

From the National Chair

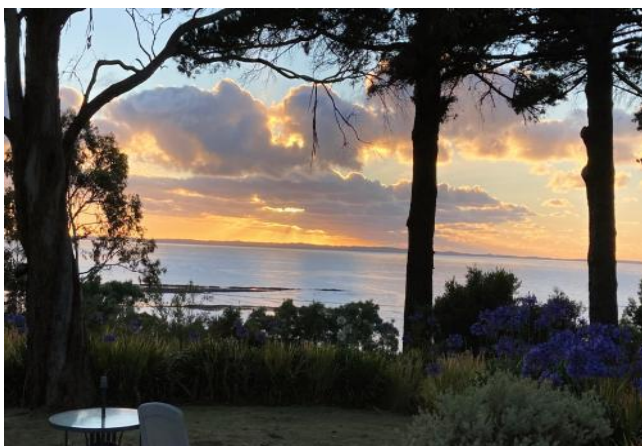
It's been a great start for CSD Australia, particularly with Professional Development with Dr. Robert Wicks – The Resilient Spiritual Director: Strengthening the Inner Life in Challenging Times.

Dr. Robert shared the prayer (*Find me again Lord*) with us at the beginning of our time together. Since then, I continue to revisit this prayer daily. Each day gives me a new realisation, a new invitation, a memory.

Continuing on the good work begun by Tim Moloney, when he called together the Leaders of the Spiritual Direction Networks in Australia, **the Spiritual Direction National Register and Communion in Diversity Working Group** have invited us to participate in a Discernment Circle this coming March or April. The facilitators of these Discernment Circles will contact you directly for your ONE off circle. These Discernment Circles will gather the wisdom of the entire group before deciding on a symposium for later this year. If you missed out registering your interest, please contact George Warren (gewassa006@gmail.com).

May we all continue to be open to let ourselves be found by the one who calls us. We know not what is on the horizon.

With every blessing,
Rita Malavisi



Find me again Lord

There are so many times that you have found me,
that I can't even recall all of them anymore.
One moment I'd find myself feeling all alone, and
the next you would be at my side.

But now

I need you to find me again Lord.

Let me know you are there
in the splash of a duck landing in water,
The noise of the city at night or
in the quiet of the outback,

I need you to find me again Lord.

Help me know you are thinking of me
in the way someone offers a smile,
In the care expressed in a note received,
or simply a cup of coffee, slowly enjoyed.

I need you to find me again Lord.

Possibly the tears quietly sitting on my cheek,
will remind you once again of me.

Maybe the giggles of a child,
or broad grin of an old friend,
will have me recall your presence once more.

But whatever it might be,

I need you to find me again Lord.

To whisper my name in some way,
so I can feel your intimate presence.

*Yes I need you to find me again Lord
Soon.*

© Prayers for Uncertain Times –
Dr. Robert Wicks 2020

CSD Australia News

Welcome

A very warm welcome to Karen Englebretsen who joins our Administration Team for CSD Australia as Communications Co-ordinator. Over time you will meet her and get to know her. She can be contacted through communications@cздаustralia.com

She will be responsible for most of our communications: Website, Newsletter, Social Media, Co-host for our Professional development – just to name a few things. We are very excited to have her on the team. She's been “thrown in at the deep end” in February.



Greetings to you all, it is a joy to join your community and assist as the communications co-ordinator. Born and raised in New Zealand, I moved to Australia to join the Sisters of the Cross and Passion, (Passionist). Recently I returned from Ireland where I completed my Masters in Spirituality and I am currently embracing ministry work in Spiritual Care here in Melbourne. Thank you for the warm welcome and I look forward to getting to know you all in the coming months. Blessings, Karen

Bernadette will continue her duties as treasurer, and also co-ordinate anything to do with Membership, and of course be involved in many other tasks too, especially in regards to being on the Administration Team.

Congratulations

Congratulations to **Jill Dance!** Jill is one of twelve recipients of the Inaugural **Archbishop Guilford Young Medal**. Guilford Young was Archbishop of Hobart in the years during Vatican II. He did a great deal to educate the people about the theology and the reforms of the Council. The Medal is presented to those who are recognised for their outstanding contribution to the life of the Church in Tasmania through their “leadership, meritorious service, notable deeds of merit, innovative and dedicated exercise of professional responsibilities...”



Jill is recognised for her long years of service as an educator and leader in Catholic Schools in Tasmania and for her work presenting the Renew programme throughout the Archdiocese. She was responsible for preparing, establishing and participating in the presentation of the Pastoral Ministry Course which was conducted over a number of years and included training in Spiritual Direction. Jill is a most worthy recipient of this Medal.

Co-ordinating Groups – seeking your help

An email invitation was sent to all members in February seeking your help. Thank you to all who have communicated their intentions with being involved with the co-ordinating group. There has been an overwhelming response about the pastoral work of keeping in touch with members. We are still looking for a couple of people to be involved with planning the very important area of Professional Development.

A number of members also feel that they are fully committed at this point in time – and we thank them for their generosity in responding, or in being involved in the past.

If you still feel, you'd like to nominate yourself, please complete the following survey by the end of March. <https://tinyurl.com/2p9d7fmm>

CSD Australia Members

Voices of New Members

Mark Freeman

After taking the Ignatian spiritual exercises and completing the Listen into Life program in spiritual direction I joined the CSD. By participating in professional development events I hope to continue the formation process and encourage other spiritual directors in their own journey. I have been exploring other spiritual disciplines including contemplative walking and pilgrimage in particular, and I'm keen to explore spiritual companionship in nature.



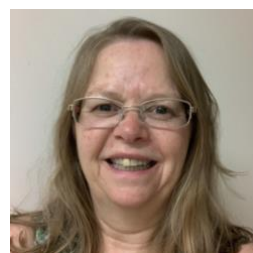
Anne Marmion

I am looking forward to participating in CSD as I have much learning to do. I am retired and live with my husband. I worked as a nurse, a teacher and a psychologist. I hold a strong sense of social justice and believe that education gives children a chance to achieve a happy and successful life. I enjoy volunteering and have a deep desire to deepen my own belief and spirituality.



Gail Paxman

As a newly graduated spiritual director I am excited to be at the beginning of a new professional life. I have been transitioning from a factual, science based, librarian role, to a new way of being, with a deeper relationship with God, and a desire to accompany others on their spiritual journeys as they discover who God created them to be. I've joined CSD to connect with others in the field, and to put in place professional frameworks that will allow me to practice and grow as a spiritual director. I'm looking forward to meeting many members and participating in the events.



Trish Spiteri

I have a passion to bring people from all backgrounds closer to God and experience a personal encounter with Jesus Christ. As a member of CSD, I hope to gain more exposure to speakers and development opportunities in the field of spiritual direction.



Denise Brosnan

I am a Sister of Saint Joseph who ministers in spirituality and as a Supervisor and lecturer in the St Francis Spiritual Direction Formation Programme sponsored by the Anglican Church in Brisbane. I have held different roles in Catholic Education over the years and love to work using sandtray and symbols. I have requested to join CSD because Jesus said: "May they all be one" and Saint Mary MacKillop said: "In our unity lies our strength".



A warm welcome to all our new members including Stephen Hanly, Tru Nguyen, Sharon Fawcett, Kathleen Ward and Anita Brennan.

Profile of a Member

Bill Sullivan fms

I am a relative newcomer to the ministry of Spiritual Direction, having completed the Barnabas Ministry 'Soul Journey Companions program' in 2017. Prior to that for some 35 years I enjoyed the ministry of Secondary teaching and School leadership in a number of Marist schools. School ministry is a privileged place to work, guiding young people and school communities through the good times and the tough experiences. I am currently the Director of The Hermitage Retreat Centre at Mittagong, NSW. This new role led me to the ministry of Spiritual Direction and retreat facilitation. While quite a contrast to school life this ministry also offers a special gift in a very fractured world. Walking with others as they explore their spiritual world is a sacred and privileged place to be.



Favourite Scripture: Matthew 11: 28-30. "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest".

Favourite Book: Henri Nouwen's 'The Return of the Prodigal Son'.

Favourite Movie: The Shawshank Redemption.

Memorable Moment: My visit to Iona. A life changing experience and a very special place.

Barbara Logan



I am a spiritual director and professional supervisor, now retired from parish ministry, a widow, mother and grandmother. Over the years, spiritual direction has shaped who I am and my relationships and conversations with those around me. It is a precious grace to walk with another in their exploration of a life journey with our good God. I first became aware of spiritual direction over twenty years ago when studying theology, it was something totally new and unknown but immediately resonated and spoke to my heart. It also made sense of previous life experiences. A few years later I studied at the Living Well Centre and became intentional in the ministry. I delight in meeting people from all walks, backgrounds and cultures and, as I live in rural Victoria, am happy to use zoom or facetime to connect.

Favourite scripture: Matthew 28.20b "And surely I am with you always, to the very end of the age." That says it all.

Favourite movie: Hard to pick, I enjoy settling down on a rainy winter's afternoon, with a hot drink, to watch 'Love Actually'!

Favourite Book: Again, hard to choose, for I love reading and enjoy both fiction and non-fiction, however since school days Jane Austen's 'Pride and Prejudice' would be an old favourite. Such a classic!

Memorable moment: On pilgrimage in Ireland, standing on Inishmore, largest of the Aran islands on Galway Bay, at the Seven Churches – an amazing place and a special touch of God's Spirit.

New Honorary Members

Ann Fleming

I think the greatest of all blessings for me in this life has been walking with a Spiritual Companion.

I discovered this very early in my Religious life, long before Spiritual Direction was in vogue that I needed someone with whom to share this inner journey. I needed someone to help me articulate my inmost thoughts and feelings, someone who could help me identify movements and patterns that are healthy and unhealthy, someone who could help me see past my fears and ramblings, my struggles finding God in every day life. Someone who doesn't have the answers but draws the answers from my depth.

My experience of being accompanied myself is the GIFT I bring to accompanying others. The promptings of the Holy Spirit has guided me and spoken through me and for me. I sometimes wonder where words and ideas come from and know I am being held in that same Spirit.

Providing people with spiritual companionship is a privilege and a gift.



Lynette Young



Covid and change of ministry has brought about a new direction in my ministry in Spiritual Direction. I am no longer part of a rural parish and have had to leave where I love, in the bush, to come to the City for medical and community support.

Learning to listen in a different way by phone and sometimes FaceTime, has called upon different skills of deep listening. When I am in the presence of a directee, movement, gestures, silences and atmosphere have all helped me understand the person better.

Now, I find that the silences as well as the reflection afterwards are very important to me in listening to the Spirit between us. As well, now many of my directees are in Aged Care. Their life experience is different. I am more a Spiritual Companion than listening to life experience in ministry. The gentle challenge is different now for both of us but the privilege of being a listening heart to what our good God is saying to us is still the same. Honorary Spiritual Direction for me now is quieter, more contemplative and free.

Tributes

Sr Elizabeth Costigan rsc

Contributed by Maureen Delaney rsc

We celebrated the life of Elizabeth Costigan RSC at St Therese's Church Essendon on December 6th 2021. We held memories from across the years of our strong, gentle, loving friend, whose commitment and joy in living was shared with her family, sisters, friends and colleagues.

Her presence was appreciated in her welcoming hospitality, her attentive listening, her care, interest and loving friendship. Her pastoral presence among families, students, staffs and parishioners was evident in the congregation gathered to express their farewells.

Her ministries as Sister of Charity included education, leadership, director of novices, spiritual director, retreat guide, parish associate, in Sydney, Canberra, mainly in Melbourne.

She was a woman of prayer, a woman of wisdom. She valued her connection with Heart of Life in her own formation and its ongoing friendships. She was a long-time member of CSD and at one time was on its executive. Being on the team of Currajeen Retreat Centre Doreen, with its Retreat Programmes and Spiritual Direction availability, gave her life and inspired many. She walked a path, that continually enriched the lives of others

PS. Liz was a champion tennis player in her youth, and enjoyed the ongoing international tennis scene of today. She was a superb cook, and loved to welcome us with her creamed sponges.



Sr Margaret Barry rsj

Contributed by Therese Quinn rsj



Margaret-- A truly beautiful, wisdom woman and loving friend.

“The life and death of each of us has its influence on others –hers for me was **JOY**. Marg loved and was a beautiful listener who responded with the feeling you had –if you were sad or angry she joined you without judgement!

Marg studied in Spokane, USA. While in Spokane she experienced a volcanic eruption on Mt St Helen. Marg, the storyteller shared her experience of the white ash everywhere! I think they had to wear masks!

She was an actress and story teller, laughing was pretty well always seeing the funny side of anything! Her favourite scripture passage was, “Love one another as I have loved you!” and she truly lived that.

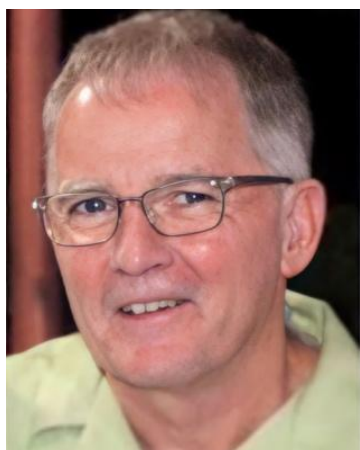
Marg is now with me in the Communion of Saints ... “The Spirit of God passes into holy souls and makes them friends of God and prophets” (Wisdom 7:27). I quote Elizabeth Johnson, speaking of the Communion of Saints --- “A symbol so relational so inclusive and egalitarian, so respectful of persons who are defeated, so praising of those who succeed against all odds, so hope-filled and so practical. Such a symbol can serve to empower all people ...” That is Margaret Barry. And I am grateful!”

CSD Australia Professional Development

You are welcome to join all or any of the monthly sessions planned for 2022. There is no cost or need for members to book. A zoom link will be sent to all members in the preceding week.

Non members are welcome to join and book through the trybooking link for each session. Cost is \$20 per session for non members. <https://www.trybooking.com/BXCSM> They will be sent a zoom link upon booking.

Jungian Concept of the 'shadow' and its impact on Spiritual Direction with Fr. Joe McHugh Saturday 5th March, 9.30am till 11.00am (AEDT)



The Swiss psychiatrist and psychoanalyst Carl Jung developed the concept of the “human shadow” to describe a collection of certain aspects of an individual’s personality which can inhibit and limit a person’s ability to live a fuller and more fruitful life. The “human shadow” is fed by cultural, parental and societal expectations of how the person should live. The shadow grows incrementally as a person matures.

It is helpful for spiritual directors to be able to recognize how the “human shadow” functions, both in themselves and in their directees. A clearer awareness of how the “human shadow” works might better enable both directee and director to be more attentive, free and open to where the Spirit might be leading.

Here are some comments from participants from the last professional development.

The Resilient Spiritual Director: Strengthening the Inner Life in Challenging Times with Dr Robert Wicks in February.

- Personal sharing of presenter experience. Excellent knowledge base combining best insights of psychology and spirituality. Good pastoral examples to reflect on.
- Well-chosen presenter and conducted without fuss, thanks to your role Rita, from the perspective of a participant.
- It was a very valuable presentation for all of us living in this challenging time and I'm sharing the insights with my non-Spiritual Director friends.
- I really appreciated listening to Robert Wicks – he was so sound and inspiring.
- Robert Wicks provided a relevant, challenging and inspirational understanding of the growing importance of the ministry of Spiritual Direction.
- I am really thankful for this creative option for professional development, and it’s unfortunate that I haven’t been able to attend many. The 90 minute sessions are realistic and achievable.
- I learned so much! Depression and activity don’t like to walk together – a great recipe for when things seem a bit bleak. Courage comes and goes...hold on for the next supply. Reiteration of self care. requires friendship – a friend knows the song in your heart and can sing it back to you when you have forgotten, but also the immense value of Alone time. A beautiful quote “to listen another soul into a deeper position of awareness.”



And a brief post By Dr. Robert Wicks himself, on his presentation to our group.

SPIRITUAL DIRECTORS IN AUSTRALIA...and a core question to be faced

Recently I had the opportunity to virtually present to spiritual directors in Australia. In the past, I had flown down there on a couple of occasions to present in Sydney, Melbourne and Brisbane, so it was a joy to connect with Australians again, albeit virtually. I feel the same about “Kiwis”, people from New Zealand, where I visited four times to speak before Covid-19 showed up (simply to cramp MY style, of course).

To set the stage in my presentation, I called to mind key points that they already knew as a way of reinforcing them. Firstly, that being a compassionate presence positively impacts others in amazing ways we may never realize. As the Chinese Proverb goes: “When the tide rises, the boats in the water do as well.”

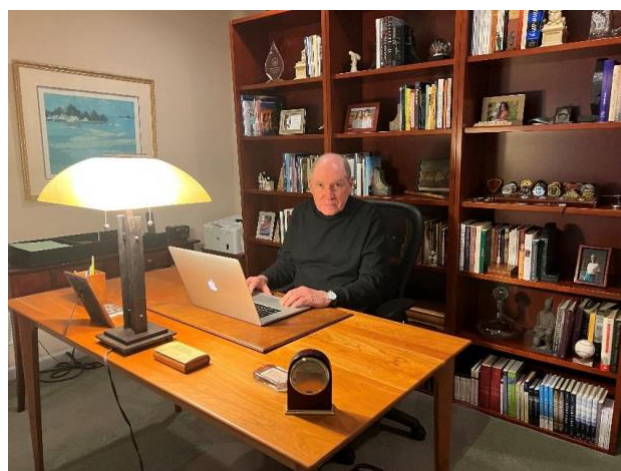
I also reinforced something we often forget in ministry, medicine, nursing, teaching, social work, and mental health as we help others in need: Being compassionate and hopeful also benefits US. As Physician and Humanitarian Albert Schweitzer once said: “I don’t know what your destiny will be, but one thing I do know...the only ones among you who will be really happy are those who have sought and found how to serve.”

But central to my presentation was to hone in on what I felt was the core of what they were both trying to model and help others to live out—namely, that actively loving self and everyone is the most important of God’s calls to us. In essence, I noted that their ministry was so precious because they were calling people to integrate autonomy (their will) with theonomy (God’s will), so as to become freer within, and to ACT in loving ways with others—including those they may have never met.

In this regard, as helpers and healers, they and those they were guiding (as well as I believe all of us) were being commanded to become more aware of, and respond to, the challenging question Benedictine Godfrey Diekmann once posed:

“What difference does it make if bread and wine turn into the Body and Blood of Christ if we don’t?”

Robert Wicks is the author of a little book used by people—especially during Lent—to form and reform a lively prayer life entitled, EVERYDAY SIMPLICITY: A Practical Guide to Spiritual Growth (avemariapress.com).

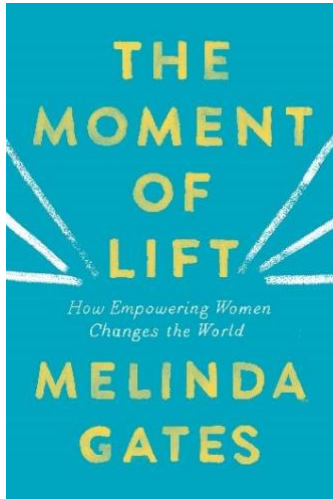


A photo of Dr. Robert Wicks presenting to us on 12th February this year.

Book Reviews

“The Moment of Life : How Empowering Women Changes the World” by Melinda French Gates

Reviewed by Rita Malavisi



Over the summer holidays I was browsing for a book to read, and this one came up as “popular”. “Why not?” I thought.

It was an easy read, delightful and inspiring. I have a confession to make. As I need to read for study and professional development, for pleasure I listen to audio books, and this one is narrated by the author – and that’s always a treat. Driven by the belief that no one should be excluded, this book is a personal statement of conviction.

Maybe you won’t agree with all Melinda’s choices or actions, but that moment of empowering someone else is indeed the “Moment of Lift”. It helped me to question, “when do I build up others in my life?”

“The Life You Can Save” by Peter Singer

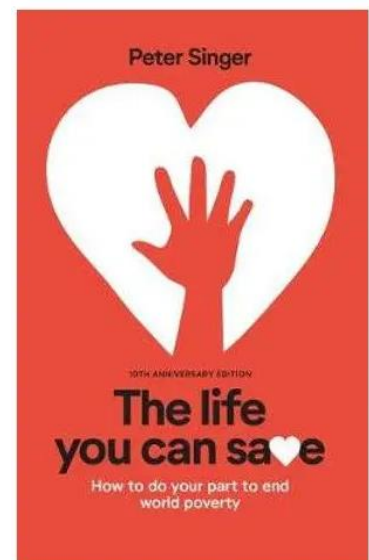
Reviewed by Marlene Foote

Having not encountered Peter Singer’s writings before (yes, I hear you ask, “have you lived under a rock for the last 10 years?”) it was with intrigue and curiosity that I read his compelling arguments about the urgency of responding to world poverty.

Singer also examines the progress we’re all making and shares engaging stories, however, be aware, reading this book will send you on a life-changing roller-coaster ride and it will be impossible to remain complacent!

I was encouraged by the fact that despite being an atheist, Singer very clearly refers to Christianity (and also other faiths), reminding us of our collective belief and moral obligation to “do unto others as you would have them do unto you”.

The core of this book is a sincere reminder to live ethically with the resources we each have to “aid the world’s poorest people” and to “do something significantly more than you have been doing so far”.



AECSD News

Australian Ecumenical Council for Spiritual Direction

For the past two years with COVID, the AECSD have had their meetings virtually. This month, from 15th - 17th March, they will have their first face to face retreat and meeting.

Please pray for the members as they continue to discern the way forward for the spiritual direction community in Australia and beyond.

Leaders of Spiritual Direction Networks

The leaders of the Spiritual Directions Networks met on Wednesday, 23rd February, and continued the sharing of ideas across the various different networks.

- **Discernment Circles:** The spiritual direction network across Australia has responded positively to the call to register for a discernment circle to listen to the wisdom of the group in considering a National Register and what that means. There are over 130 spiritual directors who have registered their interest. If you didn't get a chance to register your interest, the google form has now been closed off, however, you can email George Warren (gewassa006@gmail.com) who will endeavour to facilitate you joining a group. Our thanks to Liz Anne Smith who has the mammoth task of organising the interest of those who registered. We thank the working group who are looking at the question of the National Register and Communion in Diversity.
- **Supervision:** There is also another working party looking at the question of Supervision specifically for Spiritual Directors. They are moving towards a symposium later this year.
- **Conferences:** Australian Network for Spiritual Direction (ANSD) and Companions in the Ministry of the Ignatian Spiritual Exercises (CMISE) are holding their conferences later this year and more details will be circulated at a later date.



Other News

Australian Network of Spiritual Direction (ANSD)



TRANSFORMING PRACTICES INC IS DELIGHTED TO OFFER IN 2022

SEASONAL CONVERSATIONS FOR PASTORAL PRACTICE

VIA ZOOM 7-8:30PM

Autumn Conversations - Wednesday 30 March 2022
LGBTQ+ Perspectives for Pastoral Care - with Teash Taylor and AJ Jensen

Winter Conversations - Wednesday 15 June 2022
'Tech-Connect'. Can We Facilitate Meaningful Connections? - with Beate Steller

Spring Conversations - Wednesday 31 August 2022
Spirituality in Crisis. Coming Alongside in Trauma, ICU, Emergency, Transplants and Palliative Care - with Joseph Park and Jo Sullivan

Summer Conversations - Wednesday 30 November 2022
Tapping Into the Unconscious Through Art Making - with Kate Thornley

BOOKINGS: VIA HUMANITIX
[HTTPS://EVENTS.HUMANITIX.COM/SEASONAL-CONVERSATIONS-FOR-PASTORAL-PRACTICE](https://events.humanitix.com/seasonal-conversations-for-pastoral-practice)
PD CERTIFICATES AVAILABLE
\$35 PER SESSION / \$25 FOR TP MEMBERS
ENQUIRIES JO.SPIRITLEVEL@GMAIL.COM


www.transformingpractices.com.au

Are you interested in "Seasonal Conversations for Pastoral Practice" offered via zoom by Transforming Practices Inc. These are offered for those in spiritual or pastoral care, chaplaincy, pastoral supervision and spiritual direction.

Transforming Practices Inc. <http://www.transformingpractices.com.au/> is a registered association of autonomous practitioners who foster personal and social transformation as professional and pastoral supervisors and consultants.

Transforming Practices is presenting this series of Seasonal Conversations for Pastoral Practice via Zoom throughout 2022, to offer professional development and support to those who practice in pastoral domains.

Enquiries jo.spiritlevel@gmail.com

Spiritual Directors/Spiritual Companions

Are you looking for a Peer Supervision group in Western Sydney?

We are seeking expressions of interest to any Spiritual Director/Companions to join our Peer Supervision. The group meets once a month, for two hours. Currently the venue alternates between Homebush and Windsor NSW.

If you would like more information, please contact Sr Pia Galea osc via email pgalea7@hotmail.com or on 0423 656 444

Mental Health First Aid in a Spiritual Direction Setting

November last year WellSpring Centre in Ashburton, Melbourne, held a two day in-person professional development workshop run by Marcel Koper. The CSD Australia September 2022 newsletter included details of this in the “Other News” section. Five CSD members attended, most of whom also had connections with WellSpring. Here’s some responses from those participants.

Linda Di Sipio

The Mental Health First Aid Workshop was excellent. As a spiritual director the course has provided me with confidence to ask questions that may assist my pilgrims to get the support they need. In particular the acronym ALGEE was useful. It describes the action plan used in the First Aid process.

ALGEE stands for:

Approach the person, assess and assist with any crisis.

Listen and communicate non judgementally.

Give support and information.

Encourage the person to get appropriate professional help.

Encourage other supports.

Jan Gow

Attending the Mental Health First Aid training has given me skills to know how to assist someone in need. I feel much more confident to know how to access what help is needed.

I would definitely recommend this to others.

Bernadette Micallef

What struck me most about the training was the capacity of ‘ordinary’ people to be of assistance to anyone who is part of their life. A short film of two men playing golf and the development of the conversation over their time together really brought this home. By having an awareness of mental health issues, and noticing what others are saying and doing, initiating a conversation about mental health can be a first step toward getting the support that is needed. This particular workshop was run for Spiritual Directors but I would recommend it to all. The course has tuned by “mental health issue” antennae!

Jim Wong

The Mental Health First Aid workshop has enriched my knowledge about mental health. It has changed my wrong perception of depression and suicidal thoughts. Also, this workshop has helped me to identify the potential tension between the role of the mental health first aider and the spiritual director, and how to handle them. I strongly recommend this workshop to others.

Each year **1 in 5** Australians will experience a **mental illness**.

Many people are **not knowledgeable or confident to offer assistance**.

**Physical first aid is accepted and widespread in our community,
however most do not cover mental health problems.**

Mental Health First Aid (MHFA)

teaches people the skills to help someone who they're concerned about.

<https://mhfa.com.au/>