

From the National Chair

I know that summer is approaching when I begin to see what in my family are called “pyjama” flowers.

For many years my family holidayed in Rosebud, and I would see these round clusters of brightly coloured flowers on still upright stalks. Their shiny sword shaped leaves contrasted brightly against the colour of the purple and white of the flowers. Agapanthus their real name. Their name comes from the Greek *agape* (love) and *anthus* (flower). Little did I know these umbels of purple and white were flowers of love.

The world is still in the midst of a global pandemic. The world needs symbols of love and joy. The joy of seeing the agapanthus leads me to hope and trust in a God that continues to draw us into mystery. These flowers remind me of the words of Joyce Rupp – to awaken our inner senses – to welcome with joy.

With every blessing,

Rita Malavisi
National Chair
CSD Australia



Agapanthus – flowers of love. [Photo by Rita]

ADVENT PRAYER

Holy One,
awaken my heart,
quiet my mind,
open the door of my being
to perceive your presence.
Settle what stirs endlessly within me.
Quiet the voice of haste and hurry.
Awaken my inner senses to recognize
your love hiding beneath the frenzy.
Enfold me in your attentiveness.
Wrap a mantle of mindfulness
around every part of my days.
I want to welcome you with joy
and focus on your dwelling place.

Joyce Rupp

CSD Australia News: Membership

Renewal Declaration Form

Do you want the good news or the bad news?

The good news is that almost all members have now returned the Renewal Declaration form. Thank you to all those who have with special thanks to those who sent it in June or July.

Filling in and returning this form has been part of the membership renewal process for two years now. Last year was a 'transition year' to get used to the change and this year it is a requirement of membership. Ideally the form would be returned *with the membership payment* which is due 1st July each year.

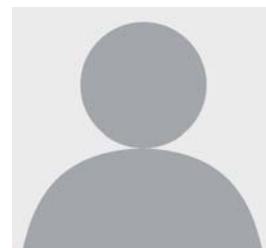
The bad news is that it took multiple requests via email, phone, text and in some cases letters in the mail. We are still waiting on about a dozen members to return the required form or to make contact regarding their situation. If these last few are finalized by the end of November then the whole process will have taken six months. The first email about this was sent on 31st May. Let's see if we can do better next year.

Looking ahead: Please keep progressive records of your Professional Development sessions and hours, and also the dates on which you receive Supervision. Hopefully then filling in and returning the form in June 2022 will not present any difficulties.

The image shows a screenshot of the 'Conference of Spiritual Directors Australia 2021/22 Membership Renewal Declaration' form. The form includes fields for Title, Name, Address, Suburb, State, Postcode, Mobile, and Email. Below these fields are sections for 'CSD Australia Membership Requirements', 'Safeguarding checks', 'CSD Australia Member Benefits', and 'Insurance'. The requirements list include receiving regular spiritual direction, keeping records of supervision, engaging in professional development, adhering to the AECSD Code of Ethics, and paying the annual membership fee. The insurance section asks if the member wants to join the CSD Australia group insurance policy.

Photos for Find-a-Director listing

Thanks to the 95 members who have sent in their photo for the Find-a-Director listing, or requested the CSD logo instead. And to those who have contacted me explaining the difficulty of getting a photo at present and providing hilarious selfies which we mutually agreed were not fit for public view! There's now 106 members on the directory and the smiling faces are a definite improvement on the placeholder image. Those yet to send their photo let me know if you would prefer the CSD logo instead. View the listing at <https://csdaustralia.com/find-a-director/>



Group Insurance Policy

The group policy for Public Liability and Professional Indemnity Insurance has been renewed for another year to 31st October 2022. All existing members renewed, except for 2 who are already covered by their religious order, and 7 new members joined taking the number of members participating in this policy to 34. We have a capacity for 40 members on the policy at the current rate of \$155 per year. It covers the 'activities' of both spiritual direction and supervision, for individuals and groups such as retreats, and applies Australia wide.

Further details at <https://csdaustralia.com/join-csd-australia/#insurance>



Australian Ecumenical Council for Spiritual Direction Donation

An annual donation has again been made to AECSD in November in appreciation of their support for the spiritual direction community in Australia. This donation is calculated at \$10 per member of CSD Australia.



To respond to anything on this page email
Bernadette at treasurer@csdaustralia.com

CSD Australia News

Honorary Members

Long term members of CSD Australia who have retired from the ministry of spiritual direction and would like to keep in touch have the option to become honorary members. They receive email correspondence and are invited to make an annual donation at the time of membership renewals.

New Honorary Members: Mrs Sue Hyslop TAS, Sr Lynette Young VIC, Sr Ann Fleming QLD

We thank these members for their contribution to the ministry of spiritual direction and to CSD Australia. We especially thank Sue for her long years of service as the Tasmanian Regional Representative. She has now decided to become an honorary member and has written a reflection on her ministry.

Greetings to you all, and thank you for this opportunity to write about my experience of Spiritual Direction.

I will start by saying that I miss my directees, the members of our community of Spiritual Directors who always blessed me with love, care and acceptance. At the same time, I am at peace in knowing that resigning from Spiritual Direction was the right decision for me.

Throughout the years of journeying with people in this ministry, I was continually reminded of how gracious the Holy Spirit is. I always felt supported and loved, even whilst at the same time feeling humbled by the recognition of my own inadequacies. Somehow, the right words came, at times thinking to myself “where did that come from?” I was truly blessed in this, and I still marvel at how so often, the journey with my directees gave me insights into the many blessings God has graced me with.

I am so grateful for having had the privilege of the trust my directees placed in me, to accompany them through their struggles, their longing and desire for God. Spiritual Direction truly is a sacred space, and I wish those of you still in ministry, every blessing as you continue to journey with your directees.

Sue Hyslop, Tasmania.

Invitations to Members

Profile of a Member



Members are invited to submit their “Profile of a Member” for inclusion on the website. Kindly write about 200 words for members to get to know you, and answer the three questions about favourites and a memorable moment. A related photo would be great too. New profiles will be added progressively with one being included in each newsletter. You can get to know other members on the website.

<https://csdaustralia.com/profile-of-a-member/>

Newsletter



Members are invited to contribute news towards the bi-monthly CSD Australia newsletter about their ministry from their local area. The newsletter is issued every two months. The next newsletter will be early February 2022.

Reflection Magazine

Members are invited to contribute on a particular theme. The Reflection Magazine is issued annually around October each year. The 2021 edition was emailed on 20 October based on the theme *Graced Moments*.

CSD Australia Members

Profile of a Member

Bill Brennan

Surprisingly Spiritual Direction was available to us in high school – and a whole new world was unveiled! I've been blessed since with some incredible spiritual companions and mentors over the years.

I completed Siloam in 2000 and have cherished the opportunity to journey with others in this ministry. I am also a community nurse. For the past eighteen years I have worked with a team of nurses attending to those experiencing homelessness.

I am a much better nurse because of my spiritual direction formation with a capacity to hold the space and listen deeply. I am a much better spiritual director because of the many clients in my nursing journey who trustingly invite me into their very vulnerable reality. Tending to an open wound while also witnessing to the brokenness and trauma of inner wounds is sacred privileged space. It's transforming.



Favourite Scripture: Romans 8:26 The Spirit herself makes intercession for us with groanings that cannot be expressed in speech. My most profound moments of grace and growth were groans before they were ever understood or articulated.

Favourite book: I have an anthology of Poems by Robert Frost which is the only possession that has journeyed with me since 1st year Uni.

Favourite movie: *On Golden Pond*, starring veterans Henry Fonda and Katharine Hepburn – one of their last films.

Memorable moment: An overseas phone call with my dad in the final minutes of the Boston Red Sox first World Series victory in 86 years – a first for both of us.

Voices of New Members

Robert Aitken

A Marist Brother with over fifty years' experience in Australian Marist schools and Communities, I am currently Assistant Director of The Hermitage, Mittagong, as well as Community Leader of the Hermitage Community. Qualified Spiritual Director having graduated in 2019 from the Listen into Life Program. Involved with Spiritual Direction and Accompaniment at Mittagong and elsewhere. My experiences as Community Leader have formed me in accompanying others in their life journey.

I have joined CSD to help foster my continuing growth in Direction both through the various programs offered and by opening up contacts with experienced Directors.



CSD Australia Members

Voices of New Members

Frances Jackson

I have been a spiritual director for 16 years, having trained at the Emmanuel Spirituality Centre facilitated by the Josephite sisters, located in Launceston, Tasmania. Alongside spiritual direction, I've been a teacher in primary school and special education, a hospital pastoral carer, a counsellor, adult faith educator, and 'grown up' four children and now delight in my grandchildren. Receiving spiritual direction has been a transformative experience and a desire to offer that gift to others followed later. I've joined CSD to enhance my spiritual /professional development and to expand my connection with others who share this ministry.



Megan Donohue

Originally from Broken Hill, I trained in Music Education at the Sydney Conservatorium of Music and have taught Music and Religious Education in Catholic schools across the N.T., N.S.W., Victoria and in Kiribati. I currently hold the privileged position of Deputy Principal Faith and Mission at OLSH College Benteigh which allows me the opportunity to combine my loves of teaching, music and faith as I journey with the young women in our care. I completed my training in Spiritual Direction in 2013 so I could offer Retreat in Daily Life to young people. I'm very much looking forward to connecting with, and learning from others who are involved in this vital work.



Joachim (Joa) Fabbro

Hi! I am a Marist Brother who has come to Spiritual Direction late in life after a long and happy ministry in teaching both in Queensland and in Sydney. Having experienced a number of retreats at the Benedictine Abbey in Jamberoo, in my retirement I was encouraged to complete a course in Spiritual Direction conducted by Benet Hill Monastery in Colorado Springs USA, where I discovered a deep synergy between the Marist and Benedictine spiritualities. I hope to continue to contribute to the wholistic wellbeing of the people around me. Joining CSD was recommended to me by one of its members as a good means of meeting other Spiritual Directors and keeping up my professional development.



Jim Wong

In my years serving in church leadership I witnessed leaders who got hurt or burnt out. It was sad to see that some eventually left their ministry. I feel that there should be some way to help these leaders to recuperate and to reflect on God's initial calling, to reignite their fire in serving God again. I was directed by my consultant pastor to study Spiritual Direction after discussing my idea with him. The call to this ministry has been confirmed through my training. And I do thoroughly enjoy this journey in Spiritual Direction. Joining CSD helps me to offer Spiritual Direction service to those who need it.



CSD Australia Professional Development

We thank each of the presenters and facilitators of our Professional Development for CSD Australia. Our last one for this year is Advent Prayer with Carole Carmody. No need for members to book. You will be sent a zoom link in the preceding week.

Advent Prayer: Wednesday 8 December 7.00 – 8.30pm with Carole Carmody



Carole Carmody will lead us in a time of prayer and reflection at the beginning of the season of Advent.

Carole is a supervisor at Heart of Life. She is a Sister of Mercy with a passion for the contemplative approach to spiritual direction, prayer, formative processes and retreats. She's also a member of CSD Australia.

Please join us for this pre-Christmas event.

Here are some comments from participants from the last few months.

Images, Story Telling and Spiritual Direction with Peter Malone in September

- Peter's easy manner, his clarity, grounding it in scripture, culture, films – importance of "listening" to words spoken, body language, choice of words – a very wholistic experience.
- I loved Peter speaking from his own experience – which is rich, and long. I loved his use of the screen, and extracts from films.... *Babette's Feast* has been a favourite of mine.
- I learnt the great benefit that can flow from use of images, story telling, music and the creative. To be confident in exploring these as appropriate.
- I appreciated the reminder of the "assignment" of writing my own scripture.



Spiritual Accompaniment Among the Fringes with Elizabeth Lee in October

- The value of speaking from the heart – which contributes to transformation of the listener/receiver. INFORMATION alone, is very forgettable! Also realised an attraction to pursue this style of ministry of direction myself. I have had both attraction to and experience of what Elizabeth practises, and am discerning some venturing into adapting/adopting the attentive, listening, being there where the other is, more INFORMAL, less structured style of operating with whomever ... if anything emerges.
- I loved Elizabeth's rich experience based presentation, which also included learnings from her reflection and discussions with experienced others.
- Elizabeth obviously has a deep passion and is incredibly knowledgeable about this really challenging work. She opened my eyes to the possibilities for spiritual conversation in the fringes.
- I loved the image and of the significance of "Fringe" people in all of life.



In conversation with Charrisa Suli – President Elect, Uniting Church, Australia in November

- It's wonderful to hear passion in a leader – how to support that in our leaders? Charissa gave us hope and encouragement to have open hearts.
- Charissa was real talk!
- Her face speaks of deep love – which comes from family, church. The role of women and the laity has to increase. Spirituality from the laity can be part of this.
- How to make spiritual direction more accessible and not an elite thing but for everyone?
- We can't rely on leadership to give spiritual direction a higher profile as it depends on their own experience. It's up to spiritual directors to do that. This fits perfectly with what Charissa was saying about the young and what they are looking for.



Book Reviews

The Joy of Ageing: A Spirituality for Oldies by Brian Gallagher MSC

Reviewed by Carmel Tedesco, Spiritual Director and Retreat Giver, Balnarring, Victoria.

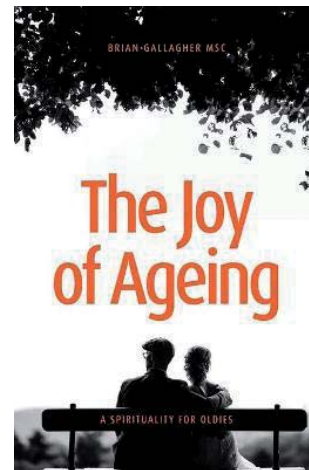
For those of you who know Brian you will not be surprised to hear that this book reflects very much who Brian is. I could say that it is 'vintage' Brian! His contemplative approach to life, his ever deepening relationship with God and his love of life, shine through; as does his love of family and friends (including four legged ones!), as well as his respect and care for the many people he has guided on their journey through life.

Brian shares honestly, simply and generously his reflections on his experience of ageing. He encourages us to reflect on the joys and blessings of our lives and gives us the courage to sit with the regrets, sorrows and struggles that come with ageing. All the while, he helps us to see, through the use of scripture, stories and some carefully selected short quotes from various writers, that God is with us throughout our days.

Brian invites us to read this book reflectively and slowly. As it is quite a short book, it would be tempting to 'speed read' it, but in doing so we would miss the riches within. This is a book to be savoured. There is wisdom on every page. Brian shares some very helpful personal practices and 'Be-attitudes' in each chapter: Ageing, Awakening, Remembering, Dreaming, Living, Dying and Praying.

Every time I open this book I find something fresh and new. Some of our elderly friends will have little surprises arriving on their doorsteps very soon!

Published by Coventry Press, 2021. \$18.95



10 Minutes: Gospel Reflections for Minds & Hearts by Peter Malone MSC

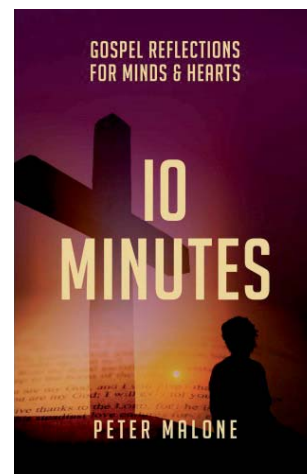
Reviewed by Jeff Hood, Lecturer and Supervisor, Heart of Life Centre for Spiritual and Pastoral Formation.

Stories tell us powerful truths about ourselves. The scriptures tell stories that resonate with the experience of our lives and with our attempts to make meaning from our experience. Peter Malone is a storyteller. He tells stories about stories, those in the scriptures, those in the movies and those lived out in the reality of human experience. In blending these stories, Peter creates images with words, and encourages us to invite the story into our imagination, thus bringing it to life within our own hearts and minds. When a story comes to life in our imagination, we come to life within the story, and allow the lessons of the story to teach us from within.

10 Minutes invites us to enter into the scriptures and to become part of that world in order for the scriptures to become part of us. Peter writes in a very warm and friendly style, inviting us to write our own gospel, and in doing so to engage with the aspects of the gospel stories that live in our memories and continue to speak to us in our life experience.

This book is a very useful catalyst for a quality of reflection that invites the scriptures to inhabit us in life-affirming ways.

Published by Coventry Press, 2021. \$18.95



AECSD News

Representative of CSD Australia for AECSD

We thank Carey McIver for his many years of contribution being a Council member and representative of CSD Australia for the Australian Ecumenical Council of Spiritual Direction (AECSD). Here are some comments about Carey's time as the representative of CSD Australia.

My time as the CSD representative on AECSD concludes at the end of 2021 and I have been invited to share a brief reflection on that experience over the five years from February 2017.

Initially I wish to sincerely thank those in CSD who enabled me to be your representative. It has been personally and spiritually a powerful learning experience. I have become friends with good and extraordinary people from a range of faith traditions across Australia all with a shared passion for our ministry of companioning others to become even more aware of the presence of the divine in our lived experience. I have experienced wonderfully supportive leadership from past president, George Warren and our current leader, Maria McCormack. Their collaborative, supportive and inclusive stance has enabled me to become more deeply aware of my gifts and talents as I sought to serve our growing spiritual direction community in Australia and beyond our shores in the South Pacific.

We have met face to face and online via Zoom to gather as a Council. It has been a challenge to not be present with all members of the Council during the COVID restrictions to deepen the emergent relationships from simply being together physically. The Council has co-created two AECSD events for spiritual directors in my time. The conference in Canberra, Spiritual Direction in the Borderlands, Exploring the Territory and our most recent virtual conference, Communion in Diversity. The creativity and generosity of the myriad expressions of the divine in our lived experiences certainly enabled both events to be life-giving and generative.

Thank you again for this opportunity to serve as your CSD representative on the Council.

Carey McIver, Hobart, TAS



New CSD Australia Representative

Clare Shearman has kindly accepted to be the CSD Australia representative on the AECSD Council for the next four years.

New AECSD Council Member

You will also remember that AECSD asked for nominations for new Council members, and this is a time to congratulate Anila Isaac. Anila was offered a place on the Council and has accepted this role for the next four years.



AECSD News

Leaders of Spiritual Direction Networks

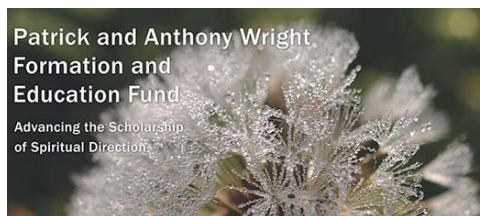
The leaders of the various Spiritual Direction Associations meet together online in mid-October.

At this meeting we welcomed the incoming President of the Companions in the Ministry of the Ignatian Spiritual Exercises (CMISE) Wayne Brabin, who comes from Adelaide. As leaders, we thanked Mary McInerney for her years of commitment to the role of President.

Beth Robertson, the President of the Australian Network for Spiritual Direction (ANSD) explained more about the magazine that is produced by ANSD – Coolamon, and how it is a truly uniquely Australian magazine committed to Spiritual Direction in a contemporary Australian way. It can be purchased as a printed copy or online edition from <https://ansd.org.au> ANSD are also looking for writers and contributors to the magazine.

Spiritual Directors National Register (SDNR) and Patrick and Anthony Wright Formation and Education Fund (PAWFED)

George Warren gives an update regarding the Spiritual Directors National Register (SDNR) and Communion in Diversity, which is in regard to the funding provided from the Patrick and Anthony Wright Formation and Education Fund (PAWFED).



Here is the second communication from the working party:

1. The Working Group has decided that the groups meeting in 2022 to discuss the National Register and Communion in Diversity will be called *Discernment Groups*.
2. They will function using the process of contemplative dialogue.
3. They will be held from mid March to mid April 2022 using an online platform such as Zoom.
4. Both a facilitator and a recorder/reporter will be required for each group.
5. An online brochure will be developed to advertise the groups and invite spiritual directors to sign up.
6. It is suggested we consider offering facilitators an honorarium of \$100 per group for leading them.
7. We are planning to use Eventbrite or Trybooking to sign up participants.
8. Recruitment of facilitators will happen during December/January.

The SDNR Working Group will next meet on the 2nd December 2021.

Monthly Professional Development in 2022

From the above report, you will notice that there will be *Discernment Groups* through March and April 2022. With this in mind, there will be only one professional development session planned by CSD Australia for these months.

Other News

Heart of Life: Emmaus Supervision Program

The Emmaus Supervision Program has been developed in response to demand for professional supervisors for those in individual ministry – clergy, Religious Sisters and Brothers, chaplains, spiritual directors, spiritual health workers, pastoral carers etc. It is a program for the formation of competent, experienced professional supervisors.

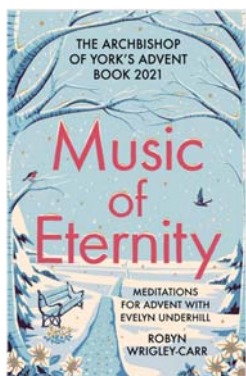
The program draws on the encounter of the two disciples with Jesus on the road to Emmaus (Luke 24:13-35).

It is studied part-time over eighteen months. It can be studied in-person or via zoom. The program comprises of a number of four-day intensives (in the Victorian school holidays), and 2 x 14-week seminars, followed by monthly gatherings to continue supervision input and practice.

The program begins in February 2022 and concludes in June 2023.

Applications close on 30 November 2021.

More information available on the website. www.heartoflife.melbourne



Advent Meditations

Although set in the Northern Hemisphere, judging by the book cover, this book may be useful for spiritual directors during Advent. *Music of Eternity: Meditations for Advent with Evelyn Underhill* (the Archbishop of York's Advent Book for 2021) written by Robyn Wrigley-Carr, a spiritual director who did her formation training through WellSpring, Melbourne. It's a daily devotional book, taking people on a journey through Advent which starts on November 28th 2021. It was published in August 2021 by SPCK, UK.

Christmas meme

Here is a picture of my Christmas Tree.
It's still in the shed...
because it's November.



A little humour to finish with. Something that a Facebook 'friend' shared early November.

<https://www.facebook.com/geeknewsnetwork/photos/a.258158890897542/4577386255641429>

Let's at least wait until Advent starts before getting swept up in the tinsel, lights and commercialism of the celebration of Christmas.