

From the National Chair

The Invitation of Accompaniment

As a spiritual director, I often begin the time with my directee with a prayer, or with a time of silence, and of stillness. Here is a prayer which I have used in the past when listening in spiritual conversations - from the book "The First Spiritual Exercises: A Manual" by Michael Hansen sj



Lord, give me the time I need for this conversation.
Help me to let go of my own convenience and work
to be fully present to each person.

May I be slow to speak. Give me the wisdom to listen quietly,
to sense the meaning, position and desire of each person,
to know whether to be silent or speak.

Free me to listen without prejudice, to treat each person equally,
Keep me considerate and kind with matters that arise,
sincere in my opinion, respecting better opinions.

Help me to hold each speaker's prayer experience reverently,
their talents and faith gently,
and to enkindle in them love of our Creator and Lord,
and to serve them in body as well as in word.

Let the Spirit descend upon this circle
with an abundance of her gifts.
Above all, give me the greatest possible reverence and humility,
and even affectionate awe,
of the way you dwell in the speakers before me. Amen.

Image from Canva

I look forward to meeting face to face with those attending the AECSD Conference, The Paschal Mystery: wounds and the healing journey - the heart of spiritual direction.

With every blessing on your ministry
Rita Malavisi rsj
National Chair

CSD Australia News

Membership Renewal

It is that time of year again, our membership renewal process is underway. We give thanks to all those members who have already completed their form and paid their membership.

Learning from last year, thank you to all who gave us feedback on the process, we have adjusted our form, with the option of completing online, downloading, or using a paper copy. Some forms have been posted to members too. If this is your preferred option and have not received a paper copy please contact [Karen](#). For those yet to complete the form and wish to complete online, [click here](#). To download the form and return via scanning or post please use this [pdf form](#).



We have extended the period of renewal with the hope of having the process completed by the 31st July 2024. After that date we will personally contact any member who has not renewed to connect with them.

In the September newsletter we will highlight membership statistics for everyone to be aware of the amazingly diverse community that you belong to.

Memberships Certificates

Membership certificates will be issued over the coming month for those who have returned the completed renewal declaration form and paid the membership fee.

New Member Drive

This is a great time to have a “New Members” drive. Do you know someone who has recently graduated from one of the recognised spiritual direction programs? If so, recommend them to join CSD Australia.



Social Media Policy - AI Input

With the ongoing development of AI, it has come to light that Meta has placed user agreements on their platforms Facebook and Instagram. Karen, our communications coordinator has communicated with Meta to ensure that no CSD information is used or contributed towards Meta’s AI development. Karen has unregistered our agreement of voluntary sharing data with the intent of contributing towards AI input. Karen will continue to monitor and keep us informed of developments ensuring our platforms remain secure and uphold the intent they were created for. If you have any concerns or questions, please reach out to [Karen](#).

CSD Australia Members

Profile of a Member

Pia Galea

I was born and raised in the Parramatta Diocese and entered the Poor Clares 40 years ago. I have worked in universities as a Social Worker and I have been practicing as a spiritual director for 15 years. As a spiritual director, my passion is fostering human connection through deep listening and understanding. In life we are constantly being created and recreated. Life events can bring about questions about who we are and who is God in our life's journey. Through a relationship of attentive companionship in spiritual direction, we explore what gives life meaning and purpose, as stories of fears, anxieties, joys, and delights are named and shared.



Favourite Scripture: '...you will know the truth, and the truth will make you free.' Jn 8:32 (NRSV)

Favourite Book: 'The Gift of Years' Joan Chittister

Favourite Movie: Shawshank Redemption

Memorable Moment: Good Friday Rainbow during Covid lockdown April 2020

Michele Toussaint

I have been a Spiritual Director for 26yrs. I did my Pastoral Care and Spiritual Direction at Heart of Life. I see my Ministry of Spiritual Companionship to women as being midwife to those that I journey with. This quote from Plato sums it up for me, "The greatest privilege of human life is to become a midwife to the awakening of the soul in another person."

I can only do this Ministry in the knowledge that it is God and I who do it together.

Favourite Scripture: Luke 1: 39-56 The Visitation

Favourite Book: 'Midwives of an Unnamed Future: Spirituality for Women in times of Unprecedented Change by Mary Ruth Broz rsm and Barbara Flynn.

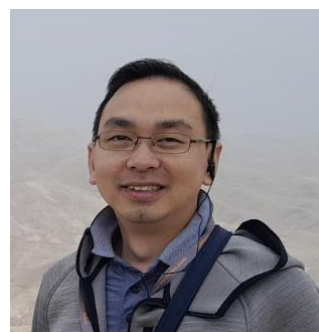
Favourite Movie: I really love the series of Midwife on the ABC

Memorable Moment: My Ruby Jubilee was a memorable Celebration. As I celebrated with Community, Family and Friends of this God who is always with me.



Khoi Nguyen

For quite some time before becoming a spiritual accompanier, I had been feeling always drawn to working with people one on one. I had always found this experience being with people in this personal space and time, sharing something uniquely for them and me, at times just sharing the time, the silence and the presence with each other quite rewarding and meaningful.



Since working as an accompanier (along with my vocation as a formator for my religious community) until now I have been affirmed in this calling to be with people in their personal journey. I have encountered people from different walks and natures of life - lay, religious, men and women, LGBTQIA+ community, young and older, pious and broken, seekers of God and those resisting God's presence in their lives. The more I am with them, the more I realise why God loves us - because there is always a deep-seated goodness and beauty within each one of us.

Favourite Scripture: The story of the prodigal son and his brother - Luke 15:11-32

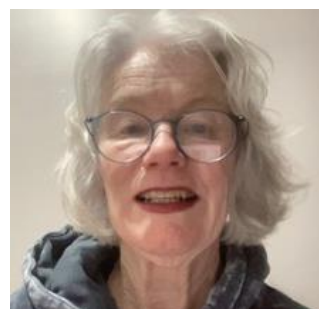
Favourite Book: The Shack

Favourite Movie: Peaceful Warrior

Memorable Moment: The moment was when I visited the Holy Land in December 2022, and was able to celebrate mass in the Church of the Garden of Gethsemane in front of the prayer stone where Jesus presumed to lean on while praying to his Abba before his passion and death.

Imelda O'Loughlin

Spiritual Companionship always brings to my mind the story of the friends travelling the road to Emmaus. It is their journey, though the agenda belongs to God. As a spiritual companion, I seek to hold sacred space for the other and to offer the deep listening that allows their spiritual story to unfold and their relationship with God to deepen and broaden.



As they journey, they come to recognise God's generous guidance. They continue to keep reaching out, strengthening their faith and attuning to God's many invitations in their lives. God walks with them in patient love and strengthening grace. My own spiritual journey is greatly enhanced by all that I share with those who seek my companionship. It is God's work, my ministry and my privilege.

Favourite Scripture: Prologue to John's Gospel

Favourite Book: 'The Lost Flowers of Alice Hart' and 'Benedictus' by John O'Donohue

Favourite Movie: The New Boy

Memorable Moment: In 2017, I was ordained to the priesthood in St John's Cathedral. If I close my eyes, I can feel the weight of Archbishop Phillip's hands on my head and hear the spine tingling ululation of the Sudanese community who were present in large numbers.

Kay Hooper

My initial training as a spiritual director was in 1990 in Auckland with Madeline Birmingham and Bill Connolly. Since then I have been involved in the giving of retreats and individual spiritual direction. I completed my first Ignatian retreat in 1973 and soon after that I joined Christian Life Community (CLC). Since that time, I have been very involved in the Formation of members and guides of groups as well as filling a number of leadership positions in our national community.



In my professional life, I was a teacher of the hearing-impaired in Sydney having moved here from Queensland some forty years ago. My involvement in CLC and in the work of retreat-giving and individual direction has been a great gift from God. In accompanying another on their spiritual journey, my love of God has been deepened and nurtured. I am forever grateful for having been invited into this ministry and for the wonderful and inspiring people I have met along the way.

Favourite Scripture: Isaiah 43:4 “You are precious in my sight. You are honoured and I love you.”

Favourite Book: “A Woman Wrapped in Silence” John W. Lynch

Favourite Movie: Babette’s Feast

Memorable Moment: Being with one of my great-nephews. He brings me great joy as he introduces me to the wonder of the world through the eyes of a child.

CSD Australia Professional Development

Save the Date

What Works for Me

Saturday August 3rd 9.30am - 11.00am (AEDT)



We warmly invite you to join us for a morning conversation to share our experience, wisdom, learnings and joys of practicing the art of spiritual direction. This conversation will be guided by our CSD team and yourself. An opportunity to connect to other members of the wider CSD community along with hearing of opportunities for further learning, connection and development. This zoom will consist of collective sharing along with breakout rooms, in an acknowledgement of the gift of sharing and respect to all present, we will not be recording this session.

Upcoming Professional Developments

The CSD team have been working with a number of presenters to arrange dates for upcoming professional development sessions. We await confirmation of dates for our next two speakers, with ongoing communication for future presenters. When these dates are confirmed we will send out an email with the invitation to save the date. For now, here is a little information around our upcoming speakers.

Dr. David Treanor, Director, Safeguarding and Compliance Australian Catholic Safeguarding Ltd

Dr. David Treanor is the Director of Safeguarding and Compliance at Australian Catholic Safeguarding Limited. David received his Ph.D. in philosophy from the University of Tasmania, Australia where he specialized in Disability, Ethics and Friendship. David has worked in government and non-government agencies and managed Accommodation services; Disability Community Teams; Community Access Services; Respite Services and worked in research and evaluation. He also has qualifications in auditing, public administration, social work, social sciences, public and theology. David has an extensive background in leading and managing the delivery of qualitative human services.

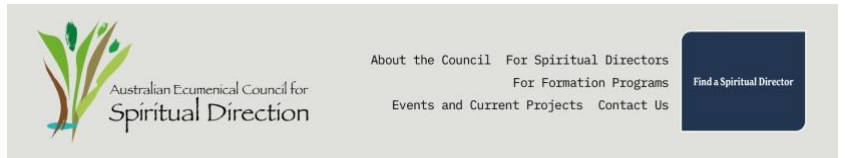


Sr Rachel O'Loughlin, ibvm. Physiotherapist, Supervisor

As a physiotherapist, supervisor, Rachel will lead a time for us with the theme: "Listen to your body as a place of revelation."

AECS D News

AECS D Gathering 2024



Friday 5th July until Sunday 7th July in Adelaide, Spiritual Directors from around Australia meet for the AECS D in person gathering. Seven CSD members took up the invitation for financial aid to enable them to attend the gathering. For other members who would have liked to attend however for various reasons are unable to, take comfort to know CSD will arrange an online gathering for those who are able to attend to share their learnings and experience. We also will publish a few written reports in September's newsletter.

For now, we extend our prayers to all those who gather over the weekend that it may be a rich event, full of learning, connection, discoveries and most importantly fruit to take back to your ministry.

CSD Representative on AECS D Council

Thank you Kevin Hennessy

For the past year Kevin has represented CSD on the AECS D council. Gathering with a diverse group of twelve individuals who represent different faiths, organisations and spiritualities. Monthly conversations around formation opportunities, organising in person gatherings along with discussing contemporary topics like the national register.

Kevin's representation has ensured our CSD community is kept informed, involved and present in the ever changing spiritual direction practice. We wish to thank Kevin for his commitment to represent CSD on the council. When Kevin reports back to the CSD reference team, it was always with an element of joy, excitement at the experience he had with the in depth conversations, uniting of diversity and a sense of unity. Kevin often laughs that while he was one male among many women, the laughter is always followed by the assurance of the importance of each individual's voice being present.



Recently Kevin informed us that it was time for him to step down from this position, opening the invitation for another CSD member to be present on the council. A great opportunity not only to connect with other spiritual directors, yet to continue to witness and be part of the ongoing conversations within the ever changing, developing and strengthening practice of spiritual direction. If you are interested and would like to know more about this opportunity please reach out to [Rita](#).

Other News



Heart of Life

Centre for Spiritual & Pastoral Formation

Thank You Clare Shearman Heart of Life Director 2022- 2024



We extend our thanks and good wishes to Clare, who will finish her role as director of Heart of Life in July. We give thanks for her transformative presence over the years. Clare has been encouraging CSD through her commitment to ongoing formation of spiritual directors, supervisors and spiritual leaders.



Welcome Alison McKenzie Heart of Life Director

CSD Community would like to extend their welcome to Alison who takes up the role of Director at Heart of Life on 15th July for a six month term. Alison joins the Heart of Life team with a rich tapestry of pastoral and spiritual experience.

Heart of Life

Applications now accepted for 2025 formation programs

Siloam Program – full-time in-person program or part-time in-person or online program, for the formation of spiritual directors

Emmaus Supervision Program – part-time, in-person or online program for the formation of professional supervisors

Damascus Spiritual Leaders Program – part-time, in-person or online program for the formation of spiritual leaders

Let the Heart Listen Program – part-time, in-person or online formation program for people involved in listening to and supporting others in life's journey

If you wish to receive more information there is an opportunity to join for a Taster Session where you will learn more about each program, have an opportunity to ask questions and meet the Heart of Life team. The first Taster session will be held on 24th July, 7.00pm [booking required](#).

[For more information](#)



Heart of Life

Centre for Spiritual & Pastoral Formation

Contemplatio - Mystic Heart: Spiritual Direction in the Light of Contemplation

Saturday 10th - Sunday 11th August 2024

Santa Casa Spirituality Centre, Queenscliff, Victoria and Online.



We invite practicing spiritual directors and those interested in contemplation to a weekend of drawing on great mystical classics from the Western and Orthodox traditions, in this Mystic Heart formation offering. We will explore the Christian tradition of mystical union, delving into language such as the prayer of union, transformation of the soul in God, the unitive way, ecstatic union, mystical marriage, oneing, living in Christ, Trinitarian indwelling, boundless fulfilment, beatific vision and deification. There are a few places remaining.

Facilitated by Dr Kerrie Hide,

Location: [Santa Casa Spirituality Centre, Queenscliff, Victoria](#) and Online

[For more information](#)

WellSpring Centre

Peer Supervision Gathering of Participants

You are invited to join us at one (or both) of upcoming gatherings of spiritual companions who are currently part of a peer supervision group. This is an opportunity to hear from others what they are doing / learning in their peer supervision groups and be in silence together.

Monday 8th July online starting at 7pm

Wednesday 10th July in person at WellSpring – starting at 10:30 am, option to join Prayer at Noon followed by lunch (provided by WellSpring) Please register by purchasing a ticket - there is no fee.

[For more information](#)

Eremos Institute

Intensive Journal Workshop : Our lives are vast, multifaceted and profound



EREMOS
EXPLORING SPIRITUALITY IN AUSTRALIA

Intensive Journal workshops hosted by the Eremos Institute are offered online and in person. The Intensive Journal helps connect us with this vastness and depth by engaging the process created by Dr Ira Progoff. See upcoming workshops, including our newest offering, *Introducing the Intensive Journal*, a 3 hour online workshop: available to view [here](#). More information about the workshops can be viewed [here](#).

[For more information](#)

Santa Casa Retreat Centre

Santa Casa, located in historical Queenscliff just 90 minutes from Melbourne on the Bellarine Peninsula in southern Victoria, is a sacred place of refreshment and nurture for body, mind and spirit. Santa Casa is available for Spiritual Directors to conduct retreats, workshops etc.



[For more information](#)