

What is desiring our complete attention

*Our prayer may be noisy and expressive,
or it may be very quiet.*

*It may be the kind of prayer that depends on listening
in stillness and silence
with complete attention:
listening to the crickets
as they pulse at night,
listening to the rain as it falls,
listening to our breath
as we breathe God in and breathe God out,
listening to the inner voice
of love that is always sounding in our heart.*

Margaret Bullitt-Jonas



Photo by Rita Malavisi

From the Interim Chair

The season of autumn and the upcoming season of winter remind me to slow down and take notice. As kids, didn't we all enjoy rustling the fallen autumn leaves as we walked along. I don't miss sweeping the driveway of the fallen leaves.

The reflection by Margaret Bullitt Jonas reminds us of the slow work of God, of coming to stillness and silence with complete attention. We are all involved in spiritual direction so that we may facilitate a person to notice the action of God in their ordinary experiences of life: to stop, look and listen to the movement of God in their own heart and in their lived experience.

Our exciting news since the last newsletter is the relaunch of the website. Congratulations to Bernadette Micallef, our conscientious treasurer who took on the task of working with David and Karen Cheah for the redesign, and constantly brought our attention to the minor details. Deep appreciation and gratitude to her in her dedication to CSD Australia. Having the relaunch via zoom, helped our members see one another on zoom. Great to see some of the newer faces and other long-standing members.

I endorse you to mark in your calendars the gathering being organised by Australian Ecumenical Council for Spiritual Direction (AECSD) on 16th – 18th July, 2021 – more details to come.

Lucy Abbott Tucker has agreed to be our guest for one of our Professional Development Sessions. Topic: History of Spiritual Direction, and the influences both positive and negative across the ages.

With every blessing, Rita

PROFESSIONAL DEVELOPMENT ARRANGED BY CSD AUSTRALIA

'History of Spiritual Direction, and the influences both positive and negative across the ages'

presented by

renowned spiritual director, supervisor, lecturer and
author, Lucy Abbott Tucker

Saturday 5th June, 9.00am to
11.30am via Zoom

Free for members
(\$20 for non-members)

So spread the word!

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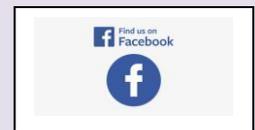
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9am-5pm, Tues-Wed

0434 887 673



Communion in Diversity

**Australian Ecumenical Council for
Spiritual Direction (AECSD)**

16-18 July 2021

An online conference including CSD
Australia's Annual General
Meeting for one hour

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A Tour of the Website

To get to know the new website click www.csdaustralia.com and have a look while I take you on a tour.

Home page: The page that first opens sets the ‘feel’ with a peaceful scene from the natural world, God’s creation, where the pier draws the eye to our logo and the description of CSD Australia.

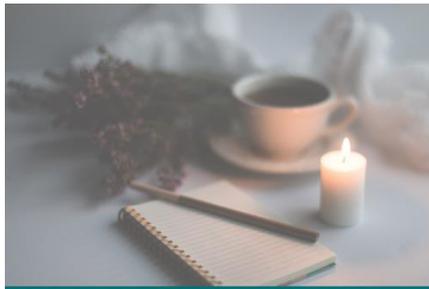


Six boxes: Scrolling down the page you’ll find six boxes each with a carefully chosen image. Each one is a link to the relevant page and information.

The first three boxes are directed to the general public as part of our ministry is to educate about spiritual direction. We have three questions which engage the visitor in a natural process of inquiry.



What is Spiritual Direction?



What are others saying?



How to find a Director?

The first question is ‘what is spiritual direction?’ After reading an explanation of the theory, the question then arises about the experience. ‘What are others saying?’ about their experience. This box links to ten testimonies we gathered from directees. These reflect a variety of reasons for first seeking direction and also continuing. The third question in the process is about ‘how to find a director?’ We provide a searchable list by State/Territory and Mode (in person, online or both).



Latest News



Member Profiles



Professional Development

The next three boxes are for spiritual directors, both our current membership and potential new members. Latest News, Member Profiles, and Professional Development, where we advertise coming events for CSD Australia as well as other spiritual direction associations.

Footer: Information here is easily accessible although it also appears in other places on the site.

Social media: Below the footer there are links to our Facebook page and twitter.

Slider: Moving back up to the main image on the home page we have the slider. The images slide horizontally automatically or you can click the little white arrow to move them manually. Click the “Read More” to be taken to the relevant page. These sliders will be updated regularly and link to what is new on the site.

Menus: Above the slider we have the strip with the main menu of pages and drop-down menus which list the various headings on each page. Click these menu items and you’ll see more information.

Contact Us: The far-right menu item takes you to your admin team who are here to serve you. The three of us, along with our IT people Karen and David Cheah, have created this wonderful new site for our members and also to promote the practice of Spiritual Direction. Enjoy!!

Bernadette Micallef

Find a Director – Are you listed?

Could each of you kindly search your own **state** and see if you are listed?

If you are not there and you would like to be, please email Bernadette treasurer@csdaustralia.com and provide the mode and location and a photo.

Those who are already listed, please check your details are correct and also ensure we have mode, location and a photo too. Much appreciated.



Renaissance 2021

Spiritual Directors International just finished their Virtual Conference Renaissance 2021. The conference was both whirlwind and sanctuary. A place of creative disruption and contemplative peace. An opportunity to be challenged by truth, prophecy and imagination. An opportunity to connect beyond our expectations. An opportunity to grow as individuals and as a community of companions. One of our members, Sr. Mary Flynn from northern NSW attended and here is what she has to say :



“In the last week or so I have been privileged to share in the SDI Virtual Conference attended by 1,553 people world-wide. I have been participating from Sydney, using the recordings of sessions as my stimulus. I’m getting too old to stay up all night to participate live! I have enjoyed the whole process, which has been wonderfully constructed and presented. As always, with technology, there have been a few hiccups along the way, but nothing to diminish the overall presentations and content.

The content holds its truth in the understanding of “God in all things”, - the Universality of the Christ Consciousness, and interdependent connectivity of all that is created. The topic is approached from as many different perspectives as there are presenters. The depth and richness of this is beyond words.

Many of the speakers I have heard before, many I have not, but the presence of prophets in our world in 2021 is clear, and that they present a hope-filled message in so many different emanations of Spirit, brings sheer joy!”

Mary Flynn rsj

Vale Sr. Bernadette Neville rsj

Bernadette died at Mary MacKillop Aged Care on 30th April, 2021. Bernadette was a teacher across all primary grades, as well as being Principal at Werribee. After studying overseas, Bernadette was involved in adult education. Her ministry was spirituality and spiritual direction, specialising in the area of Personality and Human Relations, conducting many programs. She then volunteered in the planning for, and redevelopment of the Mary MacKillop Heritage Centre before retiring in 2005 due to increasing health problems. Bernadette was farewelled in a Eucharistic celebration which she had prepared. Rest in peace Bernadette.



Voices of our New CSD Members

Welcome to our New Members of CSD Australia



Paola Cheng

CSD Australia for me is a place of connection as well as networking and meeting fellow travellers on this Journey of deepening my practice in Spiritual Direction. My hope is that together as a group we will increase the relevance and practice of Spirituality as a joyful way of living in a world when secularism and consumerism is so trendy.

More from Paola over page

Jan Gow

As I have very recently completed my formation years in spiritual direction, I am looking forward to being part of a wider community with this ministry focus as I continue to grow and establish as a director.



Katrina Zhang

Firstly, I joined CSD as it was strongly recommended to me by supervisors Heart of Life as being a highly professional organisation. Secondly, I was drawn to an organisation whose experienced members so willingly shared their wisdom and learned experience with new graduates.



Jeff Hood

It's mainly about support and being with people who share a common interest: knowing and connecting with other spiritual directors and belonging to a spiritual direction network.



Pastor Mumburi

After graduating at Heart of Life in 2017 as Spiritual director, I felt a need to continue connecting professionally with others: to journey together and support one another in our ministry of spiritual direction.

I feel delighted to have this spiritual networking where we can grow together, deepening our life experience and encouraging each other. And it's my hope as a member of CSD Australia to continue walking together and contributing to the growth of our ministry wherever we are or will be.

Profile of a Member

Margaret Henderson

As a member of the Institute of Sisters of Mercy Australia and Papua New Guinea, I have taught in primary schools in both the Archdiocese of Melbourne and the Diocese of Sandhurst. I was blessed to study for a Masters in Religion and Religious Education at Fordham University in USA while a member of the Catholic Education Office in Sandhurst. Other ministries have been lecturing in Early Childhood at the then Mercy Teachers' College and later at Australian Catholic University in Religious Education. St Beuno's in North Wales provided me with training in Spiritual Direction and more recently I was part of a short enrichment time at Loyola House in North Guelph in Canada. Currently living in Hobart, I minister part-time as an Education Officer in Religious Education at the Tasmanian Catholic Education Office (TCEO). From 2013 until 2019 I was the coordinator of the Presentation Sisters' Prayer Centre-Maryknoll. Its closure saw me return to the TCEO. I am also part of our Parish Sacrament Team.



Favourite Scripture Passage: 1 John 3:2. "Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is.

Favourite Book: Wuthering Heights by Emily Brontë

Favourite Movie: Mon Oncle (Jacques Tati)

Memorable Moment: Being with my best friend as she approached death.

Member Contribution by Paola Cheng

Emerging out of the Cocoon

It seems a lifetime away when I graduated from Siloam with a light and heavy heart. Light as I completed the program of Spiritual Direction, (weaving of my cocoon) & heavy heart as I said goodbye to the companions on my journey. It was not the end though but rather the start of another journey. I had learned so much, yet I found I needed to learn more, the weaving of this cocoon still goes on.

2019 saw me consolidating my teacher training in Mindful Self Compassion. In 2020, I thought I was so ready for the world of Spiritual Direction, COVID 19 came along. So began another journey of transformation while the digital world brought me in contact with so many new people.

SILOAM allowed me to deepen my faith and gave me inner strength. Meditation allows me to tap into this grain of sand that is wisdom which can so easily become elusive. It disappears so quickly as we get distracted by so many variables. Am I ready to now emerge out of my cocoon?

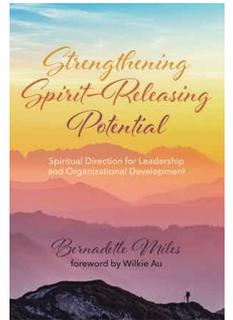
It is only upon reflection, I get to discover the creative ways I am called to serve as Spiritual Director and that it is not about abandoning all and going up the mountains or in the desert to be by myself, it is about being present for others in this messy world, it is about encountering my God amid the daily chores. It brings me joy and equally pain at times. "C'est la vie!" (Such is life!)

Paola Cheng: Spiritual Director, Trained teacher in Mindful Self Compassion, Mindfulness Based Cognitive Therapy (MBCT) facilitator, Social Worker (Mental Health), Scout Leader, mentor, networker, conference organiser. E: Practicalcompassion945@gmail.com Mobile:61 415280216

Book Reviews

***Strengthening Spirit – Releasing Potential:* Spiritual Direction for Leadership and Organizational Development by Bernadette Miles**

Dr. Bernadette Miles weaves together the threads of her life, work, faith and research to offer new insights and wisdom into the application of spiritual direction and spirituality into the lives of leaders and organizations. This book speaks into the current challenges we face as a species with words of hope and inspiration for a new way of being in community with one another and our world. Gone are the days of seeing workers as machines as Miles ushers in a new way of considering leadership as a journey of increasing self-awareness and consciousness, for leaders to develop their capacity to know themselves more intimately, and to trust their sense of purpose. [Read the full review](#) at csdaustralia.com ; scroll down to the Book Review section on the Resources page. *Reviewed by* Dr. Kristen Hobby kristenhobby@gmail.com



Professional Development

PROFESSIONAL DEVELOPMENT ARRANGED BY CSD AUSTRALIA

‘History of Spiritual Direction, and the influences both positive and negative across the ages’

presented by

Lucy Abbott Tucker, renowned spiritual director, supervisor, lecturer and author

An exploration of Spiritual Direction :

- its history,
- what we have inherited, and,
- our desires as spiritual directors in the 21st century

Date : Saturday 5th June, 9.00am to 11.30am via Zoom

Cost : Free for members (\$20 for non-members)

Program Timetable :

- Keynote
- Discussion Groups
- Q&A



About Lucy :

Lucy Abbott Tucker is one of the founders of Spiritual Directors International. She has worked in adult formation and the preparation of people for the ministry of spiritual direction for 35 years. Lucy has led retreats and workshops throughout the United States, Europe, Canada and here in Australia.

She was instrumental in establishing SDI's official *Guidelines for Ethical Conduct* for all spiritual directors, regardless of culture or tradition. Her recent published book *Spiritual Direction Supervision: Principles, Practices & Storytelling*, she explores ways to support the care and growth of spiritual companionship practice.

Professional and Personal Development for Spiritual Directors

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

Community in Diversity Gathering of the Australian Spiritual Direction Community

As early beginnings birthed a creative vision for Spiritual Direction across Australia, a community of spirituality has connected and progressed the vision. Since those early beginnings we have journeyed in contemplative communion - together and apart - across this vast continent, in both place and time.

As we come to our **National Gathering in 2021**, we acknowledge our rich and diverse beginnings, dwell in the present moment together, and seek to gain a sense of tomorrow. On **16-18th July**, we are offering exactly that; though apart, we can be together through conversations with founders, engaging with each other in the moment, and looking towards our next steps together. This is an opportunity to draw aside in conversation, shared wisdom, learning, and even audacious dreaming - a refreshment of spirit through the gift of a **virtual gathering**.

Friday evening we will hear from **Jill Manton**, founder of the Wellspring Centre in Melbourne. Jill and others will share some of the audacious dreaming that founded spiritual direction in Australia, as well as the essence of spiritual companioning which holds us in communion today, even in the midst of diversity. **Saturday** holds the invitation to listen to a number of voices and to join with others in dreaming of a way to bring communion. There will be a dozen or so different presenters representing marginalized groups, eg: disability, cross-cultural, sexual orientation, mental health, refugees. Participants will be able to choose which topics and speakers they'd like to hear, followed by a break out group for contemplative dialogue. **Sunday** will see these threads drawn together as we seek a future for spiritual companioning in the midst of both communion and diversity.

This is a gathering organised by AECSD including ANSD, CSD, Companions and others.

More details including speakers and costs will be on our website shortly. www.spiritualdirection.org.au

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 Australia Reference Group Meetings

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

Membership Renewal

Membership for the coming financial year comes due on 1 July 2021. Members will be sent the Membership Renewal Declaration form and an invoice on Monday 31st May giving a full month's notice to pay by 1 July. This year we are asking each member for a \$10 donation toward the cost of the re-development of the website.

CSD Australia 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: 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

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.

CSD Australia PO Box 171 Surrey Hills 3127
www.csdaustralia.com Mobile 0434 887 673 9am-5pm, Tues-Wed ABN 57 228 273 773

Share CSDAustralia

