

From the National Chair

Walking with What is Unfolding

Over the past few months, I have become aware of an increasing number of individuals reaching out, seeking a spiritual director. As I listen, I notice the quiet longing within their words; their desire for accompaniment, and the many ways they understand, or are still discovering, what spiritual direction might be.

I hold this with a gentle awareness of the liturgical season we have entered. A season that draws us into the light of the Risen Christ. Not a light that overwhelms, but one that slowly unfolds, that meets us where we are. And in this moment, in our world, we are also deeply conscious of division, of uncertainty, of lives carrying unseen weight.

Perhaps this is why the call to spiritual direction feels so present.

Not as something to define too tightly, but as an invitation we continue to receive:

the art of listening,
of making sacred space,
of walking with another at the pace of their own unfolding.

In this shared practice, may we continue, together, as a community of spiritual directors walking with others. Attentive to the subtle movements of grace, and to the quiet light that is already among us.

Thank you for the quiet ways you say yes to this call. For walking with those entrusted to you, and for responding, with open hearts to the gift of the Spirit.



With every blessing in your ministry

Karen Englebretsen
National Chair

CSD Australia News

Are you seeking directees?

Over the past three months or so, we have seen a noticeable increase in people seeking Spiritual Directors. These enquiries vary, some are for particular individuals, while others express preferences such as marital status, religious, gender or geographical location.

In responding to these requests, we are increasingly aware of the importance of knowing which directors currently have capacity to welcome new directees. We therefore extend a general invitation: if you have availability to take on another directee, we would be grateful to let [Karen](#) know. This enables us to respond more helpfully to those who are seeking accompaniment.



The image shows a search form titled "Find a Director" on the CSD Australia website. It includes a "Name contains" text input field, a "State" dropdown menu, and a "Mode match any" section with radio button options: "In person & online", "In person & telephone", "In person only", and "Online only". A blue "Search" button is located at the bottom of the form.

A flow on from these requests is also seen in the rise of visits to the website's Find a Director page. As previously noted, having an up-to-date member profile is an important part of this shared ministry. We encourage you to revisit your listing to ensure the information presented reflects you. Thank you to those who have sent in requests for updates. Much appreciated.

Membership Renewal: July

As we approach membership renewal time, we wish to remind members that, following discussion and agreement at our November 2025 AGM, the annual membership fee will increase to \$100. Members who are in a position to do so are warmly invited to contribute beyond this amount, as an invitation into generosity and shared stewardship in support of the life and work of our community.



We remain mindful of the financial pressures many may be experiencing. If this change presents any difficulty, please don't hesitate to reach out for a confidential conversation with [Karen](#) or [Rita](#), we are here to support you.

Membership renewal forms will be distributed in July. Once your completed form and payment are received, your membership certificate will be issued. We anticipate this process will run as smoothly as in previous years. If you require a paper copy of the renewal form, please contact [Karen](#).

Scam Email Alert

Thank you to all who reached out so promptly regarding the recent scam email circulated to a number of our members. Your quick communication enabled us to respond swiftly and share awareness across the community. We note that this scam appears to come from the same sender as the 2025 scam email, highlighting the ongoing nature of these digital risks and the importance of continued vigilance.



We are mindful that we are living and working in an increasingly digital environment, where connection and accessibility are vital, yet also carry certain risks. In light of this, the team will be reviewing our current processes and exploring ways to strengthen the safety and integrity especially of our Find a Director listings. We will keep the community informed as this work progresses.

Connection with SDI

Recently, we connected with Spiritual Directors International (SDI) to explore a connection and learn more about their formation opportunities and global community. SDI is expanding their presence by having a representative here in Australia to help promote their offerings. More details will be made public as things progress. While we are still open to continual dialogue with the team at SDI as of yet nothing has emerged from these engagements. We will keep you notified.



Melbourne in Person Gathering

Reminder of the Melbourne Gatherings for 2026.

The dates are:

Monday 6 July
Monday 12 October



Time: 1.45pm cuppa, with the gathering beginning at 2.15pm

Venue: Mary MacKillop Spirituality Centre, 362 Albert Street, East Melbourne

If you are located outside of VIC and would like to explore forming a group in your state, please reach out to the CSD team, we would be delighted to assist in bringing this to life.

Social Media

We continue to develop our online presence, with social media forming an important part of this space for connection and sharing. Each week, we offer three regular posts: *Members Monday*, where we highlight a member of our community; *Wednesday Wondering*, a reflective pause with a thought provoking quote; and *Freebie Friday*, a small offering of resources to support your journey.

We are now also extending this space to promote events, professional development opportunities and gatherings related to spiritual development.

Members Monday

Rita Malavisi

VICTORIA

About Me

I have a keen interest in facilitating walking the labyrinth with groups (parish and school staffs). Growing up in Australia in a Middle Eastern/Mediterranean family certainly ignited my desire to work as a volunteer with asylum seekers.

Favourite Book: Book Tuesdays with Morrie by Mitch Albom

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

Scripture Passage: Matthew 5:16

[HTTPS://CSDAUSTRALIA.COM/RITA-MALAVISI/](https://csdaustralia.com/rita-malavisi/)

Wednesday Wondering

“The role of the spiritual director is to help people tell their sacred stories every day.”

William A. Barry.

CSD

Freebie Friday

The Journey Podcast
The Journey hosted by Jude Hennessy

Requires a membership - (optional Daily)

Opening Life through word and song, on-air and online, to the flowers, shrubs, and beyond.

▶ Latest Episode

54 min

260412 Journey Catholic Radio Week 662

On The Journey This Week: Fr. Jack Whelan says Easter joy continues today through Jesus' presence in our lives in the supernatural gifts we possess. Mother Teresa says whenever we cling to anger, refuse compassion, or choose negativity in daily life, we too become prisoners of those attitudes. Plus, Bishop Tony Pa...

▶ 52m

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* Fields required

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SUBSCRIBE

CSD

If you would like to contribute or share something with the community, please reach out to Ring. We warmly invite you to follow, engage and share through our social media channels.

Facebook: <https://www.facebook.com/CSDAustralia> **Instagram:** <https://www.instagram.com/csdaustralia/>

CSD Australia Members

Voice of New Members

Yon Wiryono

I would like to journey together with people or community with shared spirit, passion, values and commitment to mutual growth, companionship, support and encouragement.



Tina Pereze

Following completion of my studies in Spiritual Direction, I am honoured and grateful to be welcomed into CSD and continue growing in this beautiful, humbling ministry.



Teresa Lee

Discovering spiritual direction transformed my relationship with God, inspiring me to become a spiritual director and share this invaluable gift. Delivering this ministry effectively hinges on both God's presence and my commitment to continuous self development. Being a member of CSD is essential for fostering that ongoing growth.



CSD Australia would also like to warmly welcome
Ewa Toomey, Terry Merton, George Hogarty,
Sue Sanders and Lindsey Harding.

Profile of a Member

Ha Tran

I graduated from the Siloam Program (a program which trains spiritual directors) in 2021. Since then I have had the privilege of accompanying individuals on their faith journey. I offer spiritual direction / accompaniment both face to face and via Zoom. I work from the Janssen Spiritual Centre in Boronia (I also meet individual at places which suit them)

Apart from this work, I practice as a general practitioner in Melbourne. I love walking in nature, my favourite place is Tarrawarra Abbey, a Cistercian monastery in Yarra Glen, Victoria. I also love Scripture and have studied both the New and Old Testaments.



Favourite Scripture: Love for all Scripture

Favourite Book: Too many to select just one.

Memorable Moment: There are many very special memorial moments, one that stood out for me was the time when I said goodbye to my mother to go to Australia. The image of my mother giving me a banana through the gate at the airport. She knew that this was my favourite food. This moment stays with me because it spoke of her love. Love taught me about God more powerful than any book.

Lawrence Kai

Hello friend! I'm a full-time spiritual director, retreat director and life coach, and the founder of Shepherd's Heart. My practice sits at the intersection of spiritual direction, psychology, and depth coaching—bringing together a holistic approach to personal transformation. I have a deep love for the spiritual, intellectual, and cultural riches of the Catholic tradition, especially the wisdom of the Saints. I draw particularly from Ignatian and Carmelite spirituality, alongside insights from Jungian psychology and the Hero's Journey. My accreditation as a life coach also enables me to support you in living out your calling with greater intention.



Favourite Scripture: "Surely God dwells here, and I never knew it." — Gen 28:16

Favourite Book: The Lord of the Rings

Favourite Movie: The Sound of Music

Memorable Moment: Walking the full Camino de Santiago, and receiving my call to be a spiritual director.

CSD Australia Professional Development

There is no cost or need for members to book. A zoom link will be sent to all members in the preceding week. If you would like a friend to join, who is a non member - please see the trybooking link below or on our website for upcoming PD

Heading Westwards: Faith-filled Accompaniment in Liminal Space Guided by John Kleinsman

Saturday May 9th 9.30am - 11.00am (AEDT)

John Kleinsman is a New Zealand bioethicist and the Director of The Nathaniel Centre for Bioethics, the Catholic Church's national bioethics centre in Aotearoa New Zealand. He brings a broad background in community service, including work in disability support and drug and alcohol rehabilitation, alongside deep academic training in moral theology and ethics. John's work focuses on the ethical dimensions of life, care and dignity, particularly in relation to end-of-life choices, palliative care, and the ways societies understand sufferings, vulnerability and human worth. He regularly contributes to public and professional conversations on these issues, advocating for approaches that uphold compassionate care, protect the vulnerable, and foster thoughtful responses to loss and grief in communities.



For non-members who wish to join the session, you are most welcome simply register [here](#).

SAVE THE DATES

We're delighted to share the remaining 2026 PD dates. We hope this advance notice helps you plan to join us. An inspiring range of speakers will offer rich insights and wisdom for your ministry. We look forward to gathering with you to listen, reflect, and grow together.

LGBTQIA+ guided by Jonathon Zarb Saturday July 4th 9.30am - 11.00am (AEDT)

Jonathan Zarb completed his Masters of Psychospiritual Studies at Knox College, University of Toronto. He also completed sexual diversity studies and Sociology from the University of Toronto. He's worked across a range of settings including acute health care, youth treatment and private practice. He uses an integrative approach. Having worked in Australia for five years, he understands our Australia culture and perspective.



For non-members who wish to join the session, you are most welcome simply register [here](#).

Moral Injury guided by Jesse Winter

Saturday August 1st 9.30am - 11.00am (AEDT)

Jesse Winter is a Chaplain with Fire Rescue Victoria and a psychologist. As an Emergency Services Foundation scholarship recipient (2024) he researched how chaplaincy and psychology can address moral injury within emergency services. Jesse's post-graduate studies in theology and clinical psychology and professional expertise in Chaplaincy & Mental health lays a foundation for his research and reporting on interventions for populations experiencing potentially morally injurious events.



For non-members who wish to join the session, you are most welcome simply register [here](#).

“Dear God Claude” guided by Clare Shearman

Saturday September 12th 9.30am - 11.00am (AEDT)

Clare Shearman (introduced to Claude in late 2025), a spiritual director and professional supervisor who runs The Cliffs Retreat in Shoreham Victoria with her husband Artie.



For non-members who wish to join the session, you are most welcome simply register [here](#).

Sharing the gift of Spiritual Companionship guided by CSD Australia Team

Saturday November 7th 9.30am - 11.00am (AEDT)

CSD Australia Team warmly invites you to a simple, informal online gathering for connection, reflection and quiet encouragement. The time will include a brief reflection, along with space to connect with each other. Sharing something of where you find yourself, what journeys have been walked and celebrating the ministry you each share. Embrace this moment to pause and simply unite together as Spiritual Companions / Directors.

Extended Invitation

We warmly extend an invitation beyond our immediate community to those who may be drawn to join our Professional Development gatherings. These sessions can be especially enriching for those who are spiritual practitioners offering the opportunity to engage with experienced speakers and shared wisdom. While we ask not to share your personal link of Professional Development, you are very welcome to share the information with our Trybooking link and refer to our website for more details.

Book Review

In the Stillness, Waiting: Christian Origins of the Prayer of the Heart

by Nicholas Worssam

Nicholas Worssam's *In the Stillness, Waiting* is a gentle yet substantial offering for spiritual directors seeking to deepen their grounding in the Christian contemplative tradition, especially as they accompany seekers from diverse spiritual backgrounds. Rooted in the ancient practice often referred to as the "Prayer of the Heart" this text serves as both a historical exploration and a contemplative invitation.

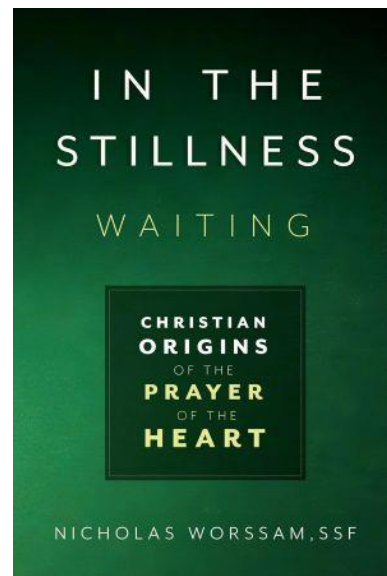
Worssam guides the reader through the origins of this prayer through early Christian monasticism, drawing particularly on the wisdom of the Desert Fathers and Mothers. He situates the Prayer of the Heart not simply as a technique, but as a way of focusing on the inner movement toward inner stillness, attentiveness, and loving presence before God. For spiritual directors, this distinction is crucial. The book resists the modern tendency to instrumentalise prayer and instead reclaims it as relational and transformative.

One of the book's strengths is in its accessibility. Worssam writes with clarity and pastoral sensitivity, making ancient sources approachable without diluting their depth. He honours the silence at the heart of the tradition, allowing the reader space to reflect rather than overwhelming them with theory. This makes the book particularly suitable for those engaged in accompaniment, where listening and presence are as important as knowledge.

For directors working in increasingly pluralistic contexts, this text offers a valuable grounding. Many contemporary seekers are drawn to practices such as mindfulness, mantra, or breath prayer, often without awareness of their Christian contemplative parallels. Worssam provides a bridge here. By articulating the theological and spiritual foundations of the Prayer of the Heart, he equips directors to recognise resonances across traditions while remaining anchored in the Christian lineage.

Importantly, the book does not claim exclusivity for the practice. Instead, it models a posture of humility and openness. This is especially relevant for those accompanying individuals influenced by Eastern spirituality, interfaith dialogue, or secular contemplative practices. Worssam implicitly invites directors to hold both fidelity and spaciousness, to be rooted without rigidity.

Overall, *In the Stillness: Waiting*, is a rich and timely resource for spiritual directors. It offers not only insight into a foundational Christian practice but also a contemplative stance that can deepen the art of accompaniment, especially across traditions. For those committed to holding space where silence, mystery, and grace can unfold, this book is both companion and guide.



Book Launch

Listening to Our Experience: Hearing God Speak

by Tim Lockwood CFC

Come and Journey with 
COVENTRY PRESS

NEW RELEASE

Whoever is from God hears the words of God
John 8:47

The Gospel of John teaches us that people of faith listen to God speaking to them. But how God speaks to us and how we identify that message for ourselves – individually and as the people of God – is also a basic consideration of Hearing God Speak.

Originally written as individual chapters over a two year period, the series of reflections encourages us to strengthen our personal relationship with God, assuring us that each of us will experience that relationship in ways that reflect our own needs and expectations in life.



RRP: \$39.95
ISBN 9781922589798
256 PAGES

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Other News

Conference for ANSD - Australian Network for Spiritual Direction 18 -20 September 2026

The 2026 Conference is in NSW at The Hermitage.

Unearth the wisdom in the room through listening, conversation and creativity. Three input sessions will comprise panels in which representative members of the network delve into questions about spiritual direction in this time and place such as ‘What is emerging in the spiritual direction world?’, ‘How can spiritual direction be a communal space?’ and ‘How is spiritual direction prophetic?’ Add to the wisdom in the room through your presence and engagement in small group conversations, artmaking, and connections created by the retreat space.

Woven through the weekend will be music of artist-in-residence John Coleman. The days will include opportunities to help John craft song inspired by our experiences of the ANSD community.

[For more information](#)



Upcoming Retreat Opportunities

Contemplatio - Apophatic Prayer and the Awakening of the Apophatic Self

Tuesday 11th and Wednesday 12th August 2026

Santa Casa Spirituality Centre, Queenscliff, Victoria and Online

This course is led by Kerrie Hide for spiritual directors and people interested in contemplation. Attention will be given to how spiritual directors may be naturally at home with apophatic language and create an atmosphere in the spiritual direction encounter that enables apophatic knowing to arise into conscious awareness without limiting its ongoing revelatory power. We will continue to awaken new sensitivities to the endless possibilities how the Spirit opens us to unitive participatory love knowing. Emphasis is on claiming the ontological space of contemplation and nurturing the oneing heart awareness that arises in stillness and silence.

[For more information](#)

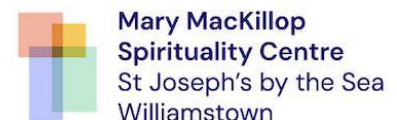


Modern Day Mystics: Cynthia Bourgeault on Mary Magdalene

20-22 May 2026

Working with material from Cynthia Bourgeault's 'The Meaning of Mary Magdalene', this retreat will explore how an understanding of Mary Magdalene can revitalise contemporary Christianity. The program will utilise Scripture, Art and Tradition to consider how Mary Magdalene's discipleship and co-ministry with Jesus shows us how to deepen our own relationship with Jesus today. Facilitator is Andrea Grant.

[For more information](#)



Santa Casa's 40 day Sabbatical Program

19th September - 30 October 2026

A few spots left! This is a sacred time for you to stop, rest, explore, reflect, be nourished and emerge anew. A balanced timetable of input, personal reflection, free days and electives.

[For more information](#)



Retreat Houses

Marist House of Welcome

Retreat Centre, NSW

Open for private retreats

In the heart of the Northern Rivers, the Marist House of Light in Lismore offers a tranquil space for prayer, solitude, and renewal. With private retreats, spiritual direction, and a nurturing environment, it's a place to rest and encounter God's presence.

[For more information](#)



Holy Cross Retreat Centre

Templestowe, VIC

Opportunity for private retreat

If you are seeking a quiet place for personal retreat, the Templestowe Retreat Centre offers a peaceful and prayerful environment. The Centre features a chapel, small meditation room, beautiful grounds, a shrine, and other spiritual spaces in which to rest and pray. While the centre is available at other times, retreats held between 27th April to 13 May will include meals.

For more information



Upcoming Events for the CSD Community

We warmly invite members of our community to share any upcoming events relevant to Spiritual Direction. Where possible, we will include in our newsletter, aiming to offer a diverse range of opportunities for both spiritual directors and those seeking spiritual accompaniment.

We will do our best to reflect the breadth of what is being offered within our community and around Australia. If you have any event you'd like to share with the CSD community, please don't hesitate to get in touch with [Karen](#).

Professional Development Opportunities

Heart of Life

Returning to the Heart: Contemplative Refresher Course for Spiritual Directors

Facilitated by Apryl Huglin, Leslie Hanger, and Kathleen Ward

Online - Wednesday 6, 13, 20 May 9am – 4pm

In Person - Monday to Wednesday 21, 22, 23 September, 9am – 4pm

(repeat of online May course)

Over three transformative days we invite spiritual directors to step away from daily demands and immerse themselves in renewal and deepening practice.



Heart of Life

Centre for Spiritual & Pastoral Formation

Sacred Presence in Wounded Places: Trauma-Informed Spiritual Direction

Friday 24 July 2026, 9am – 4.30pm, in-person at Heart of Life Centre

Facilitated by Apryl Huglin

Enhance your spiritual direction ministry with trauma-informed care. Join us for “Sacred Presence in Wounded Places,” a comprehensive professional development day designed specifically for spiritual directors. Learn to recognize trauma and its impact on spiritual life and create genuinely safe sacred spaces.

[For more information](#)

Kardia

Winter Guided Reflection

May 27th, June 3rd, June 10th, June 17th

These guided reflections and conversations are led by Andrea Grant and Steve Nash. Wintering names a season of cold and quiet, a fallow time in life, where rest and waiting have their own purpose. Each session touches

on a different theme with readings provided in advance. At each session, participants will be invited to enter a spiritual conversation, sharing insights that have emerged from weekly reading, with each participant open to each other's sharing. The program offers a space of gentle holding for each person's experience in the unfolding season.



Memory to Meaning: Spiritual Storytelling in the Context of Global Upheaval with Margaret Silf

8th October - 11th November 2026

We are delighted to offer this new reflective retreat with renowned author Margaret Silf. This retreat is designed to engage the kardia—bringing together head and heart—and will be guided by Margaret's deep wisdom and experience. A widely respected spiritual explorer, Margaret travels extensively, accompanying fellow pilgrims through her writing and the retreats she leads.

Each week, participants will gather online on Wednesday evenings with Margaret Silf at 7.00 pm (AEDT), where she will offer guidance and reflections to support engagement with personal story and spiritual journey. Retreatants will also be invited to join a weekly small sharing group meeting which will run for one to one-and-a-half hours, facilitated by a trained spiritual director.

[For more information](#)