sue McGovern

I joined CSD because this organisation was highly recommended to me through the Heart of Life staff. As a new spiritual director in the field CSD offers me a supportive base to work from with potential for networking and professional development opportunities.

Additional new CSD members in 2021 are Jan Gow, Paola Cheng and Pastor Mumburi.

Thank you for joining CSD Australia!

Profile of a Member

Rita Malavisi

I have been a Sister of St Joseph for over 30 years and belong to the Victoria/Tasmania region. I have worked as a primary school teacher in the Melbourne Archdiocese and Diocese of Ballarat, as well as working as a Pastoral Associate in a number of Melbourne parishes. I worked at Penola Catholic College, Broadmeadows (the secondary school I attended), and was responsible for the Year 11 Christian Service Program. I trained in spiritual direction at the Siloam Program at Heart of Life. Most recently I have been studying to complete my Master of Arts Pastoral Studies. I have a keen interest in facilitating walking the labyrinth with groups (parish and school staffs). Growing up in Australia in a Middle Eastern/Mediterranean family certainly ignited my desire to work as a volunteer with asylum seekers. I continue to visit some who are detained in our detention centres.



Favourites

Book *Tuesdays with Morrie* by Mitch Albom

Scripture Passage Matt 5:16 “In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

Movie *Coco* (but there are too many others to mention)

Hope or Memorable Moment



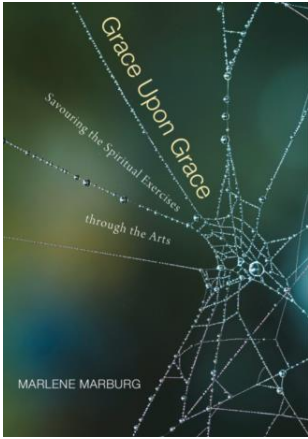
Memorable moment: praying at Mary MacKillop Memorial Chapel, North Sydney, during World Youth Day 2008, with Pope Benedict XVI. We were just 90 Sisters and volunteers. I remember it being a time of sacredness, peace and blessing.



Book Reviews

Grace upon Grace: Savouring the Spiritual Exercises through the Arts **Marlene Marburg**

Review by Bernadette Miles



Grace upon Grace: Savouring the Spiritual Exercises through the Arts is not just a contemporary version of the Ignatian Spiritual Exercises; it is a banquet of spiritual enrichment and creative resources for anyone on a spiritual journey.

Marlene captures the essence of the Exercises bringing them eloquently into the 21st Century, drawing on scripture, music, poetry, art and the body to guide prayer and encounter with Mystery. *Grace upon Grace* offers four seasons of prayer which align with the four Weeks of the Ignatian Exercises in which the exercitant is invited “into an ongoing experience of freedom, releasing spiritual gifts of enlightenment and empowerment.” Each season begins with guidance to support the giver and the receiver of these Exercises in entering into the dynamic of the retreat.

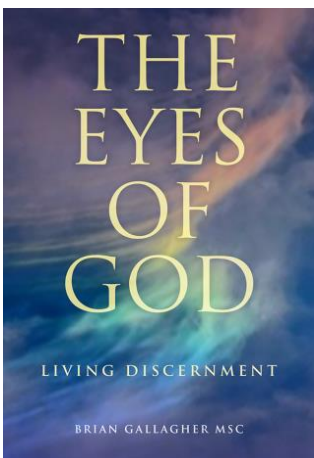
Marlene’s poetic style flows throughout the retreat. She uses inclusive language and writes in an open and invitational way to support retreatants as they journey with God.

The book is so aptly named *Grace upon Grace*. As a spiritual director, I have used the book as a basis for retreats many times over the past twelve months and watched my retreatants encounter grace upon grace as they pray with the material offered by Marlene. If you are thinking of making or giving an eight-day retreat or the full Spiritual Exercises, then I highly recommend this book for you. You will encounter many riches along the road as you travel through the delights of Marlene’s inspired book.

Published by Morning Star Publishing 2019, 220pp, A5 Hard Back or e-book. Available direct from Marlene marlene.marburg@kardia.com.au, Morning Star Publishing, or Book Depository. The e-book is also available through <https://www.kobo.com/au/en/ebook/grace-upon-grace-4> where you will also find more information and a book synopsis.

The Eyes of God: Living Discernment **Brian Gallagher msc**

Review by Clare Shearman



Brian Gallagher msc wrote the book *The Eyes of God: Living Discernment* in Shoreham and so I could imagine the inspiration flowing as he listened to the sound of the sea and immersed himself in the beauty of Shoreham.

I like the book for its simplicity and for the personal experiences shared. While the book has so many gems within it, the most transforming aspect of the book was dear Wal. Wal is an amalgam of many of the people Brian has listened to over the years, with a very human problem – his ego. As I read the transcript of his conversation with Brian, I laughed at Wal, and by the end of the book, I was laughing at myself as I realised that I was most definitely Wal!

Wal’s realisation in the book was that he did not have to respond to life in the way he had been responding, in that he found a lightness and freedom of spirit. By the end of the book and my retreat, I had the same lightness and freedom of spirit.

Published by Coventry Press 2019, \$24.95. Clare Shearman is now the manager of ‘The Cliffs Retreat’ in Shoreham where Brian Gallagher lived and managed the retreat for over twenty-one years.

To Whom Shall We Go:
Faith Responses in a Time of Crisis
Edited by Irene Alexander and Christopher Brown

Including contribution from three Australian spiritual directors -
Irene Alexander, Chris Brown and Tim McCowan et al.

Review by Chris Brown

The pandemic holds up a mirror to our values, beliefs and actions. It is an opportunity for many of us to pause and reflect, to reassess our lives. For Christians it can direct us back to the call of Jesus to live a cruciform life, to embody the beatitudes, and to live as citizens of earth as well as of heaven. Such times of crisis and of global change require of us that we engage with our deepest values, and the foundations of our Christian faith, to find purpose and integrity in how we respond individually and institutionally. How are we to live out our lives in prayerful and active participation with God's life and purposes amid the current pandemic and in its aftermath? How might we pray that God's kingdom will come on earth as it is in heaven, and renew our citizenship of both our heavenly and earthly kingdoms? We are being invited to live our lives amid a dilemma heightened by the current crisis. What might shape the characteristics of the kingdom life we seek to live out as the pandemic creates societal upheaval and anxiety in our world?

The book provides reflection, commentary and brief liturgies which are aimed to encourage readers to engage more fully with their joint citizenship of this world and the realm of God's kingdom in new and challenging times. Each chapter aims to inform, inspire and challenge in what it means to actively engage in life and faith and to find pathways and renewed hope through the upheavals, tragedies, grief, loss and anxieties of this era of pandemic and crisis.

The authors of this book, most of whom form a group called the "holy" scribblers come from diverse backgrounds: medicine, social work, theology, law, economics, physics, missions, psychology, and spiritual direction. They are a group of friends who have been writing about a theological, spiritual, and practical response to our times. They bring their diverse perspectives to the question of how to live a faith-filled response to times of crisis, using the beatitudes as a framework for reflection. Contributors include: Irene Alexander, Chris Brown, Terry Gatfield, Athena Gorospe, Tim McCowan, Ross McKenzie, Paul Mercer, Sarah Nicholl and Charles Ringma. See also www.holyscribblers.blogspot.com .

The hope is to encourage people to find refuge and security in God, the pathway through the indwelling presence of Christ, and guidance and enlivening by the breath of the Holy Spirit.

A forthcoming title May/June 2021 to be published by Cascade, Eugene, Origin; availability will be with Cascade or Amazon or contact Irene Alexander directly by email to purchase a copy irenics@ozemail.com.au .

Professional Development

Professional Supervision brings clarity

Professional Supervision Courses

University of Divinity; admissions for 2021 courses close 19 March

In 2021 the University of Divinity is offering a Professional Supervision Program which offers courses in Graduate Certificate in Professional Supervision and Graduate Diploma in Professional Supervision. Both courses are part-time and Fee-Help (no upfront fees) is available if eligible. These awards have been developed in response to Recommendation 16.45 of the Final Report of the Royal Commission into Institutional Responses to Child Abuse. They are an initiative of the University of Divinity through its Strategic Goal Changing Culture: Responding to the Royal Commission. For general enquiries, admissions and unit enrolment contact Amanda Smith at asmith@divinity.edu.au . For full details see <https://divinity.edu.au/?s=Professional+Supervision> .



Julian of Norwich: Wisdom for our Times

Ecumenical Spiritual Directors Association SA (ESDA)

CSD members in South Australia have the opportunity to join the professional development session Saturday 20 February of the Ecumenical Spiritual Directors Association SA (ESDA). They will be led by Angela Hazebroek in a process entitled Julian of Norwich: Wisdom for our Times, exploring the positive contribution Julian of Norwich can make in this time when our world is facing profound global ecological and social crises.

Professional and Personal Development for Spiritual Directors

Heart of Life with Paul Beirne; bookings close 11 June 2021

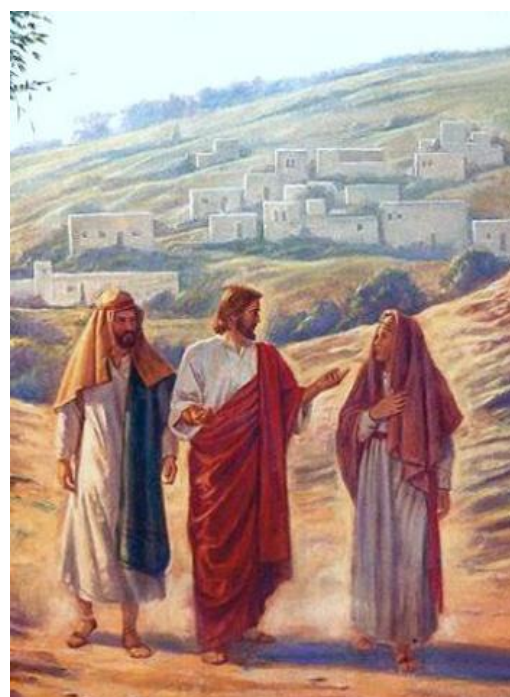
This five-day intensive refresher program in spiritual direction Monday 28 June - Friday 2 July 2021, 9:30am-5:00pm is suitable for those currently active in the ministry and others returning to spiritual direction after some time away. The week will include individual direction, group supervision and interactive role-play, with time set aside for spiritual reading and silent contemplation. Participants will also reflect, write and present on an area of interest in spiritual direction.

Email info@heartoflife.melbourne for the application form.

Telephone 03 9890 1101

Cost \$950.00

www.heartoflife.melbourne



Contacts and Dates

Interim Chair **Rita Malavisi rsj** chair@csdaustralia.com
Secretary **Katherine Blyth** secretary@csdaustralia.com
Treasurer **Bernadette Micallef** treasurer@csdaustralia.com
CSD Representative on AECSD **Carey McIver** careymciver@gmail.com
South Australia **Mary Cresp rsj** Mary.Cresp@sosj.org.au
Queensland North **Margaret Trevethan** margtrev26@gmail.com
Queensland South **Elva Neal** eneale@optusnet.com.au
West NSW Contact **Ann-Maree O'Beirne** annmaree.obeirne@gmail.com
Western Australia Contact **Terry Casey cfc** tmcasey@edmundrice.org

CSD Reference Group Meetings

Tuesdays 10:00am: 6 April, 1 June, 3 August, 5 October, 7 December 2021

CSD Newsletter and Closing Dates

Invitation to contribute to the bi-monthly Newsletter of Conference of Spiritual Directors Australia is extended to members of CSD Australia and Australian national bodies of spiritual directors. You are welcome to email Katherine secretary@csdaustralia.com Monday: 19 April (May issue), 21 June (July issue), 23 August (September issue) and 18 October (November issue).

Australian National Bodies of Spiritual Directors: Acronyms Explained

Australian Ecumenical Council of Spiritual Direction (AECSD)
Australian Network for Spiritual Direction (ANSD)
Companions in the Ministry of the Ignatian Spiritual Exercises (CMISE)
Conference of Spiritual Directors Australia (CSD)
Ecumenical Spiritual Directors Association SA (ESDA)

CONFERENCE OF SPIRITUAL DIRECTORS AUSTRALIA

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CSD Australia PO Box 171 Surrey Hills 3127
www.csdaustralia.com Mobile 0434 887 673 ABN 57 228 273 773

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